the market

Week one

	Monday 11/16/2026	Tuesday 11/17/2026	Wednesday 11/18/2026	Thursday 11/19/2026	Friday 11/20/2026	Saturday 11/21/2026	Sunday 11/22/2026
Soup of the Day	Lobster Bisque Butternut Squash and White Bean	Chili GF Minestrone	Potato and Leek **Tomato Basil *GF**	Pozole verde Mediterranean Tuscan Soup *GF	Sausage, White Bean, and Kale Soup Lentil Soup*GF		Chef's Choice
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Cowboy Stew	Blackened Bowl	---	---
Culinary Exchange	Fried Chicken Jambalaya Honey Herb Butter Roasted Carrots GF Maple Bacon Brussels Sprouts GF	Barbacoa Beef Tortilla Crusted Tilapia Spanish Rice GF Ranchero Beans Esquites	Coq au vin GF Pork Adobo GF Mashed Potatoes Roasted Broccoli Cauliflower Gratin Bread Sticks	Chicken Creole Garlic and Parmesan Crusted Salmon Roasted Sweet Potatoes GF Garlic Beans ***GF** Succotash *GF Dinner Rolls	Beef Stroganoff GF Chili Lime tilapia Egg Noodles Balsamic Glazed Carrots GF Sweet Peas Dinner Rolls	Beef Brisket GF Bake Beans Potato Salad *GF	Chef's Choice Protein Chef's Choice Starch **Chef's Choice Vegetable*GF**
WFPB Specialty Sub	**Coconut Curry Tofu w/ with sweet mash Potatoes**	**Couscous & Butternut Squash with Basil Tahini**	**Wild Mushroom Cassoulet**	**Cranberry Apple Quinoa Salad**	**Jamaican Ital Stew**	---	---
		Roasted Vegetables with Hummus	**Four Bean Hummus Wrap**	Chicken Caesar Wrap	**Eggplant and Mushroom Fajita Wrap**		
Pizza	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.

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