the market

Week Four

	Monday 11/02/26	Tuesday 11/03/26	Wednesday 11/04/26	Thursday 11/05/26	Friday 11/06/26	Saturday 11/07/26	Sunday 11/08/26
Soup of the Day	Gumbo Quinoa And fire roasted vegetables *GF	Chicken noodle Vegetable & Wild Rice	Tomato Basil Plant based potato	Menudo Plant Based Italian Meatball	Clam Chowder Five Bean soup	Chef's Choice	Chef's Choice
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Butternut Squash Ravioli	Thai Budha Bowl	---	---
Culinary Exchange	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 Honey Garlic Glazed Chicken Roasted Red Potatoes Roasted Cauliflower Steamed Carrots	Salisbury 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**
WFPB	Plant based spaghetti and Meatballs	**Quinoa and Chickpea salad**	**Stir Fry Tofu w/Vegetable Fried Rice**	**Stuffed Sweet Potatoes**	**Forrager Mushroom Pasta**	---	---
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.

GF **Gluten Free** is indicated with an asterisk *GF and orange font after the food item