



the market

Week Five

Monday
10/20/2025

Tuesday
10/21/2025

Wednesday
10/22/2025

Thursday
10/23/2025

Friday
10/24/2025

Saturday
10/25/2025

Sunday
10/26/2025

Soup
of the
Day

Action
Station

Culinary
Exchange



Specialty
Sub

Pizza

Gumbo Italian 5 bean *GF	Butternut squash bisque *GF Vegetable & Wild Rice *GF	Chicken Enchilada Tomato Basil*GF	Menudo Roasted root vegetables GF	Leek and potato soup Lentil *GF	-----	-----
Crab cake sliders	Fajita Station	Create Your Own Pasta	Bread bowl seafood Chowder	Grilled Chicken and Caprese Bowl	---	---
Montreal roasted Chicken Mashed Sweet Potatoes *GF Maple glazed pork chops w/ marinated peaches *GF Carrots *GF Broccoli *GF Dinner Rolls	Brisket Tamale Shrimp Taco/ Mango salsa Cilantro Lime Rice *GF Ejotes a la Mexicana jalapeno zucchini *GF Tortillas	Mongolian Pork Sweet chili shrimp Fried Rice Steamed broccoli Stir fry carrot and cabbage *GF Garlic Breadsticks	Beef Pot roast *GF Mashed Potatoes *GF Chicken Marsala Garlic Beans *GF Glazed Carrots *GF Dinner Rolls	Tuscan Salmon *GF Grilled Steak, chimichurri Steamed Asparagus California Vegetables *GF Roasted Red Potatoes *GF Dinner Rolls	Hot Dog Chili *GF	Chef's Choice *GF
Coconut braised cabbage , brown rice	Chickpea tacos/ Cilantro lime rice	Egg Plant Fiesta *GF	Mushroom Bourguignon	Stir fry tofu/ white rice	---	---
Seafood Po'boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
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