



the market

	Monday 1/23/23	Tuesday 1/24/23	Wednesday 1/25/23	Thursday 1/26/23	Friday 1/27/23	Saturday 1/28/23	Sunday 1/29/23
Soup Of the Day	Gumbo 5 Bean*GF	Caldo de Rez Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo Potato Stew	Shrimp Poblano Italian Bean Soup	Soup Du jour	Soup Du jour
Action Station	Caesar Bar	Fajita Station	Create Your Own Pasta	Asian Stir-fry	Wing Bar	---	---
Culinary Exchange	Herb Roasted Chicken Oven Ham Roasted Brussels with Bacon Asparagus & Onion Roasted Glazed Yams Dinner roll	Hard-shell Beef Tacos*GF Cheese Enchiladas Corn Fiesta Chile lemon Cauliflower Cilantro Rice Flour Tortillas	Meatloaf Tilapia Toscana Sweet Roasted Brussels Green Beans & Tomatoes Mashed Potatoes Garlic Breadstick	Cajun Turkey Breast Balsamic Pork Loin Buttery Pasta Steamed Broccolini Glazed Carrots Finger ling Potatoes Dinner rolls	Catch of the day Beef Fajitas Spanish Rice Agua Chile Jicama Zucchini Vegetables Medley Warm Tortillas Flour	Chicken Alfredo Bread sticks Roasted Zucchini*GF	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Mashed Potatoes
WFPB	Stuffed Sweet Potatoes	Vegetable Stir-fry with Brown Rice	Sun dried Tomato Linguini*GF	Tofu lo mien	Fiesta Chalupas*GF	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetable with Hummus	Four Bean Hummus Wrap	Chicken Cesar Wrap	Eggplant Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Pizza Crust Cauliflower*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