



the market

Week Four

Monday
9/28/26

Tuesday
9/29/26

Wednesday
9/30/26

Thursday
10/01/26

Friday
10/02/26

Saturday
10/03/26

Sunday
10/04/26

Soup
of the
Day

Gumbo

Quinoa And fire
roasted vegetables

Chicken noodle

Vegetable & Wild
Rice

Loaded Bake Potato

Tomato Basil

Menudo

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

Thai Budha Bowl

Action
Station

Tortilla Crusted Tilapia

Sauteed Green
Beans *GF

Mashed Potatoes *GF

Beef tips

California Vegetables
*GF

Chicken Enchiladas

Barbacoa beef *GF

Spanish Rice

Fiesta Corn *GF

Calabaza con
asadero *GF

Tortillas

General Tso's Stir fry
Chicken

Sweet Chili Shrimp

Fried Rice

Garlic Broccoli *GF

Sauteed Cabbage
*GF

Garlic Breadsticks

Blackened Catfish

Smoked Pork Butt
*GF

Roasted Red
Potatoes *GF

Roasted Cauliflower
*GF

Steamed Carrots *GF

Country fried
Steak

Marry me Salmon

Mashed Potatoes
*GF

Green Beans *GF

Corn on the cobb
*GF

Dinner Rolls

Chicken Tamale

Spanish Rice
*GF

Fiesta Corn *GF

Chef's Choice
Protein

Chef's Choice
Starch

Chef's Choice
Vegetable *GF

Culinary
Exchange

Plant based spaghetti
and Meatballs

Quinoa and
Chickpea salad

Stir Fry Tofu w/
Vegetable Fried Rice

Stuffed Sweet
Potatoes

Forrager
Mushroom Pasta

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



WFPB

Specialty
Sub

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

