



the market

	Monday 9/26/22	Tuesday 9/27/22	Wednesday 9/28/22	Thursday 9/29/22	Friday 9/30/22	Saturday 10/1/22	Sunday 9/2/22
Soup of the Day	Gumbo 5 Bean*GF	Caldo de Rez Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo*GF Potato Stew*GF	Crab Corn Chowder Italian Bean Soup*GF	Soup Du jour	Soup Du jour
Action Station	Sliders	Fajita Station	Create your own Pasta	Asian Bar	Nachos Bar	---	---
Culinary Exchange	Asian Shrimp Chicken Mediterranean Soy Ginger Broccoli Grilled Squash Fried rice Dinner rolls	Chicken Scampi Pork Stew Zucchini Glazed Baby Carrots Parsley Rice Dinner rolls	Peppers & Smoked Sausage Pan fried Fish Roasted Brussels Sautéed Squash*GF Dirty Rice Dinner rolls	Chicken Parmesan Spicy Beef Tips Green Beans Herb Brown Rice Peas & Carrots Garlic Breadstick	Chicken Cacciatore Catch of the Day Buttery Linguini Pasta Herb Roasted Mushrooms Vegetables Medley*GF Dinner rolls	Chicken Alfredo Roasted Zucchini*GF Spanish Rice Flour Tortillas	Chefs Choice Asian Vegetables Spaghetti Pasta Dinner Rolls
Specialty Sub	Vegetables Stir-fry and Brown rice	Tamales	Curried Quinoa*GF	Tofu Lo Mein	Corn Chile Chalupas*GF	---	---4
Pizza	Seafood Po'boy	Roasted Vegetable with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
	Philly Steak Pizza	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