



the market

Week one

Monday
10/27/2025

Tuesday
10/28/2025

Wednesday
10/29/2025

Thursday
10/30/2025

Friday
10/31/2025

Saturday
11/01/2025

Sunday
11/02/2025

Soup
of the
Day

Gumbo
Minestrone Soup *GF

Chicken Tortilla
Vegetable & Wild
Rice *GF

Chicken Noodle
Tomato Basil *GF

Pazole verde
Mediterranean
Tuscan Soup *GF

Steak House Au
Poivre
Lentil *GF

Action
Station

Caesar Salad

Fajita Station

Create Your Own Pasta

Chicken Wings

Turkey sandwich on
ciabatta w/ apple
cider chutney

Culinary
Exchange

Chicken Tikka Masala

roasted pork
tenderloin w/ apple,
maple bacon jam

Au gratin Potatoes

Roasted Mixed
vegetables

Green Beans

Dinner Rolls

Birria
Chicken Enchiladas

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



WFPB

Spiced Quinoa fiesta
*GF

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

