



the market

Week Four

Monday
3/02/26

Tuesday
3/03/26

Wednesday
3/04/26

Thursday
3/05/26

Friday
3/06/26

Saturday
3/07/26

Sunday
3/08/26

Soup
Of the
Day

Gumbo Quinoa And fire roasted vegetables *GF	Chicken noodle Vegetable & Wild Rice	Tomato Basil Plant based potato	Pozole Italian Meatball	Clam Chowder Five Bean soup	Chef's Choice	Chef's Choice
--	--	------------------------------------	----------------------------	--------------------------------	---------------	---------------

Action
Station

Crab cake sliders	Fajita Station	Create Your Own Pasta	Shrimp Ceviche	Chicken Wings	---	---
-------------------	----------------	-----------------------	----------------	---------------	-----	-----

Culinary
Exchange

Jerk Shrimp blanched Green Beans *GF Mashed Potatoes Beef tips California Vegetables *GF	Chicken Enchiladas Barbacoa beef Spanish Rice Fiesta Corn Calabaza con asadero *GF Tortillas	Curry Chicken Kung Pao Shrimp White Rice *GF Asparagus *GF Roasted Brussels Sprouts *GF Garlic Breadsticks	Spaghetti and Meat sauce Shrimp Scampi Garlic Broccoli Steamed Carrots	Country fried Steak Blackened Catfish Mashed Potatoes Steamed carrots Corn on the cobb Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
--	---	--	--	---	--	--

WFPB

Specialty
Sub

Forager Mushroom Pasta	Quinoa and Chickpea salad	Plant based spaghetti and Meatballs	Stuffed Sweet Potatoes	Couscous Salad	---	---
-----------------------------------	--------------------------------------	--	-----------------------------------	-----------------------	-----	-----

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