



the market

Week Three

Monday
10/06/2025

Tuesday
10/07/2025

Wednesday
10/08/2025

Thursday
10/09/2025

Friday
10/10/2025

Saturday
10/11/2025

Sunday
10/12/2025

Soup
of the
Day

Gumbo
Butternut squash

Loaded Bake potato
Wild Rice Soup

Chicken Enchiladas
Tomato Basil*GF

Menudo
**Mediterranean
Tuscan**

Smoke red pepper
Gouda
**Italian Five Bean
Soup*GF**

Action
Station

Caesar salad

Chicken Fajita

Create Your Own
Pasta

Shrimp stir fry/
spicy peanut sauce/
white rice

**Taste of Fall
Autumn Harvest Bowl**

Culinary
Exchange

Lasagna
Chicken Teriyaki
Herb rice pilaf
Green beans
California Vegetables
Dinner Rolls

Chicken Al Pastor
Shrimp Ala
Mexicana
Spanish Rice
Refried Beans
Squash ala
Mexicana ***GF**
Tortillas

Texas Pulled Pork
Southwestern Catfish
Ranchero Beans
Mac and Cheese
**Steamed Broccoli
*GF**
Garlic Breadsticks

Honey Chipotle
Chicken
Glazed Meatloaf
Mashed Potatoes
***GF**
5-way Vegetables
Green Beans *GF
Dinner Rolls

Jerk Chicken
Salmon/Poblano ***GF**
aioli
Herb rice
Asparagus *GF
**Oven Roasted
Cauliflower *GF**
Dinner Rolls

Chopped Steak
Broccoli
Roasted Red
Potatoes ***GF**

Chef's Choice
Protein
Chef's Choice
Starch
**Chef's Choice
Vegetable*GF**



WFPB

Specialty
Sub

**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**

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

