



# the market

	Monday 10/3/22	Tuesday 10/4/22	Wednesday 10/5/22	Thursday 10/6/22	Friday 10/7/22	Saturday 10/8/22	Sunday 10/9/22
Soup of the Day	Gumbo 5 Bean*GF	Pozole Verde Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo*GF Potato Stew*GF	Shrimp Poblano Italian Bean Soup*GF	Soup Du jour	Soup Du jour
Action Station	Chicken Bowl	Fajita Station	Create Your Own Pasta	Stir-fry	Wing Bar	---	---
Culinary Exchange	Coconut Crusted Chicken Oven Baked Ham Mix Vegetables *GF Mashed Potatoes Glazed carrots Dinner roll	Beef Tacos*GF Chicken Enchiladas Peas & Tomatoes*GF Mexican Corn Cobs *GF Ranchero Beans Flour Tortillas	Meatloaf Toscana Fish Green Beans*GF Grill Asparagus Mashed Potatoes *GF Garlic Breadstick	Vegetable Lasagna Spaghetti & Meat Sauce Steamed Broccoli Grill Zucchini & Roasted eggplant Garlic Toast	Herb Crusted Chicken Catch of the Day Parsley Rice Roasted Brussel *GF Vegetables Medley*GF Warm Tortillas	Chicken Alfredo Bread sticks Roasted Zucchini*GF	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Mashed Potatoes
WFPB	Spaghetti Meatballs	Vegetable Stir-fry with Brown Rice	Sun dried Tomato Linguini*GF	Curried Quinoa	Eggplant Creo *GF	---	---
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