

LUNCH MENU

CHEF SPECIALS**Components served separately***MONDAY****Classic Beef Meatloaf**

Homestyle All-Beef Meatloaf, Herb Roasted Broccoli & Classic Mashed Potatoes (E,M)

Vegetarian Option:**Plant-Based Lentil Meatloaf (M,S)****TUESDAY****Chicken Sausage & Peppers**

Housemade Italian-Style Chicken Sausage, Roasted Sweet Peppers & Penne Marinara (G,W)

Vegetarian Option:**Plant-Based Sausage & Peppers (G,S,W)****WEDNESDAY****Honey Mustard Chicken**

Roasted & Diced Chicken in a Housemade Honey Mustard Sauce, Garlic Roasted Cauliflower & Steamed Basmati Rice

Vegetarian Option:**Honey Mustard Tofu (S)****THURSDAY****Beef & Cheese Lasagna**

Homestyle Beef Lasagna w/Mozzarella, Parmesan & Ricotta Cheese, Housemade Marinara & Herb-Roasted Green Beans (G,M,W)

Vegetarian Option:**Spinach & Cheese Lasagna (G,M,W)****FRIDAY****Turkey Pepperoni Pizza**

Pan-Pizza Style Focaccia, Turkey Pepperoni, Housemade Pizza Sauce, Mozzarella & Vegetable Medley w/Edamame (G,M,S,W)

Vegetarian Option:**Cheese Pizza (G,M,S,W)****DAILY DESSERT****MONDAY****Chocolate Zucchini Cake (E,G,S,W)****TUESDAY****Orange Cake Bar (E,G,M,W)****WEDNESDAY****Chocolate Banana Cake (E,G,M,W)****THURSDAY****Brown Sugar Coffee Cake (E,G,M,W)****FRIDAY****Vegan Apple Cake (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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