

LUNCH MENU

CHEF SPECIALS

MONDAY

Beef & Lamb Kefta

w/Garlic Couscous, Grilled Veggies & Tzatziki Sauce on the side (G,M,W)

Vegetarian Option: Falafel (G,M,W - Contains Chickpeas)

TUESDAY

Chicken Jambalaya

w/ Brown Rice, Roasted Okra & Cornbread (E,G,M,W)

Vegetarian Option: Red Beans & Brown Rice (E,G,M,W)

WEDNESDAY

Beef & Cheese Lasagna

w/Garlic Roasted Broccoli (G,M,W)

Vegetarian Option: Cheese Lasagna (G,M,W)

THURSDAY

Chicken Pad Thai

w/Bahn Mi Chicken, Pad Thai Noodles & Stir Fried Veggies (E,S - Contains: Sunflower Seeds)

Vegetarian Option: Tofu Pad Thai (E,S - Contains: Sunflower Seeds)

FRIDAY

Beef Sloppy Joe on Classic Bun

w/Mashed Potatoes & Vegetables (G,M,W)

Vegetarian Option: Lentil & Quinoa Sloppy Joe (G,M,W - Contains: Mushrooms)

***Gluten-Free Bread Available (contains 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!



*Allergen Labeling Key:

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

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

WEEKLY ROTATING OPTIONS

GLUTEN-FREE & VEGAN GRAIN BOWL

Tuscan Bowl

w/White Bean, Kale, Zucchini, Red Pepper, & Pesto (on the side) (Contains: Pepita Seeds)

WRAPS & SANDWICHES

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

Thai Beef Wrap

w/ Beef Bulgogi, Spring Mix, Cucumber & Carrots on a Flour Tortilla w/Sunbutter Ginger Dressing (G,S,W - Contains: Sunflower Seeds)

Vegan BBQ Tofu Wrap

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

Egg Salad Sandwich

w/Egg Salad & Spring Mix on Whole Wheat Bread (E)

SALADS (Salad meals include Chips & Whole Fruit)

Chicken Caesar Salad

w/ Roasted Chicken, Romaine, Cherry Tomatoes, Parmesan Cheese & Caesar Dressing (E,M,S)

Chickpea Caesar Salad

w/ Chickpeas, Romaine, Cherry Tomatoes, Parmesan Cheese & Caesar Dressing (E,M,S - Contains: Chickpeas)

Crispy Tofu & Broccoli Salad

w/Crispy Tofu, Spring Mix, Edamame, Broccoli Florets, Carrots, Red Bell Peppers, Pepita Seeds & Red Onion w/Sunbutter Dressing (S - Contains: Sunflower Seeds and 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