



# the market

Week Three

Monday  
12/15/2025

Tuesday  
12/16/2025

Wednesday  
12/17/2025

Thursday  
12/18/2025

Friday  
12/19/2025

Saturday  
12/20/2025

Sunday  
12/21/2025

Soup  
of the  
Day

Taco Soup

Butternut squash and  
white bean

Poblano and White  
Cheddar

Wild Rice Soup

Tomato Basil Bisque  
Vegetable  
Lumberjack\*GF

Menudo

Mediterranean  
Tuscan

Smoke red pepper  
Gouda

Italian Five Bean  
Soup\*GF

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Caesar salad

Chicken Fajita

Create Your Own  
Pasta

Navajo Taco

Carnitas Burrito Bowl

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Beef Lasagna

Chicken Teriyaki

Herb rice pilaf

Green beans

California Vegetables

Dinner Rolls

Tequila-Lime  
Chicken Thighs

Chipotle Shrimp

Spanish Rice

Refried Beans

Squash ala  
Mexicana \*GF

Tortillas

Gochujang Roasted  
Pork Chops

Cajun Buttered Tilapia

Ranchero Beans

Mac and Cheese

Steamed Broccoli  
\*GF

Garlic Breadsticks

Mesquite Glazed  
chicken thigh

Glazed Meatloaf

Mashed Potatoes  
\*GF

5-way Vegetables

Green Beans \*GF

Dinner Rolls

Skirt steak w/  
chimichurri  
Salmon/Poblano \*GF  
aioli

Vegetable Rice

Asparagus \*GF

Oven Roasted  
Cauliflower \*GF

Dinner Rolls

Chopped Steak

Broccoli

Mashed  
Potatoes \*GF

Chef's Choice  
Protein

Chef's Choice  
Starch

Chef's Choice  
Vegetable\*GF

Plant based Spaghetti  
and Meatballs

Butternut squash  
Curry/ Brown Rice

Pasta Primavera

Moroccan Spiced  
Tofu/ White rice

Ratatouille

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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

