



the market

Week Five

Monday
4/13/2026

Tuesday
4/14/2026

Wednesday
4/15/2026

Thursday
4/16/2026

Friday
4/17/2026

Saturday
4/18/2026

Sunday
4/19/2026

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

Culinary
Exchange

Montreal roasted
Chicken
Mashed Sweet
Potatoes
Smoked Crown Royal
Rib tips
Carrots *GF
Broccoli *GF
Dinner Rolls

Brisket Tamale
Beef Taco
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
Rolls

Cajun Catfish
Grilled Steak
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

