



the market

Week Four

Monday
11/17/25

Tuesday
11/18/25

Wednesday
11/19/25

Thursday
11/20/25

Friday
11/21/25

Saturday
11/22/25

Sunday
11/23/25

Soup
of the
Day

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	---	---
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Action
Station

Sliders	Fajita Station	Create Your Own Pasta	French Dip Sandwich Steak Fries	Chicken Wings	---	---
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Culinary
Exchange

Stir fry chicken blanched 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
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WFPB

Specialty
Sub

Plant based spaghetti and Meatballs	Quinoa and Chickpea salad	Forrager Mushroom Pasta	Stuffed Sweet potato	Couscous Salad	---	---
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Pizza

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