

LUNCH MENU

CHEF SPECIALS**Components served separately***MONDAY****Ground Beef Tacos**

Spiced Ground Beef on Flour Tortillas, Sweet Corn "Esquites" style, with Lime and Chili & Mexican Style Rice (G,S,W)

Vegetarian Option:**Black Bean Tacos** (G,S,W)**TUESDAY****Mac & Cheese w/Bacon Panko Crisp**

Housemade Mac & Cheese with Mozzarella, Cheddar Cheese & Elbow Macaroni. Topped with Bacon Panko Crisp & Garlic Roasted Broccoli (G,M,P,W)

Vegetarian Option:**Mac & Cheese** (G,M,W)**WEDNESDAY****Chicken Jambalaya**

Chicken Braised with Cajun Spices, Onions & Bell Peppers in Tomato Sauce, Steamed Jasmine Rice & Herb Roasted Zucchini

Vegetarian Option:**Tofu Jambalaya** (S)**THURSDAY****Beef Meatballs**

Penne Pasta with Handmade Beef Meatballs and Marinara Sauce, & Garlic Roasted Butternut Squash (E,G,W)

Vegetarian Option:**Lentil & Quinoa Meatballs** (G,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,S,W)**WEDNESDAY****Chocolate Banana Cake** (E,G,M,S,W)**THURSDAY****Brown Sugar Coffee Cake** (E,G,M,S,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 French 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 Hoagie**

Turkey, Salami, Capicola, Provolone Cheese, Arugula & Giardiniera on a French Baguette & Mayo on the side (E,G,M,P,S,W)

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

Roasted Chicken, Cheddar Cheese, Spring Mix & BBQ Sauce on a Flour Tortilla
(G,M,S,W)

SALADS

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

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

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

Vegetarian Option: Veggie Southwest Salad

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

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

Roasted Chicken, Bacon, Romaine, Blue Cheese, Red Cabbage, MightyVine Tomatoes & Red Wine Vinaigrette (M,P)

Vegetarian Option: Vegan Chopped Salad

Romaine, Local Tofu, Red Cabbage, MightyVine Tomatoes & Red Wine Vinaigrette (S)

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

Roasted Chicken, Romaine, MightyVine 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**

Roasted Chicken, Chopped Romaine, Shaved Cabbage, Shredded Carrots, Red Pepper, Snap Peas, Green Onions, Cilantro & Sunbutter Ginger Dressing (S - Contains: Sunflower Seeds)

Vegetarian Option: Vegan Asian Chopped Salad

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

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

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

Vegetarian Option: Vegan Cobb Salad

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

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