

LUNCH MENU

CHEF SPECIALS**MONDAY****Jerk Chicken Drumsticks**

w/Brown Rice & Peas, Pineapple Salsa

Vegetarian Option: Jerk Tofu (S)**TUESDAY****Steak Chimichurri**

w/ Roasted Potatoes & Green Beans

w/Cherry Tomatoes

Vegetarian Option: Braised White Beans

w/Chimichurri

WEDNESDAY**Beef Shepherd's Pie**

w/ Mashed Potatoes, Peas & Carrots (M)

Vegetarian Option: Vegetarian Shepherd's Pie (G,M,S,W)**THURSDAY****Chicken Fried Rice**

w/Stir Fried Veggies (E,S)

Vegetarian Option: Edamame Fried Rice (E,S)**FRIDAY****Beef Hot Dog on Classic Bun****Option of two hotdogs per meal is available*

w/Roasted Potatoes & Vegetable Medley (G,W)

*Includes Ketchup & Mustard on the side***Vegetarian Option:** Plant-Based Hot Dog (G,S,W)***Gluten-Free Bun Available (contains egg (E))****DAILY DESSERT****MONDAY - Sunbutter Cake** (E,G,M,W - Contains: Sunflower Seeds)**TUESDAY - Brookies** (E,G,M,S,W)**WEDNESDAY - Strawberry Lemonade Blondie** (E,G,M,S,W)**THURSDAY - Marble Squares** (E,G,M,S,W)**FRIDAY - GF Granola Bar** (M,S - Contains: Pepita Seeds & May Contain: Gluten)***Whole fruit and allergen-alternative dessert available daily!****DAILY PIZZA**

(Available M-F)

Pepperoni Pizza

Pepperoni, Shredded Mozzarella Cheese, Housemade Tomato-Basil Sauce & Roasted Broccoli on the side (G,M,P,W)

Cheese Pizza

Shredded Mozzarella Cheese, Housemade Tomato Basil Sauce, & Roasted Broccoli on the side (G,M,W)

DAILY PASTA

Pasta option rotates daily

MONDAY**Chicken Sausage & Peppers**

w/Penne Marinara (G,W)

Vegetarian Option: Plant-Based Sausage (G,S,W)**TUESDAY****Cavatappi Pasta w/ Beef Ragu**

w/Roasted Green Beans & Parmesan

Cheese on the side (G,M,W)

Vegetarian Option: Plant-Based Ragu (G,M,S,W)**WEDNESDAY****Pasta Primavera w/Roasted Chicken** (G,W)**Vegetarian Option:** Roasted Tofu (G,S,W)**THURSDAY****Baked Mac & Cheese**

w/ Bacon Panko Crisp & Edamame

(G,M,P,S,W)

Vegetarian Option: Baked Mac & Cheese

w/ Edamame (G,M,S,W)

FRIDAY**Spaghetti w/ Beef Bolognese**

w/Roasted Broccoli & Parmesan Cheese

on the side (G,M,W)

Vegetarian Option: Spaghetti w/Marinara (G,M,W)***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

LUNCH MENU

AVAILABLE EVERYDAYSANDWICHES

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

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

w/ Chips, Quinoa Side Salad & Whole Fruit
(G,M,W - Side Salad Contains: Corn, Chickpeas)

*Sandwich includes Mayo (E) and Mustard Packets

*Gluten-Free Bread Available

Sunbutter & Jelly Kit on Whole Wheat Baguette

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

Side Salad Contains: Corn, Chickpeas)

*Gluten-Free Bread Available

MARKET GREENS SALAD

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

WEEKLY ROTATING OPTIONS

Menu items rotate on a Weekly Basis

GLUTEN-FREE & VEGAN GRAIN BOWL**Seoul Bowl**

w/Brown Rice, Tofu Bulgogi, Pickled Vegetables, Red Cabbage & Sunbutter Ginger Dressing (on the side)

(S - Contains: Sunflower Seeds)

WRAPS & SANDWICHES

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

Grilled Eggplant & Hummus Wrap

w/Grilled Eggplant, Sesame-Free Hummus, Feta Cheese & Mixed Greens on a Flour Tortilla

(G,M,S,W - Contains: Chickpeas)

Vegan Thai Tofu Wrap

w/ Tofu Bulgogi, Spring Mix, Cucumber, Carrots & Bell Pepper on a Flour Tortilla w/Sunbutter Ginger Dressing

(G,S,W - Contains: Sunflower Seeds)

Italian Sub Sandwich

Genoa Salami, Capicola, Provolone, Romaine & Red Wine Vinaigrette (on the side) on a Baguette

(G,M,P,S,W - Contains: Chickpeas)

SALADS

Salad meals include Chips & Whole Fruit

Cobb Salad

w/Smoked Turkey, Romaine, Cherry Tomatoes, Hard-Boiled Egg, Blue Cheese & Red Wine Vinaigrette (E,M)

Vegan Cobb Salad

w/Spring Mix, Cherry Tomatoes, Crispy Chickpeas, Radish, Red Onion, Roasted Corn & Red Wine Vinaigrette (Contains: Chickpeas)

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