



the market

Week one

Monday
10/12/2026

Tuesday
10/13/2026

Wednesday
10/14/2026

Thursday
10/15/2026

Friday
10/16/2026

Saturday
10/17/2026

Sunday
10/18/2026

Soup
of the
Day

Creamy Pumpkin Soup
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

Caesar Salad

Fajita Station

Create Your Own Pasta

Cowboy Stew

Blackened Bowl

Culinary
Exchange

Chicken Pot Pie
Jambalaya
Honey Herb Butter
Roasted Carrots **GF**
Maple Bacon Brussels
Sprouts **GF**

Barbacoa Beef
Tortilla Crusted
Tilapia
Spanish Rice **GF**
Ranchero Beans
Esquites

Coconut Curry Shrimp
GF
Pork Adobo **GF**
Mashed Potatoes
Roasted Broccoli
Cauliflower Gratin
Bread Sticks

Chicken Marsala
Garlic and Parmesan
Crusted Salmon
Roasted Sweet
Potatoes **GF**
Garlic Beans ***GF**
Succotash ***GF**
Dinner Rolls

Beef Stroganoff **GF**
Tuscan Butter
Shrimp
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

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.



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

