



the market

Monday
4/28/2025

Tuesday
4/29/2025

Wednesday
4/30/2025

Thursday
5/1/2025

Friday
5/02/2025

Saturday
5/03/2025

Sunday
5/04/2025

Soup
of the
Day

Gumbo
Italian 5 bean *GF

Chili *GF
Vegetable & Wild
Rice *GF

Chicken Enchilada
Tomato Basil *GF

Menudo
Moroccan Vegetable
GF

Shrimp Poblano
Lentil *GF

Caesar Salad

Fajita Station

Create Your Own Pasta

Shrimp Ceviche
Tostadas

Culinary Passport
Thailand
Shrimp Pad Thai

Ranchero Chicken
Mashed Potatoes *GF
Moroccan Spiced Pork
*GF
Carrots *GF
Broccoli *GF
Dinner Rolls

Shrimp taco/ mango
salsa
Beef Tacos
Cilantro Lime Rice
*GF
Ejotes a la Mexicana
jalapeno zucchini
*GF Tortillas

Kung Pao Shrimp
String bean Chicken
Fried Rice
Steamed broccoli
Stir fry carrot and
cabbage *GF
Garlic Breadsticks

Beef Pot roast *GF
Mashed Potatoes *GF
Grilled Pork Chop
Garlic Beans *GF
Glazed Carrots *GF
Dinner Rolls

Tuscan Salmon *GF
Grilled Steak,
chimichurri
Steamed Asparagus
Vegetable medley
*GF
Roasted Red
Potatoes *GF
Dinner Rolls

Pulled Pork
Sandwich
Bake beans
Corn on the
cobb
*GF

Chef's Choice
*GF

Vegan lentil curry,
brown rice

Chickpea tacos/
Cilantro lime rice

Egg Plant Fiesta *GF

Mushroom
Bourguignon

Stir fry tofu/ white
rice

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

