



the market

Week Five

Monday
5/18/2026

Tuesday
5/19/2026

Wednesday
5/20/2026

Thursday
5/21/2026

Friday
5/22/2026

Saturday
5/23/2026

Sunday
5/24/2026

Soup
Of the
Day

Action
Station

Culinary
Exchange

WFPB

Specialty
Sub

Pizza

Gumbo Italian 5 bean *GF	Chicken Enchiladas Vegetable & Wild Rice *GF	Ham and Potato Tomato Basil	Menudo White bean	Clam Chowder Lentil	Chef's choice	Chef's Choice
Sliders	Fajita Station	Create Your Own Pasta	Chopped Brisket Sandwich	Thai Budha Bowl	---	---
Montreal roasted Chicken Mashed Sweet Potatoes Smoked Crown Royal Rib tips Carrots *GF Broccoli *GF Dinner Rolls	Brisket Tamale Shrimp Taco/ Mango salsa Cilantro Lime Rice *GF Ejotes a la Mexicana jalapeno zucchini *GF Tortillas	Szechuan chicken Garlic Ginger Glazed Pork Fried Rice Steamed broccoli Stir fry carrot and cabbage *GF Garlic Breadsticks	Beef pot roast Tuscan Salmon Mashed Potatoes Steamed Carrots Green beans almondine	Parmesan Crusted Chicken *GF Grilled Steak, chimichurri Green Bean Almondine California Vegetables *GF Roasted Red Potatoes *GF Dinner Rolls	Hot Dog Chili *GF	Chef's Choice *GF
Miso glazed Tofu	Lentil & Walnut Stuffed Eggplant Royale	Indonesian Peanut Tempeh Stir-Fry	Sumac Tofu with Chickpea Ragout	White Bean & Artichoke Moussaka	---	---
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