



the market

Week Four

Monday
8/24/26

Tuesday
8/25/26

Wednesday
8/26/26

Thursday
8/27/26

Friday
8/28/26

Saturday
8/29/26

Sunday
8/30/26

Soup
of the
Day

Action
Station

Culinary
Exchange



WFPB

Specialty
Sub

Pizza

Gumbo Quinoa And fire roasted vegetables *GF	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	---	---
Tortilla Crusted Tilapia Sauteed Green Beans*GF Mashed Potatoes Beef tips California Vegetables *GF	Chicken Enchiladas Barbacoa beef Spanish Rice Fiesta Corn Calabaza con asadero *GF Tortillas	General Tso's Stir fry Chicken Sweet Chili Shrimp White Rice *GF Garlic Broccoli *GF Sauteed Cabbage *GF Garlic Breadsticks	Blackened Catfish Smoked Pork Butt Roasted Red Potatoes Roasted Cauliflower Steamed Carrots	Country fried Steak Marry me Salmon Mashed Potatoes Green Beans Corn on the cobb Dinner Rolls	Chicken Tamale Spanish Rice Fiesta Corn	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Forrager Mushroom Pasta	Quinoa and Chickpea salad	Plant based spaghetti and Meatballs	Stuffed Sweet Potatoes	Couscous Salad	---	---
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