



the market

	Monday 9/18/23	Tuesday 9/19/23	Wednesday 9/20/23	Thursday 9/21/23	Friday 9/22/23	Saturday 9/23/23	Sunday 9/24/23
Soup of the Day	Gumbo 5 Bean *GF	Caldo de Rez Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo*GF Potato Stew*GF	Creamy Chicken & Vegetables Italian Bean Soup*GF	Soup Du jour	Soup Du jour
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Stir-fry Bar	Mediterranean Bowl	---	---
Culinary Exchange	Sweet & Sour Chicken Hoisin Roasted Pork Stir-fry Vegetables Teriyaki Pepper Grill Vegetables White Rice Dinner Rolls	Chicken Enchiladas Chile Verde con Carne Chile lemon Cauliflower roasted Frijoles Borrachos Pico de Gallo Rice Flour Tortillas	Chicken Jambalaya Pan Fried Pork Chops Roasted Asparagus *GF Potatoes O'Brian Glazed Carrots *GF Garlic Breadstick	Chicken Fried Steak Smothered Chicken Thighs Green Beans & Carrots Garlic Mashed Potatoes Parmesan Zucchini Dinner rolls	Fried Chicken Catch of the Day Collard Greens Beer Mac Cheese Grilled Creamed Corn Dinner rolls	Crispy Chicken Chef's Choice Roasted Zucchini*GF Spanish Rice Flour Tortillas	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Masted Potatoes Dinner Rolls
WFPB	Tamales & Red Sauce	Creamy Cashew pasta & Vegetables	Curried Quinoa*GF	Tofu Lo Mein	Eggplant Creo	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust*GF	Mediterranean 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