

LUNCH MENU

CHEF SPECIALS**MONDAY****Peruvian Roasted Chicken**

w/Root Veggie Hash & Steamed Brown Rice

Vegetarian Option: Peruvian Roasted Tofu (S)**TUESDAY****Turkey Tacos**

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

Vegetarian Option: Black Bean Tacos (G,M,S,W)**WEDNESDAY****Cajun Pulled Pork**

w/ Creamy Grits & Steamed Green Beans (M,P)

Vegetarian Option: Cajun Seasoned Tofu (M,S)**THURSDAY****Sweet & Sour Chicken**

w/Jasmine Rice & Seasonal Veggie Stir Fry (S)

Vegetarian Option: Sweet & Sour Tofu (S)**FRIDAY****Beef Sloppy Joe on Classic Bun**

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

Vegetarian Option: Lentil & Quinoa Sloppy Joe (G,M,W - Contains: Mushroom)***Gluten-Free Bun Available*****Gluten-free sandwich options always contain egg (E)****DAILY DESSERT****MONDAY - Chocolate Banana Cake (E,G,M,W)****TUESDAY - Snickerdoodle Bar (E,G,M,W)****WEDNESDAY - Chocolate Zucchini Cake (E,G,S,W)****THURSDAY - Seasonal Fruit Jam Bar (G,M,W - Contains: Oats)****FRIDAY - Gluten-Free Vegan Apple Cake (S)*****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 Ragù**

w/Roasted Green Beans & Parmesan Cheese on the side (G,M,W)

Vegetarian Option: Plant-Based Ragù (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**Italian Grain Bowl**

w/Quinoa, Eggplant, Roasted Cauliflower, Roasted Cherry Tomatoes, Green Onion & Red Wine Vinaigrette (on the side)

WRAPS & SANDWICHES

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

BBQ Chicken Wrap

w/Grilled Chicken, Cheddar Cheese, Spring Mix & BBQ Sauce on a Flour Tortilla
(G,M,W)

Vegan BBQ Tofu Wrap

w/Grilled Tofu, Spring Mix & BBQ Sauce on a Flour Tortilla (G,S,W)

Bahn Mi Chicken Sandwich

w/Grilled Banh Mi Chicken, Cucumber, Bell Pepper, Cilantro, Green Onions & Pickled Carrots
w/Spicy Aioli on the side (E,G,S,W)

SALADS

Salad meals include Chips & Whole Fruit

Greek Salad w/Chicken

w/Grilled Chicken, Romaine, Feta Crumbles, Cucumber, Tomatoes, Chopped Kalamata Olives & Red Wine Vinaigrette (M)

Greek Salad w/Chickpeas

w/Chickpeas, Romaine, Feta Crumbles, Cucumber, Tomatoes, Chopped Kalamata Olives & Red Wine Vinaigrette (M - Contains: Chickpeas)

Crispy Tofu & Broccoli Salad

w/Crispy Tofu, Spring Mix, Edamame, Broccoli Florets, Carrots, Red Bell Peppers, Red Onion & Pepita Seeds
w/ Sunbutter Dressing

(S - Contains: Sunflower Seeds & Pepita Seeds)

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