



the market

Week Two

	Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026	Saturday 10/24/2026	Sunday 10/25/2026
Soup of the Day	Wisconsin Beer Cheese Soup Butternut Squash and White Bean	Cioppino Farro and Bean Soup	Loaded Bake Potato Tomato Basil*GF	Chicken Pozole rojo Lentil Soup	Broccoli Cheddar Soup Italian Five Bean Soup*GF	Ham And Beans	Chef's Choice
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta	Brisket Nachos	Pork Ramen	---	---
Culinary Exchange	Coco Cola Chicken Smothered Pork Chops Mashed Potatoes *GF Steamed Broccoli *GF Roasted Brussels Sprouts *GF	Coconut Shrimp Beef Al Pastor Cilantro Lime Rice*GF Jalapeno Zucchini *GF Fajita Vegetables *GF Tortillas	Fricassee Chicken Pulled Pork *GF Collard Greens *GF Southern Cabbage *GF Mac And Cheese Bread sticks	Coconut Verde Salmon Ropa Vieja Steamed Rice Maduros *GF Glazed Carrots *GF Dinner Rolls	Ranchero Chicken Pork Tamales *GF Roasted Red Potatoes *GF Sauteed green beans *GF 5-way Vegetables*GF Dinner Rolls	Vegetable and Meat Lasagna Steamed Broccoli *GF Breadsticks	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
WFPB	Plant based meatballs , spaghetti	Stir Fry Tofu w/ lo mein	North African Spiced Sweet Potato Shakshuka	Herb-Crusted Tofu with Summer Ratatouille	Charred Broccolini & White Bean Sauté	---	---
Specialty Sub	Crab cake Po'boy	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.



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