



the market

Week One

Monday
4/20/2026

Tuesday
4/21/2026

Wednesday
4/22/2026

Thursday
4/23/2026

Friday
4/24/2026

Saturday
4/25/2026

Sunday
4/26/2026

Soup
Of the
Day

Gumbo
Minestrone Soup *GF

Chicken Tortilla
Vegetable & Wild
Rice *GF

Chicken Noodle
Tomato Basil *GF

Pozole 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

Permian Chicken
Sandwich

Greek Salad

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

WFPB

Ratatouille *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

