



the market

Week Three

| | Monday 1/19/2025 | Tuesday 1/20/2025 | Wednesday 1/21/2025 | Thursday 1/22/2025 | Friday 1/23/2025 | Saturday 1/24/2025 | Sunday 1/25/2025 |
|-----------------------|---|---|--|--|---|--|---|
| Soup of the Day | Taco Soup Butternut squash and white bean | Poblano and White Cheddar Wild Rice Soup | Tomato Basil Bisque Vegetable Lumberjack*GF | Menudo Mediterranean Tuscan | Smoke red pepper Gouda Italian Five Bean Soup*GF | --- | --- |
| Action Station | Sliders | Chicken Fajita | Create Your Own Pasta | Navajo Taco | Carnitas Burrito Bowl | --- | --- |
| Culinary Exchange | Beef Lasagna Chicken Teriyaki Herb rice pilaf Green beans California Vegetables Dinner Rolls | Tequila-Lime Chicken Thighs Chipotle Shrimp Spanish Rice Refried Beans Squash ala Mexicana *GF Tortillas | Braised Oxtail Cajun Buttered Tilapia Ranchero Beans Mac and Cheese Steamed Broccoli *GF Garlic Breadsticks | Mesquite Glazed chicken thigh Glazed Meatloaf Mashed Potatoes *GF 5-way Vegetables Green Beans *GF Dinner Rolls | Skirt steak w/ chimichurri Salmon/Poblano *GF aioli Vegetable Rice Asparagus *GF Oven Roasted Cauliflower *GF Dinner Rolls | Chopped Steak Broccoli Mashed Potatoes *GF Dinner Rolls | Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF |
| WFPB | Plant based Spaghetti and Meatballs | Butternut squash Curry/ Brown Rice | Pasta Primavera | Moroccan Spiced Tofu/ White rice | Ratatouille | --- | --- |
| 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

