



# the market

	Monday 3/11/24	Tuesday 3/12/24	Wednesday 3/13/24	Thursday 3/14/24	Friday 3/15/24	Saturday 3/16/24	Sunday 3/17/24
Soup of the Day	Gumbo 5 Bean Soup	Crab Meat Chowder Creamy Sweet Potato	Chicken Tortilla*GF Tomato Basil*GF	Menudo*GF Roasted Cauliflower	Chicken Pot pie Soup ChickPeas wild Rice*GF	Soup Du jour	Soup Du jour
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Chicken Tostada Bar	Wing Bar	---	---
Culinary Exchange	Honey Garlic Chicken Golden Fish Breaded Pork Roasted Asparagus Rice Tabbouleh Cauliflower Dinner rolls	Mexican Beef Stew Crispy Chicken tacos Charro Beans Tex-Mex Corn Jalapeno Zucchini Warm Tortillas	Southern Salisbury Steak Onion Gravy BBQ Chicken Quarters Corn on the Cob Baked Beans Potato Salad Garlic Breadstick	Shrimp Scampi Chicken Cacciatore Seasoned Broccoli Glazed Crinkled Carrots Buttery Linguini Pasta Dinner roll	Catch of the day Marinade Steaks French Onions Baked Potatoes Chefs Blend Seasoned Green Beans Dinner roll	Crispy Chicken Chef's Choice Roasted Zucchini*GF Spanish Rice Flour Tortillas	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Masted Potatoes Dinner Rolls
WFPB	Spaghetti Meatballs	Black Beans & Corn Enchiladas	Sundried Tomatoes Linguini*GF	Tamales & Red Sauce	Grill Zucchini Boat	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetable with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust*GF	Mediterranean Pizza		



**Whole Food Plant Based** (Vegan)  
is indicated with green font.



**Gluten Free** is indicated with an asterisk  
\*GF and orange font after the food item