



# the market

Week One

Monday  
3/16/2026

Tuesday  
3/17/2026

Wednesday  
3/18/2026

Thursday  
3/19/2026

Friday  
3/20/2026

Saturday  
3/21/2026

Sunday  
3/22/2026

Soup  
Of the  
Day

Gumbo <b>Minestrone Soup *GF</b>	Chicken Tortilla Vegetable & Wild Rice *GF	Chicken Noodle <b>Tomato Basil *GF</b>	Pozole Verde Mediterranean Tuscan Soup *GF	Steak House Au Poivre Lentil *GF	Loaded Bake Potato	Chicken and Dumpling
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Action  
Station

Sliders	Fajita Station	Create Your Own Pasta	Permian Chicken Sandwich	Greek Salad	---	---
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Culinary  
Exchange

Chicken cordon bleu roasted pork tenderloin 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 Marsala 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
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WFPB

<b>Ratatouille *GF</b>	<b>Grain salad w/ fall vegetables</b>	<b>Quinoa Chickpea salad</b>	<b>Pasta Primavera</b>	<b>Stuff Pepper *GF</b>	---	---
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Specialty  
Sub

Seafood Po'boy	Roasted Vegetables with Hummus	<b>Four Bean Hummus Wrap</b>	Chicken Caesar Wrap	<b>Eggplant and Mushroom Fajita Wrap</b>		
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Pizza

Supreme Pizza	Ultimate Veggie Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust*GF	Hawaiian Pizza		
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**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

