



# the market

Week Three

Monday  
10/26/2026

Tuesday  
10/27/2026

Wednesday  
10/28/2026

Thursday  
10/29/2026

Friday  
10/30/2026

Saturday  
10/31/2026

Sunday  
11/01/2026

Soup  
of the  
Day

Nova Scotian Shrimp  
and Lobster Chowder  
  
Butternut squash and  
white bean

Loaded bake  
Potato  
  
Wild Rice Soup

Tomato Basil Bisque  
**Vegetable**  
**Lumberjack\*GF**

Pozole  
**Mediterranean**  
Tuscan **GF**

Smoke red pepper  
Gouda  
  
**Italian Five Bean**  
**Soup\*GF**

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Action  
Station

Caesar Salad

Chicken Fajita

Create Your Own  
Pasta

French Dip  
Sandwich

**Fall Harvest Bowl**

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Culinary  
Exchange

Beef Lasagna  
Chicken Teriyaki  
  
Herb rice pilaf  
  
Green beans **GF**  
  
California Vegetables  
**GF**  
  
Dinner Rolls

Tequila-Lime  
Chicken Thighs **GF**  
  
Gambas Al Ajillo  
**GF**  
  
Vegetable Rice **GF**  
  
Refried Beans **GF**  
  
Squash ala  
Mexicana **\*GF**  
  
**Tortillas**

Beef Chipotle Pot  
Roast  
Cajun Buttered Tilapia  
**GF**  
  
Ranchero Beans  
  
Mashed Potatoes  
  
**GF**  
  
**Steamed Broccoli**  
**\*GF**  
  
Garlic Breadsticks

Salmon/Poblano  
**\*GF** aioli  
  
Beef Fajita  
  
Yellow Rice **\*GF**  
  
5-way Vegetables **GF**  
  
Green Beans **\*GF**  
  
Dinner Rolls

Bourbon Glazed  
Meatloaf  
  
Jerk Chicken **GF**  
  
Mashed Potatoes **GF**  
  
**Peas and Carrots**  
**\*GF**  
  
Oven Roasted  
Cauliflower **\*GF**  
  
Dinner Rolls

Chopped Steak  
  
Broccoli  
  
Mashed  
Potatoes **\*GF**

Chef's Choice  
Protein  
  
Chef's Choice  
Starch  
  
**Chef's Choice**  
**Vegetable\*GF**



WFPB

Specialty  
Sub

**Plant based Spaghetti  
and Meatballs**

**Butternut Squash  
Enchiladas**

**Indonesian Peanut  
Tempeh Stir-Fry w/  
Brown rice**

**Plant Based Chicken  
Alfredo**

**Plant based beef  
Bourguignon**

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Pizza

Seafood Po'boy

Roasted Vegetables  
with Hummus

**Four Bean Hummus  
Wrap**

Chicken Caesar  
Wrap

**Eggplant and  
Mushroom Fajita  
Wrap**



Supreme Pizza

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

Ultimate Veggie  
Pizza



Calzones

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

Gluten Free Pizza  
with Cauliflower  
Crust **GF**

Hawaiian Pizza

