



the market

	Monday 9/25/23	Tuesday 9/26/23	Wednesday 9/27/23	Thursday 9/28/23	Friday 9/29/23	Saturday 9/30/23	Sunday 10/1/23
Soup of the Day	Gumbo 5 Bean*GF	Pozole Verde Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo Potato Stew	Shrimp Poblano Italian Bean Soup	Soup Du jour	Soup Du jour
Action Station	Chicken Tostadas	Fajita Station	Create Your Own Pasta	Asian Stir-fry	Wings Bar	---	---
Culinary Exchange	Honey Garlic Roasted Chicken Beef Tips Chimichurri Green beans Grill Squash & Tomatoes Au Gratin Potatoes Dinner roll	Hard-shell Beef Tacos Cheese Enchiladas Spanish Rice Chile Verde zucchini Corn Fiesta Flour Tortilla	Meatloaf Oven Roasted Tilapia Asparagus Squash Mashed Potatoes Garlic Breadstick	Cajun Turkey Breast Jerk Shrimp Brussels & Bacon Garlic Parmesan Mash Potatoes Henrys Stuffing Warm Tortillas	Pork Asado Catch of the Day Spanish Rice Refried Beans Chefs Vegetables Warm tortillas	Pomodoro Pasta Bread sticks Roasted Zucchini*GF	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Mashed Potatoes
WFPB	Spaghetti & meatballs	Tex Mex Enchiladas	Tamales & Red Sauce	Tofu lo mien	Fiesta Chalupas	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Cesar Wrap	Eggplant Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Cauliflower Pizza 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