



# the market

Week One

Monday  
1/05/2026

Tuesday  
1/06/2026

Wednesday  
1/07/2026

Thursday  
1/08/2026

Friday  
1/09/2026

Saturday  
1/10/2026

Sunday  
1/11/2026

Soup  
of the  
Day

Action  
Station

Culinary  
Exchange



Specialty  
Sub

Pizza

Gumbo <b>Minestrone Soup *GF</b>	Chicken Tortilla Vegetable & Wild Rice *GF	Chicken Noodle <b>Tomato Basil *GF</b>	Pazole verde Mediterranean Tuscan Soup *GF	Steak House Au Poivre Lentil *GF	Loaded Bake Potato	Chicken and Dumpling
Sliders	Fajita Station	Create Your Own Pasta	Cassoulet	Seafood arrabbiata	---	---
Chicken Marsala roasted pork tenderloin w/ apple relish Roasted Potatoes Roasted Mixed vegetables Green Beans Dinner Rolls	Birria Tortilla Crusted Tilapia Spanish Rice Ranchero Beans Fiesta Corn	Honey Chipotle Shrimp Pork chop/ smothered in mushrooms and onions Mashed Potatoes Steamed Broccoli Roasted Cauliflower Bread Sticks	Chicken Creole Dirty Rice Blackened Salmon Garlic Beans *GF Succotash *GF Dinner Rolls	Cajun Roasted Drumsticks Shrimp Etouffee Mashed Potatoes Asparagus Steamed Carrots Dinner Rolls	Beef Stroganoff Egg Noodles Sweet Peas *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Spiced Quinoa fiesta *GF	Grain salad w/ fall vegetables	Quinoa Chickpea salad	Pasta Primavera	Stuff Pepper *GF	---	---
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

