

## 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****Baked Bacon 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:****Baked 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,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](mailto: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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