

LUNCH MENU

CHEF SPECIALS

MONDAY

BBQ Chicken Drumsticks

w/Fresh Peas & Cornbread (E,G,M,W)

Vegetarian Option: BBQ Tofu

(E,G,M,S,W)

TUESDAY

Beef & Cheese Enchilada Bake

w/Roasted Zucchini & Sour Cream on the side (M)

Vegetarian Option: Bean & Cheese Enchilada Bake (M)

WEDNESDAY

Chicken Cacciatore

w/Sauteed Penne Pasta & Garlic Roasted Green Beans (G,W)

Vegetarian Option: White Bean Cacciatore (G,W)

THURSDAY

Soy Ginger Glazed Chicken Meatballs

w/Steamed Brown Rice & Roasted Broccoli (S)

Vegetarian Option: Soy Ginger Glazed Tofu (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!

WEEKLY ROTATING OPTIONS

GLUTEN-FREE & VEGAN GRAIN BOWL

Grilled Veggie Bowl

w/Grilled Zucchini & Yellow Squash, Quinoa, Roasted Red Peppers, Asparagus & Lemon Garlic Sauce (on the side)

WRAPS & SANDWICHES

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

Greek Chicken Wrap

w/ Greek Grilled Chicken, Spring Mix, Seedless Cucumber, Feta Cheese & Kalamata Olives on a Flour Tortilla w/Red Wine Vinaigrette (G,M,S,W)

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)

Goat Cheese & Portobello Sandwich

w/Balsamic Grilled Portobello Mushroom, Spring Mix & Goat Cheese on a Kaiser Bun w/Pesto Mayo (E,G,M,S,W - Contains: Mushrooms and Pepita Seeds)

SALADS (Salad meals include Chips & Whole Fruit)

Chicken Nicoise

w/Herb Roasted Chicken Breast, Spring Mix, Hard Boiled Egg, Green Beans, Cucumber, Red Potatoes, Kalamata Olives & Cherry Tomatoes w/Red Wine Vinaigrette (E)

Vegetarian Nicoise

w/Chickpeas, Spring Mix, Hard Boiled Egg, Green Beans, Cucumber, Red Potatoes, Kalamata Olives & Cherry Tomatoes w/Red Wine Vinaigrette (E - Contains: Chickpeas)

Vegan Taco Salad

w/ Plant-Based Lentil & Pepita Seed Taco Filling, Black Beans, Cherry Tomatoes, Spring Mix & Cilantro Lime Dressing (Contains: Pepita Seeds)

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.