



# the market

Week Three

Monday  
5/4/2026

Tuesday  
5/5/2026

Wednesday  
5/6/2026

Thursday  
5/7/2026

Friday  
5/8/2026

Saturday  
5/9/2026

Sunday  
5/10/2026

Soup  
Of the  
Day

Action  
Station

Culinary  
Exchange

WFPB

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	Chicken Tostados	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	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	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