



# 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	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
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Cassoulet	Seafood arrabbiata	---	---
Culinary Exchange	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 <b>Chef's Choice Vegetable*GF</b>
WFPB	<b>Spiced Quinoa fiesta *GF</b>	Grain salad w/ fall vegetables	Quinoa Chickpea salad	Pasta Primavera	Stuff Pepper *GF	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	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

