



the market

Week Five

Monday
09/15/2025

Tuesday
09/16/2025

Wednesday
09/17/2025

Thursday
09/18/2025

Friday
09/19/2025

Saturday
09/20/2025

Sunday
09/21/2025

Soup
of the
Day

Gumbo
Italian 5 bean *GF

Chili *GF
Vegetable & Wild
Rice *GF

Chicken Enchilada
Tomato Basil*GF

Menudo
Moroccan
Vegetable GF

Shrimp Poblano
Lentil *GF

Action
Station

Caesar salad

Fajita Station

Create Your Own Pasta

Shrimp Ceviche
Tostadas

Culinary Passport
Brazil
Feijoada/served with
white rice and
braised cabbage

Culinary
Exchange

Chicken Parm
Mashed Potatoes *GF
Moroccan Spiced Pork
*GF
Carrots *GF
Broccoli *GF
Dinner Rolls

Brisket Tamale
Shrimp Taco/ Mango
salsa
Cilantro Lime Rice
*GF
Elotes a la Mexicana
jalapeno zucchini
*GF Tortillas

Mongolian Pork
String bean Chicken
Fried Rice
Steamed broccoli
Stir fry carrot and
cabbage *GF
Garlic Breadsticks

Beef Pot roast *GF
Mashed
Potatoes*GF
Bourbon Glazed
Pork Chop
Garlic Beans *GF
Glazed Carrots *GF
Dinner Rolls

Tuscan Salmon *GF
Grilled Steak,
chimichurri **Steamed**
Asparagus
California
Vegetables *GF
Roasted Red
Potatoes *GF
Dinner Rolls

Hot Dog
Chili
*GF

Chef's Choice
*GF



Specialty
Sub
Pizza

Vegan lentil curry,
brown rice

Chickpea tacos/
Cilantro lime rice

Egg Plant Fiesta *GF

Mushroom
Bourguignon

Stir fry tofu/ white
rice

Seafood Po'boy

Roasted Vegetables
with Hummus

Four Bean Hummus
Wrap

Chicken Caesar
Wrap

Eggplant and
Mushroom Fajita
Wrap

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

