

HANDCUT FOODS

LUNCH MENU

MAY 3 - 7

MAIN MENU

MONDAY

BBQ Pulled Pork or BBQ Jackfruit Sandwich on Classic Bun
(G,W) w/Roasted Corn & Baked Beans

TUESDAY

Chicken Tinga & Cheese Quesadilla (G,M,W,S) or Roasted
Pepper & Cheese Quesadilla on Flour Tortilla (G,M,W,S)
w/Refried Beans, Mexican-Style Rice & Roasted Rainbow
Salsa

WEDNESDAY

Baked Beef & Cheese Mostaccioli (G,M,W) or
Baked Cheese Mostaccioli w/Plant-Based Ragu (G,M,S,W) &
Steamed Green Beans

THURSDAY

Chicken Teriyaki (S) or Tofu Teriyaki (S)
with Steamed Jasmine Rice & Roasted Broccoli

FRIDAY

Supreme Pizza w/Chicken Sausage
(G,M,W, Contains Mushrooms) or
Pepperoni Pizza (G,M,P,W) or Cheese Pizza (G,M,W)
& Roasted Vegetable Medley

DAILY DESSERT

MONDAY Blueberry Coffee Cake (E,G,M,S,W)

TUESDAY Blondie (E,G,M,W,S)

WEDNESDAY Chocolate Banana Cake (E,G,M,S,W)

THURSDAY Lemon Cake Bar (E,G,M,S,W)

FRIDAY Buttermilk Pound Cake (E,G,M,S,W)

*Dessert is included with each meal. Dessert swaps are available
daily: whole fruit or enjoy life products (free from gluten, wheat,
peanuts, tree nuts, dairy, casein, soy, egg, sesame, sulfites, lupin,
mustard, fish, shellfish or crustaceans)*

AVAILABLE EVERY DAY

*All sandwich/salad meals include vegan quinoa side salad, chips,
whole fruit & daily dessert.*

Daily Pizza Meal: Pepperoni Pizza (G,M,P,W) or Cheese Pizza
(G,M,W) with Roasted Broccoli

Vegan Entree Salad of the Week: Vegan Kale Quinoa Salad
w/Herb Miso Dressing (S)

Sunbutter or Sunbutter & Jelly Sandwich Meal
on Whole Wheat Baguette (G,W,SF)

Turkey or Turkey & Cheese Sandwich Meal
on Whole Wheat Baguette (G/W,M)

ALTERNATIVES

*Sandwich, Pasta & Entree Salad options rotate daily based on a
weekly menu. Gluten-free sandwich options available.
Gluten-free sandwich options always contain egg

MONDAY

Sandwich of the Day: Ham & Swiss Sandwich (G,M,P,W)

Salad of the Day: Southwest Chicken Salad w/Chipotle Lime
Dressing (E,M,S)

Pasta of the Day: Chicken Sausage or Plant-Based Sausage
(G,W,S) & Sweet Peppers w/Penne Marinara (G,W)

TUESDAY

Sandwich of the Day: Southwest Chicken Wrap (E,G,M,S,W)

Salad of the Day: Chopped Salad (G,M,P,W) w/Red Wine
Vinaigrette

Pasta of the Day: Cavatappi Pasta (G,W) w/Beef or Plant-Based
Ragu (G,W,S), Roasted Green Beans & Parmesan Cheese (M) (on
the side)

WEDNESDAY

Sandwich of the Day: Roast Beef w/Cheddar Cheese (M),
Pickled Red Onion, Horseradish Aioli (E,S) & Baby Arugula on a
Kaiser Roll (G,W)

Salad of the Day: Cobb Salad (E,M) w/Red Wine Vinaigrette

Pasta of the Day: Cold Asian Noodle Salad w/Grilled Chicken or
Roasted Tofu (S) Rice Noodles, Broccoli & Sunbutter Sauce
(SF,S)

THURSDAY

Sandwich of the Day: Grilled Eggplant w/Sesame-Free
Hummus (Contains Chickpeas), Feta (M)
On Wheat Wrap (G,W)

Salad of the Day: Chicken Caesar Salad (G,M,W Dressing
Contains: E,M,S)

Pasta of the Day: Baked Mac n' Cheese (G,M,W) w/Optional
Bacon Panko Crisp Topping (G,P,W)
& Edamame (S)

FRIDAY

Sandwich of the Day: Turkey w/ Cheddar Cheese (M) Green
Leaf Lettuce, Red Onion & Pesto Mayo (E,S, Contains Pepita
Seeds) on Flour Wrap (G,W)

Salad of the Day: Roasted Beet & Quinoa Salad w/Citrus
Vinaigrette (M, SF)

Pasta of the Day: Pasta Primavera (G,W) w/Grilled Chicken or
Roasted Tofu (S), Veggies, Garlic & Olive Oil

*Allergen Labeling Key: Egg, Gluten, Milk, Soy, SunFlower Seeds, Wheat

Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

Questions? Contact us at handcutfoods.com