



the market

Week Five

	Monday 2/2/2026	Tuesday 2/3/2026	Wednesday 2/4/2025	Thursday 2/5/2026	Friday 2/6/2026	Saturday 2/7/2026	Sunday 2/8/2026
Soup of the Day	Gumbo Italian 5 bean * GF	Butternut squash bisque *GF Vegetable & Wild Rice *GF	Chicken Enchilada Tomato Basil	Caldo de rez White bean	Crawfish Chowder Lentil	Chef's choice	Chef's Choice
Action Station	Crab cake sliders	Fajita Station	Create Your Own Pasta	Shrimp Ceviche Tostadas	Jerk Chicken bowl	---	---
Culinary Exchange	Montreal roasted Chicken Mashed Sweet Potatoes Smoked Crown Royal Rib tips Carrots *GF Broccoli *GF Dinner Rolls	Brisket Tamale Shrimp Taco/ Mango salsa Cilantro Lime Rice *GF Ejotes a la Mexicana jalapeno zucchini *GF Tortillas	Sweet and Sour chicken Sweet chili shrimp Fried Rice Steamed broccoli Stir fry carrot and cabbage *GF Garlic Breadsticks	Beef pot roast Tuscan Salmon Mashed Potatoes Steamed Carrots Green beans almondine	Cajun Shrimp*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	Stir fry tofu and vegetables	Plant based tamales	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

