

LUNCH MENU

CHEF SPECIALS**Components served separately***MONDAY****Pasta Primavera w/ Roasted Chicken**

Penne Pasta, Broccoli, Red Peppers, Onions, Carrots, Green Beans, Sweet Peas, Garlic & Fresh Basil (G,W)

Vegetarian Option:**Pasta Primavera w/ Roasted Tofu** (G,S,W)**TUESDAY****Chicken Curry**

Slow-Cooked Chicken marinated with Housemade Curry Spices (mild), Roasted Broccoli & Steamed Basmati Rice (S)

Vegetarian Option:**Tofu Curry** (S)**WEDNESDAY****Cavatappi Pasta w/ Beef Ragu**

Housemade Beef Ragu & Herb Roasted Butternut Squash (G,W)

Vegetarian Option:**Cavatappi Pasta w/ Plant-Based Ragu** (G,S,W)**THURSDAY****Chicken Tinga Tacos on Flour Tortillas**

Braised Chicken Tinga (mild), Mexican Rice & Roasted Corn "Esquites Style" (G,S,W)

Vegetarian Option:**Black Bean Tacos on Flour Tortillas** (G,S,W)**FRIDAY****Hamburger on Classic Bun*****Gluten-Free Bun (E) Available**

Grilled Hamburger on a Classic Bun with Roasted Idaho Potato Wedges & Vegetable Medley (G,W)

Vegetarian Option:**Veggie Burger on Classic Bun** (G,W)***Gluten-Free Bun (E) Available****Includes Ketchup, Mustard & Relish on the side***DAILY DESSERT****MONDAY****Chocolate Sour Cream Coffee Cake** (E,G,M,S,W)**TUESDAY****Lemon Cake Bar** (E,G,M,W)**WEDNESDAY****Vegan Brownie** (G,S,W)**THURSDAY****Granola Bar** (G,M,S,W - Contains: Pepita Seeds)**FRIDAY****Vegan Banana Bread** (G,S,W)***Whole fruit and allergen-alternative dessert available daily!****AVAILABLE EVERYDAY****Roasted Chicken or Tofu** (S)

w/ Steamed Rice, Roasted Broccoli & BBQ Sauce on the side

Turkey or Cheese or Turkey & Cheese Sandwich on Whole Wheat Bread Meal

w/ Chips, Quinoa Side Salad & Whole Fruit

(G,M,W - Side Salad Contains: Corn, Chickpeas)

Sandwich includes Mayo (E,S) and Mustard Packets on the side**Gluten-Free Bread (E) Available****Sunbutter or Sunbutter & Jelly on Whole Wheat Bread Meal**

w/ Chips, Quinoa Side Salad & Whole Fruit

(G,W - Contains: Sunflower Seeds,

Side Salad Contains: Corn, Chickpeas)

Gluten-Free Bread (E) Available**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

SANDWICH & SALAD WEEKLY ROTATION*Sandwich/Salad options rotate daily based on a weekly menu***SANDWICHES**

Sandwich meal includes: Quinoa Salad (*Contains Corn, Chickpeas*), Chips & Whole Fruit. (Sauces & Mayo are served on the side)

MONDAY**Sandwich of the Day:****Smoked Turkey Wrap**

Smoked Turkey, Cheddar Cheese, Spring Mix & Pesto Mayo in a Flour Tortilla.

(E,G,M,S,W - Contains: Pepita Seeds)

TUESDAY**Sandwich of the Day:****Italian Sub Sandwich**

Genoa Salami, Capicola, Provolone, Romaine & Red Wine Vinaigrette on a Baguette

(G,M,P,S,W)

WEDNESDAY**Sandwich of the Day:****Southwest Chicken Wrap**

Chipotle Lime Chicken, Black Beans, Spring Mix, Red Bell Pepper, Red Onion, Roasted Corn, Queso Fresco & Chipotle Ranch Dressing on a Flour Tortilla (E,G,M,S,W)

THURSDAY**Sandwich of the Day:****Turkey & Salami Hoagy**

Turkey, Salami, Provolone Cheese, Arugula & Giardiniera on a french baguette & mayo on the side (E,G,M,P,S,W - Contains: Pepita Seeds)

FRIDAY**Sandwich of the Day:****BBQ Chicken Wrap**

Grilled Chicken, Cheddar Cheese, Spring Mix & BBQ Sauce on a Flour Tortilla

(G,M,W)

SALADS

Salad meals include: Chips & Whole Fruit (Dressing & Cheeses served on the side)

MONDAY**Salad of the Day: Southwest Chicken Salad**

Chipotle Lime Chicken, Spring Mix, Roasted Corn, Grilled Red Onion & Chipotle Ranch Dressing (E,M,S)

Vegetarian Option: Veggie Southwest Salad

Braised Black Beans, Spring Mix, Roasted Corn, Grilled Red Onion & Chipotle Ranch Dressing (E,M,S)

TUESDAY**Salad of the Day: Chopped Salad**

Romaine, Bacon, Blue Cheese, Red Cabbage, Tomato, Green Onion & Red Wine Vinaigrette (M,P)

Vegetarian Option: Vegetarian Chopped Salad

Romaine, Hard Boiled Egg, Tomatoes, Red Cabbage, Blue Cheese & Red Wine Vinaigrette (E,M)

WEDNESDAY**Salad of the Day: Chicken Caesar Salad**

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

Vegetarian Option: Chickpea Caesar Salad

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

THURSDAY**Salad of the Day: Asian Chicken Chopped Salad**

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

Vegetarian Option: Vegan Asian Chopped Salad

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

FRIDAY**Salad of the Day: Cobb Salad**

Smoked Turkey, Romaine, Cherry Tomatoes, Hard-Boiled Egg, Blue Cheese & Red Wine Vinaigrette (E,M)

Vegetarian Option: Vegan Cobb Salad

Spring Mix, Crispy Chickpeas, Cherry Tomatoes, Radish, Red Onion, Roasted Corn & Red Wine Vinaigrette (Contains: Chickpeas)

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