



the market

Week Three

Monday
9/01/2025

Tuesday
9/02/2025

Wednesday
9/03/2025

Thursday
9/04/2025

Friday
9/05/2025

Saturday
9/06/2025

Sunday
9/07/2025

Soup
of the
Day

Labor Day

Loded Bake potato
Wild Rice Soup

Chicken Enchiladas
Tomato Basil *GF

Menudo
**Mediterranean
Tuscan**

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

Labor Day

Chicken Tostados

Create Your Own Pasta

Shrimp stir fry/ spicy
peanut sauce/ white
rice

**Culinary Passport
Jamaica
Jerk Chicken Bowl**

BBQ Ribs
BBQ Chicken
Baked Beans
Jalapeño Cornbread
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

Chicken Teriyaki
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**

Labor Day

**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

