



# the market

Week Five

Monday  
3/9/2026

Tuesday  
3/10/2026

Wednesday  
3/11/2026

Thursday  
3/12/2026

Friday  
3/13/2026

Saturday  
3/14/2026

Sunday  
3/15/2026

Soup  
Of the  
Day

Gumbo  
Italian 5 bean \*GF

Chicken Enchiladas  
Vegetable & Wild  
Rice \*GF

Ham and Potato  
Tomato Basil

Menudo  
White bean

Clam Chowder  
Lentil

Chef's choice

Chef's Choice

Action  
Station

Caesar Salad

Fajita Station

Create Your Own Pasta

Frito Pie

Thai Budha Bowl

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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  
Szechuan 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

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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

