



the market

Week Four

Monday
10/13/25

Tuesday
10/14/25

Wednesday
10/15/25

Thursday
10/16/25

Friday
10/17/25

Saturday
10/18/25

Sunday
10/19/25

Soup
of the
Day

Action
Station

Culinary
Exchange



WFPB

Specialty
Sub

Pizza

Gumbo Quinoa And fire roasted vegetables *GF	Chicken Enchiladas Vegetable & Wild Rice	Tomato Basil*GF Plant based potato	Caldo de rez Tuscan White Bean	Shrimp Chowder 5 Bean	---	---
Caesar Salad	Fajita Station	Create Your Own Pasta	French Dip Sandwich Steak Fries	Taste of Fall Grain Bowl/ Cilantro and Maple syrup Vinaigrette	---	---
Chicken in Chinese Garlic sauce Garlic Green Beans*GF Fried Rice *GF Honey Garlic Shrimp Broccoli *GF	Chicken Enchiladas Barbacoa beef Papas Ala Mexicana Fiesta Corn Calabaza con asadero *GF Tortillas	Curry Chicken Kung Pao Shrimp Wild rice *GF Asparagus *GF Roasted Brussels Sprouts *GF Garlic Breadsticks	Tortilla Crusted Tilapia Cilantro Lime Rice *GF Chimichurri steak Roasted Squash and zucchini *GF Ranchero Beans *GF	Country fried Steak Blackened Catfish Mashed Potatoes Steamed carrots Corn on the cobb Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Plant based spaghetti and Meatballs	Quinoa and Chickpea salad	Forrager Mushroom Pasta	Stuffed Sweet potato	Couscous Salad	---	---
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