



### DAILY CHEF'S SPECIAL

★ meal components are served separate ★

#### MONDAY

- Entree** Beef Ragout or Lentil Ragout  
roasted carrots, pasta (**gluten, wheat**)  
mixed green salad
- Dessert** Vegan Banana Bread (**gluten, wheat, soy**)

#### TUESDAY

- Entree** Chicken Tinga or Tofu Tinga (**soy**)  
flour tortilla (**gluten, wheat**)  
shredded lettuce, fresh salsa, shredded cheese (**milk**)
- Dessert** Chocolate Cookies & Cream Cake (**egg, gluten, wheat, soy, milk**)

#### WEDNESDAY

- Entree** Grilled Pesto Chicken Sandwich (**milk, pepitas**) or Grilled Pesto  
Tofu Sandwich (**soy, milk, pepitas**)  
classic bun (**gluten, wheat**)
- Dessert** roasted green beans, mixed green salad  
Blondies (**egg, gluten, wheat, milk, soy**)

#### THURSDAY

- Entree** Teriyaki Chicken (**soy**) or Teriyaki Tofu (**soy**)  
roasted peppers, roasted broccoli  
jasmine rice
- Dessert** Lemon Cake Bar (**egg, gluten, wheat, milk**)

#### FRIDAY

- Entree** Beef Hamburgers or Veggie Burgers  
classic bun (**gluten, wheat**)  
vegetable crudite, potato chips
- Dessert** Italian Ice Cups

### AVAILABLE EVERYDAY



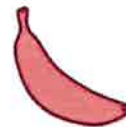
Sandwiches



Crudite Vegetables



Vegetarian Soup



Whole Fruit



Milk Cartons

# HCF

#### Handcut Food's kitchen is nut-aware.

We do not work with nuts and make every effort to avoid using ingredients produced in facilities that use nuts. For other Top 9 Food Allergens and known community allergens, we follow best practices to avoid cross contamination during production. Although our kitchens are allergy-aware, they are not allergy free. If you have questions related to food allergies please reach out directly to our Registered Dietitian at [nutrition@handcutfoods.com](mailto:nutrition@handcutfoods.com).