



# the market

Week One

Monday  
12/01/2025

Tuesday  
12/02/2025

Wednesday  
12/03/2025

Thursday  
12/04/2025

Friday  
12/05/2025

Saturday  
12/06/2025

Sunday  
12/07/2025

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

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Action  
Station

Sliders

Fajita Station

Create Your Own Pasta

Shrimp Ceviche

Frito Pie

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Culinary  
Exchange

Chicken Tikka Masala  
  
roasted pork  
tenderloin w/ apple  
relish  
  
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

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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

