



# the market

Week Four

	Monday 5/11/26	Tuesday 5/12/26	Wednesday 5/13/26	Thursday 5/14/26	Friday 5/15/26	Saturday 5/16/26	Sunday 5/17/26
Soup of the Day	Gumbo Quinoa And fire roasted vegetables *GF	Chicken noodle Vegetable & Wild Rice	Tomato Basil Plant based potato	Pozole Plant Baed Italian Meatball	Clam Chowder Five Bean soup	Chef's Choice	Chef's Choice
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta	Shrimp Ceviche	Chicken Wings	---	---
Culinary Exchange	Roasted Garlic and Herb Tilapia Sauteed Green Beans*GF Mashed Potatoes Beef tips California Vegetables *GF	Chicken Enchiladas Barbacoa beef Spanish Rice Fiesta Corn Calabaza con asadero *GF <b>Tortillas</b>	Stir fry Chicken Sweet Chili Shrimp White Rice *GF Garlic Broccoli *GF Sauteed Cabbage *GF Garlic Breadsticks	Blackened Catfish Smoked Pork Butt Roasted Red Potatoes Roasted Cauliflower Steamed Carrots	Country fried Steak Baked Cajun Salmon Mashed Potatoes Green Beans Corn on the cobb Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn	Chef's Choice Protein Chef's Choice Starch <b>Chef's Choice Vegetable*GF</b>
Specialty Sub	Forrager 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

