



the market

Week one

Monday
8/03/2026

Tuesday
8/04/2026

Wednesday
8/05/2026

Thursday
8/06/2026

Friday
8/07/2026

Saturday
8/08/2026

Sunday
8/09/2026

Soup
of the
Day

Gumbo

Minestrone Soup *GF

Poblano and White
Cheddar

Vegetable & Wild
Rice *GF

Chicken Noodle

Tomato Basil *GF

Pozole verde

Mediterranean
Tuscan Soup *GF

Steak House Au
Poivre

Lentil *GF

Chef's Choice

Action
Station

Sliders

Fajita Station

Create Your Own Pasta

Chicken Tostadas

Greek Salad

Culinary
Exchange

Chicken cordon bleu

roasted pork
tenderloin

Roasted Potatoes

Roasted Mixed
vegetables

Green Beans

Birria

Tortilla Crusted
Tilapia

Spanish Rice

Ranchero Beans

Fiesta Corn

Honey Chipotle Shrimp

BBQ Ribs

Mashed Potatoes

Steamed Broccoli

Roasted Cauliflower

Bread Sticks

Chicken Marsala

Dirty Rice

Blackened Salmon

Garlic Beans *GF

Succotash *GF

Dinner Rolls

BBQ Chicken

Shrimp Etouffee

Mashed Potatoes

Asparagus

Steamed Carrots

Dinner Rolls

Beef Brisket

Bake Beans

Potato Salad

*GF

Chef's Choice
Protein

Chef's Choice
Starch

Chef's Choice
Vegetable*GF



WFPB

Spaghetti and
Meatballs

Crispy Tofu with
Eggplant
Caponata

Wild Mushroom &
Cassoulet

Mediterranean
Chickpea Stir-Fry

Jamaican Ital
Stew

Specialty
Sub

Avocado stuff Crab
Maison

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

