



the market

Monday
7/28/2025

Tuesday
7/29/2025

Wednesday
7/30/2025

Thursday
7/31/2025

Friday
8/01/2025

Saturday
8/02/2025

Sunday
8/03/2025

Soup
of the
Day

Action
Station

Culinary
Exchange



Specialty
Sub

Pizza

Gumbo Roasted Vegetable soup *GF	Loaded Bake potato Wild Rice Soup	Chicken Enchiladas Tomato Basil *GF	Menudo Mediterranean Tuscan	Smoke red pepper Gouda Italian Five Bean Soup *GF	---	----
Sliders	Fajita Station	Create Your Own Pasta	Grizzly Bait	Culinary Passport Mexican Inspired Rainbow Bowl	---	---
Chicken Cordon Bleu Potato crusted whiting Peas and Carrots *GF Roasted Potatoes *GF Roasted Brussels Sprouts *GF Dinner Rolls	Chicken Al Pastor Pork Chili Verde Spanish Rice Refried Beans Squash ala Mexicana *GF Tortillas	Southwestern Catfish Honey Chipotle Chicken Borracha Beans Mac and Cheese Steamed Broccoli *GF Garlic Breadsticks	Shrimp Etouffee Glazed Meatloaf Mashed Potatoes *GF Mixed Vegetables Green Beans *GF Dinner Rolls	Bourbon Street Chicken Salmon/Poblano *GF aioli Rice Pilaf Asparagus *GF Oven Roasted Cauliflower *GF Dinner Rolls	Chopped Steak Broccoli Roasted Red Potatoes *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable *GF
Korean Noodle Salad	Butternut squash Curry/ Brown Rice	Pasta Primavera	Moroccan Spiced Tofu/ White rice	Ratatouille	---	---
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

