



the market

Week Two

	Monday 2/16/2026	Tuesday 2/17/2026	Wednesday 2/18/2026	Thursday 2/19/2026	Friday 2/20/2026	Saturday 2/21/2026	Sunday 2/22/2026
Soup of the Day	Gumbo Minestrone	Ham and Potato Vegetable & wild rice	Chicken Pot pie Tomato Basil*GF	Caldo de Rez Lentil Soup	Clam Chowder Italian Five Bean Soup*GF	Ham And Beans	Chef's Choice
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta	Brisket Nachos	Thai Budha Bowl	---	---
Culinary Exchange	Tandoori Chicken Quarters Roast Pork Butt Mashed Potatoes Steamed Broccoli *GF Roasted Brussels Sprouts *GF	Ranchero Shrimp Beef Al Pastor Cilantro Lime Rice*GF Jalapeno Zucchini *GF Fajita Vegetables Tortillas	BBQ Chicken Bake beans Pork Ribs *GF Collard Greens *GF Cornbread Bread sticks	Tilapia vera cruz Ropa Vieja Steamed Rice Maduros *GF Steamed Carrots *GF Dinner Rolls	Ranchero Chicken*GF Moho Pork *GF Mashed Potatoes *GF Sautéed Cabbage *GF 5-way Vegetables*GF Dinner Rolls	Lasagna Steamed Broccoli *GF Breadsticks	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
WFPB	Plant based meatballs , spaghetti	Tofu Curry/ Rice	Paella Verd	Chickpea Stew/ Vegan potatoes	Cauliflower Taco	---	---
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

