

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!****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**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)

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