

## LUNCH MENU

CHEF SPECIALS

## MONDAY

**Herb Roasted Chicken**

w/Honey Mustard on the side, Roasted Sweet Potatoes, Sweet Corn & Peas

**Vegetarian Option:** Herb Roasted Tofu (S)

## TUESDAY

**Beef Barbacoa Tacos**

w/ Roasted Zucchini, Rice, Shredded Cheese on the side & Salsa Roja on Flour Tortillas (G,M,S,W)

**Vegetarian Option:** Black Bean Tacos (G,M,W)

## WEDNESDAY

**Panko Chicken Tenders**

w/ Penne Pasta & Roasted Carrots (E,G,W)

**Vegetarian Option:** Panko Tofu Tenders (E,G,S,W)

## THURSDAY

**Chicken Shawarma**

w/Lemon Rice, Roasted Cauliflower & Tabbouleh Bowl

**Vegetarian Option:** Falafel (Contains: Chickpeas)

## FRIDAY

**Hamburger or Cheeseburger on Classic Bun**

w/Roasted Red Potatoes & Vegetable Medley (G,M,W) Includes Ketchup & Mustard on the side

**Vegetarian Option:** Veggie Burger or Veggie Cheeseburger (G,M,W)

DAILY DESSERT

**MONDAY - Lemon Cake Bar** (E,G,M,W)

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

**WEDNESDAY - Chocolate Sour Cream Coffee Cake** (E,G,M,W)

**THURSDAY - Iced Sugar Cookie Bars** (E,G,M,W)

**FRIDAY - Vegan Brownie** (G,S,W)

\*Whole fruit and allergen-alternative dessert available daily!

WEEKLY ROTATING OPTIONSGLUTEN-FREE & VEGAN GRAIN BOWL**Indian Bowl**

w/Lentils, Quinoa, Curried Sweet Potatoes & White Rice with Cucumber Mint Chutney (on the side)

WRAPS & SANDWICHES

Meal includes: Quinoa Salad (Contains Corn, Chickpeas), Chips & Whole Fruit.

**Smoked Turkey Wrap**

w/Smoked Turkey, Cheddar Cheese, Green Leaf Lettuce & Pesto Mayo (on the side) in a Flour Tortilla.

(E,G,M,S,W - Contains: Pepita Seeds)

**Vegan Veggie & Hummus Wrap**

w/Carrots, Bell Peppers, Cucumber & Sesame-Free Hummus in a Flour Tortilla (G,S,W - Contains: Chickpeas)

**Chicken Salad Sandwich on Whole Wheat Bread**

w/Chicken Salad, Cucumbers & Mixed Greens (E,G,S,W)

SALADS (Salad meals include Chips & Whole Fruit)**Chopped Salad**

w/Romaine, Bacon, Blue Cheese, Red Cabbage, Tomato, Green Onion & Red Wine Vinaigrette (M,P)

**Vegetarian Chopped Salad**

w/Romaine, Hard Boiled Egg, Tomatoes, Red Cabbage, Blue Cheese & Red Wine Vinaigrette (E,M)

**Vegan Kale Quinoa Salad**

w/Cooked Quinoa, Roasted Sweet Potato, Kale, Red Cabbage, Carrots, Radish, Raisins & Herb Miso Dressing (S)

AVAILABLE EVERYDAYSANDWICHES

\*Gluten-free sandwich options always contain egg (E)

(Side Salad Contains: Corn, Chickpeas)

\*Turkey/Cheese Sandwiches include Mayo (E) and Mustard Packets

**Turkey or Cheese or Turkey & Cheese Sandwich on Whole Wheat Baguette**

w/ Chips, Quinoa Side Salad & Whole Fruit (G,M,W)

**Sunbutter & Jelly Kit on Whole Wheat Baguette**

w/ Chips, Quinoa Side Salad & Whole Fruit (G,W - Contains: Sunflower Seeds)

MARKET GREENS SALAD

Mixed Greens, Mighty Vine Tomatoes, Shaved Carrots, Cucumbers & Herb Vinaigrette w/Chicken or Tofu (S)

**\*Allergen Labeling Key:**

Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

\*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 related to ingredient information or nutritional content?

Email: [nutrition@handcutfoods.com](mailto:nutrition@handcutfoods.com)