



# 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

Action  
Station

Culinary  
Exchange



Specialty  
Sub

Pizza

|  |  |  |   |  |                                 |                      |
|--|--|--|---|--|---------------------------------|----------------------|
| Gumbo<br><b>Italian 5 bean *GF</b>   | Butternut squash<br>bisque *GF<br>Vegetable & Wild<br>Rice *GF   | <b>Tomato Basil</b>  | Happy New Year!   | Chicken Noodle<br>Lentil   | -----                           | -----                |
| Caesar Salad   | Fajita Station   | Create Your Own Pasta  |   |  | ---                             | ---                  |
| Montreal roasted<br>Chicken<br><br>Mashed Sweet<br>Potatoes *GF<br><br>Maple glazed pork<br>chops w/ marinated<br>peaches *GF<br><br>Carrots *GF<br><br>Broccoli *GF<br><br>Dinner Rolls | Brisket Tamale<br><br>Shrimp Taco/ Mango<br>salsa<br><br>Cilantro Lime Rice<br>*GF<br><br>Ejotes a la Mexicana<br><br>jalapeno zucchini<br>*GF Tortillas | Beijing beef<br><br>Sweet chili shrimp<br><br>Fried Rice<br><br>Steamed broccoli<br><br>Stir fry carrot and<br>cabbage *GF<br><br>Garlic Breadsticks | Grilled Pork Chops<br><br>Black eyed Peas<br><br>Grilled Zucchini<br><br>Apple Pie<br><br>Dinner Roll | Tuscan Salmon *GF<br><br>Grilled Steak,<br>chimichurri<br><br>Steamed Asparagus<br>California<br>Vegetables *GF<br><br>Roasted Red<br>Potatoes *GF<br><br>Dinner Rolls | Hot Dog<br><br>Chili<br><br>*GF | Chef's Choice<br>*GF |
| Coconut braised<br>cabbage , brown rice  | Chickpea tacos/<br>Cilantro lime rice  |  |   | Tomato and<br>Charred Pepper<br>Farro Salad  | ---                             | ---                  |
| Seafood Po'boy   | Roasted Vegetables<br>with Hummus  | Four Bean Hummus<br>Wrap   | Chicken Caesar<br>Wrap  | Eggplant and<br>Mushroom Fajita<br>Wrap  |                                 |                      |
| Supreme Pizza  | Ultimate Veggie<br>Pizza   | Calzones   | Gluten Free Pizza<br>with Cauliflower<br>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

