



the market

Week Three

Monday
7/13/2026

Tuesday
7/14/2026

Wednesday
7/15/2026

Thursday
7/16/2026

Friday
7/17/2026

Saturday
7/18/2026

Sunday
7/19/2026

Soup
of the
Day

Action
Station

Culinary
Exchange



Specialty
Sub

Pizza

Taco Soup Butternut squash and white bean	Poblano and White Cheddar Wild Rice Soup	Tomato Basil Bisque Vegetable Lumberjack*GF	Menudo Mediterranean Tuscan	Smoke red pepper Gouda Italian Five Bean Soup*GF	----	----
Caesar Salad	Chicken Fajita	Create Your Own Pasta	Chicken Tostados	Brisket Burrito Bowl	---	---
Beef Lasagna Chicken Teriyaki Herb rice pilaf Green beans California Vegetables Dinner Rolls	Tequila-Lime Chicken Thighs Gambas Al Ajillo Vegetable Rice Refried Beans Squash ala Mexicana *GF Tortillas	Beef Chipotle Pot Roast Cajun Buttered Tilapia Ranchero Beans Roasted Red Potatoes Steamed Broccoli *GF Garlic Breadsticks	Salmon/Poblano *GF aioli Bourbon Glazed Meatloaf Mashed Potatoes *GF 5-way Vegetables Green Beans *GF Dinner Rolls	Skirt steak w/ chimichurri Jerk Chicken Yellow Rice Asparagus *GF Oven Roasted Cauliflower *GF Dinner Rolls	Chopped Steak Broccoli Mashed Potatoes *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Plant based Spaghetti and Meatballs	Butternut Squash Enchiladas	Indonesian Peanut Tempeh Stir-Fry w/ BrownRice	Plant Based Chicken Alfredo	Pasta e Fagioli	---	---
Seafood 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