



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

Action
Station

Culinary
Exchange



Specialty
Sub

Pizza

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	----	-----
Sliders	Chicken Fajita	Create Your Own Pasta	Navajo Taco	Carnitas Burrito Bowl	---	---
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	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Plant based Spaghetti and Meatballs	Butternut squash Curry/ Brown Rice	Pasta Primavera	Moroccan Spiced Tofu/ White rice	Ratatouille	---	---
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