

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: Mushroom)

*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!

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 Ragu**

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

Vegetarian Option: Plant-Based Ragu (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**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)

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