



the market

Week Three

Monday
3/30/2026

Tuesday
3/31/2026

Wednesday
4/1/2026

Thursday
4/2/2026

Friday
4/3/2026

Saturday
4/4/2026

Sunday
4/5/2026

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

Chicken Tostados

Carnitas Burrito Bowl

Culinary
Exchange

Beef Lasagna
Spaghetti
Herb rice pilaf
Green beans
California Vegetables
Dinner Rolls

Tequila-Lime
Chicken Thighs
Carne Guisada
Spanish Rice
Refried Beans
Squash ala
Mexicana ***GF**
Tortillas

Beef Stew
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

Steak
Salmon/ Poblano ***GF**
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

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

