

HANDCUT FOODS

LUNCH MENU

MAY 10 - 14

MAIN MENU

MONDAY

BBQ Chicken Drumsticks or BBQ Tofu (S) w/Fresh Peas & Cornbread (E,G,M,W)

TUESDAY

Beef & Cheese Enchilada Bake (M) or Bean & Cheese Enchilada Bake (M) w/Roasted Zucchini

WEDNESDAY

Chicken Cacciatore or Pesto Tofu (S, Contains Pepita Seeds) w/ Sauteed Penne Pasta (G,W) & Roasted Green Beans

THURSDAY

Soy Ginger Glazed Chicken Meatballs (S) or Soy Ginger Glazed Tofu (S) w/Jasmine Rice & Roasted Broccoli

FRIDAY

Beef Hot Dog or Plant-Based Hot Dog (S) on Classic Bun* (G,W) *gluten-free bun (E) available w/Roasted Potatoes & Vegetable Medley
Meal includes ketchup & mustard option to order two hotdogs per meal available

DAILY DESSERT

MONDAY: Banana Bread (E,G,M,S,W)

TUESDAY Gourmet Brownie (E,G,M,W,S)

WEDNESDAY Orange Cake Bar (G,M,S,W)

THURSDAY Granola Bar* (G,M,S,W)

*contains pepita seeds

FRIDAY Chocolate Zucchini Cake (E,G,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 Wrap: Flour Tortilla (G,W) with Sesame-Free Hummus (Contains Chickpeas) and Garden Veggies

Vegan Entree Salad of the Week: Vegan Cobb Salad w/Red Wine Vinaigrette (Contains Corn, Chickpeas & Tomato)

Sunbutter or Sunbutter & Jelly Sandwich Meal Kit 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