



the market

Week Two

	Monday 9/14/2026	Tuesday 9/15/2026	Wednesday 9/16/2026	Thursday 9/17/2026	Friday 9/18/2026	Saturday 9/19/2026	Sunday 9/20/2026
Soup of the Day	Gumbo Butternut Squash and White Bean	Loaded Bake Potato Vegetable & wild rice	Chicken Pot pie Tomato Basil*GF	Menudo Lentil Soup	Clam Chowder Italian Five Bean Soup*GF	Ham And Beans	Chef's Choice
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta	Brisket Nachos	Chicken Wings	---	---
Culinary Exchange	Tandoori Chicken Smothered Pork Chops Mashed Potatoes Steamed Broccoli *GF Roasted Brussels Sprouts *GF	Coconut Shrimp Beef Al Pastor Cilantro Lime Rice*GF Jalapeno Zucchini *GF Fajita Vegetables Tortillas	BBQ Chicken Bake beans Pulled Pork *GF Collard Greens *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 Sautéed Cabbage *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