



# 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

Action  
Station

Culinary  
Exchange



Specialty  
Sub

Pizza

Gumbo <b>Italian 5 bean *GF</b>	Butternut squash bisque <b>*GF</b> Vegetable & Wild Rice <b>*GF</b>	Chicken Enchilada Tomato Basil	Caldo de rez White bean	Crawfish Chowder Lentil	Chef's choice	Chef's Choice
Crab cake sliders	Fajita Station	Create Your Own Pasta	Shrimp Ceviche Tostadas	<b>Jerk Chicken bowl</b>	---	---
Montreal roasted Chicken Mashed Sweet Potatoes Smoked Crown Royal Rib tips Carrots <b>*GF</b> Broccoli <b>*GF</b> Dinner Rolls	Brisket Tamale Shrimp Taco/ Mango salsa Cilantro Lime Rice <b>*GF</b> Ejotes a la Mexicana jalapeno zucchini <b>*GF Tortillas</b>	Sweet and Sour chicken Sweet chili shrimp Fried Rice Steamed broccoli Stir fry carrot and cabbage <b>*GF</b> Garlic Breadsticks	Beef pot roast Tuscan Salmon Mashed Potatoes Steamed Carrots Green beans almondine	Cajun Shrimp <b>*GF</b> Grilled Steak, chimichurri Steamed Asparagus California Vegetables <b>*GF</b> Roasted Red Potatoes <b>*GF</b> Dinner Rolls	Hot Dog Chili <b>*GF</b>	Chef's Choice <b>*GF</b>
Coconut braised cabbage , brown rice	Chickpea tacos/ Cilantro lime rice	Stir fry tofu and vegetables	Plant based tamales	Tomato and Charred Pepper Farro Salad	---	---
Seafood Po'boy	Roasted Vegetables with Hummus	<b>Four Bean Hummus Wrap</b>	Chicken Caesar Wrap	<b>Eggplant and Mushroom Fajita Wrap</b>		
Supreme Pizza	Ultimate Veggie Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust <b>*GF</b>	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

