the market

Week Five

	Monday 11/09/2026	Tuesday 11/10/2026	Wednesday 11/11/2026	Thursday 11/12/2026	Friday 11/13/2026	Saturday 11/14/2026	Sunday 11/15/2026
Soup of the Day	Gumbo **Butternut Squash and White Bean**	Chili Vegetable & Wild Rice *GF	Chicken Enchiladas Tomato Basil	Pozole Verde Mediterranean Tuscan Soup	Sausage, White Bean, and Kale Soup Lentil soup	Chef's choice	Chef's Choice
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta	Carnitas Bowl	Pulled Pork Sandwich	---	---
Culinary Exchange	Chicken fried Chicken Mashed 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 **5-way 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.

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