



the market

Week Five

Monday
10/05/2026

Tuesday
10/06/2026

Wednesday
10/07/2026

Thursday
10/08/2026

Friday
10/09/2026

Saturday
10/10/2026

Sunday
10/11/2026

Soup
of the
Day

Gumbo

Butternut Squash and
White Bean

Chicken Enchiladas

Vegetable & Wild
Rice *GF

Loaded Bake Potato

Tomato Basil

Caldo de res

Plant Based Italian
Meatballs

Chicken and corn
chowder

Lentil soup

Chef's choice

Chef's Choice

Action
Station

Sliders

Fajita Station

Create Your Own Pasta

Carnitas Bowl

Pulled Pork
Sandwich

Culinary
Exchange

Chicken fried Chicken

Roasted Red Potatoes
*GF

Pork Ribs

Carrots *GF

Broccoli *GF

Dinner Rolls

Beef Enchiladas *GF

Shrimp Taco/ Mango
salsa

Cilantro Lime Rice
*GF

Ejotes a la Mexicana

jalapeno zucchini
*GF Tortillas

Szechuan chicken

Garlic Ginger Glazed
Pork

Fried Rice

Steamed broccoli *GF

Stir fry carrot and
cabbage *GF

Garlic Breadsticks

Beef pot roast

Tuscan Salmon *GF

Mashed Potatoes
*GF

Steamed Carrots *GF

Green beans
almondine *GF

Parmesan Crusted
Chicken

Grilled Steak,
chimichurri *GF

Mixed Vegetables
California
Vegetables *GF

Roasted Red
Potatoes *GF

Dinner Rolls

Hot Dog

Chili

Chef's Choice
*GF



WFPB

Specialty
Sub

Plant based
Spaghetti and
Meatballs

Miso Glazed
Tofu/w Brown
Rice

Indonesian Peanut
Tempeh Stir-Fry

Plant Based
Tamales

Artichoke and
Eggplant
Cassoulet

Pizza

Crab cake Po'boy

Roasted Vegetables
with Hummus

Four Bean Hummus
Wrap

Chicken Caesar
Wrap

Eggplant and
Mushroom Fajita
Wrap

Supreme Pizza

Ultimate Veggie
Pizza

Calzones

Gluten Free Pizza
with Cauliflower
Crust *GF

Hawaiian 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

