



the market

Week Five

	Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	Thursday 1/01/2026	Friday 1/2/2026	Saturday 1/3/2026	Sunday 1/4/2026
Soup of the Day	Gumbo Italian 5 bean * GF	Butternut squash bisque *GF Vegetable & Wild Rice *GF	Tomato Basil	Happy New Year!	Chicken Noodle Lentil	----	----
Action Station	Caesar Salad	Fajita Station	Create Your Own Pasta			---	---
Culinary Exchange	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	Beijing beef Sweet chili shrimp Fried Rice Steamed broccoli Stir fry carrot and cabbage *GF Garlic Breadsticks	Grilled Pork Chops Black eyed Peas Grilled Zucchini Apple Pie Dinner Roll	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
WFPB	Coconut braised cabbage , brown rice	Chickpea tacos/ Cilantro lime rice			Tomato and Charred Pepper Farro Salad	---	---
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

