

LUNCH MENU

CHEF SPECIALS

MONDAY

Herb Roasted Chicken

w/Roasted Sweet Potatoes, Sweet Corn & Peas & Honey Mustard

Vegetarian Option: Herb Roasted Tofu (S)

TUESDAY

Cheese Quesadilla w/Chicken Tinga

w/Mexican Style Rice & Roasted Peppers & Onions (G,M,S,W)

Vegetarian Option: Cheese Quesadilla w/Refried Beans (G,M,S,W)

WEDNESDAY

Beef Meatballs

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

Vegetarian Option: Quinoa Meatballs w/Marinara (G,W - Contains Mushrooms)

THURSDAY

Thai Chicken Curry

w/Stir Fried Snow Peas & Bamboo Shoots & Brown Rice (S)

Vegetarian Option: Thai Tofu Curry (S)

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)

*Gluten-Free Bread Available (contains egg (E))

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 OPTIONS

GLUTEN-FREE & VEGAN GRAIN BOWL

Buddha Bowl

w/ Brown Rice, Edamame, Soy Mushrooms, Carrots & Ginger-Soy Vinaigrette (on the side) (S- Contains: Mushrooms)

WRAPS & SANDWICHES

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

Tandoori Chicken Wrap

w/Tandoori Grilled Chicken, Spring Mix & Sliced Cucumber on a Flour Tortilla w/Cucumber Mint Chutney (G,S,W)

Vegan Veggie & Hummus Wrap

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

Roast Beef Sandwich

w/Pickled Red Onions, Cheddar Cheese, Horseradish Mayo & Arugula on a Kaiser Roll (E,G,M,S,W)

SALADS

Salad meals include Chips & Whole Fruit

Asian Chicken Chopped Salad

w/Grilled Bahn Mi Chicken, Romaine, Shredded Red & Green Cabbage, Carrots, Green Onions, Red Pepper, Snap Peas, Cilantro & Sunbutter Ginger Dressing. (E,S - Contains: Sunflower Seeds)

Asian Vegetarian Chopped Salad

w/Bulgogi Tofu, Romaine, Shredded Red & Green Cabbage, Carrots, Green Onions, Red Pepper, Snap Peas, Cilantro & Sunbutter Ginger Dressing. (S - Contains: Sunflower Seeds)

Vegan Kale Quinoa Salad

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

AVAILABLE EVERYDAY

SANDWICHES

*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)

*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



*Allergen Labeling Key:

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

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.