



# the market

Week Four

Monday  
6/15/26

Tuesday  
6/16/26

Wednesday  
6/17/26

Thursday  
6/18/26

Friday  
6/19/26

Saturday  
6/20/26

Sunday  
6/21/26

Soup  
of the  
Day

Action  
Station

Culinary  
Exchange

WFPB

Specialty  
Sub

Pizza

Gumbo Fire roasted vegetables *GF	Chicken Tortellini Vegetable & Wild Rice	Tomato Basil Plant based potato	Pozole Plant Based Italian Meatball	Clam Chowder Five Bean soup	Chef's Choice	Chef's Choice
Caesar Salad	Fajita Station	Create Your Own Pasta	Shrimp Ceviche	Chicken Wings	---	---
Tortilla Crusted Tilapia blanched Green Beans*GF Mashed Potatoes Beef tips California Vegetables *GF	Chicken Enchiladas Barbacoa beef Spanish Rice Fiesta Corn Calabaza con asadero *GF <b>Tortillas</b>	Chicken Tikka Masala Kung Pao Shrimp White Rice *GF Bok Choy *GF Gochujang Brussels Sprouts *GF Garlic Breadsticks	Spaghetti and Meat sauce Shrimp Scampi Garlic Broccoli Steamed Carrots	Country fried Steak Blackened Catfish Mashed Potatoes Garlic Green Beans Corn on the cobb Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn	Chef's Choice Protein Chef's Choice Starch <b>Chef's Choice Vegetable*GF</b>
Plant based spaghetti and Meatballs	Quinoa and Chickpea salad	Korean Noodle Salad	Lentil and Mushroom Ragu	Black Bean Burger	---	---
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