



the market

	Monday 5/16/22	Tuesday 5/17/22	Wednesday 5/18/22	Thursday 5/19/22	Friday 5/20/22	Saturday 5/21/22	Sunday 5/22/22
Soup of the Day	Gumbo 5 Bean*GF	Caldo de Rez Potato Leek	Chicken Tortilla*GF Tomato Basil*GF	Menudo*GF Potato Stew*GF	Crab Corn Chowder Italian Bean Soup*GF	Soup Du jour	Soup Du jour
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Stir-fry	Wing Bar	---	---
Culinary Exchange	Roasted Pork Shrimp Tacos Vegetable Medley*GF Spanish Rice Roasted Potatoes Dinner roll	Chicken Tacos*GF Chicken Enchiladas Peas & Tomatoes*GF Mexican Corn *GF Ranchero Beans Flour Tortillas	Meatloaf Pan fried Fish Green Beans*GF Sautéed Squash*GF Wild Rice *GF Garlic Breadstick	Vegetable Lasagna Lasagna Steamed Broccoli Green Beans Spaghetti Meat Sauce Dinner rolls	Chopped Steak & Mushroom Demi Catch of the Day Au Gratin Potatoes Brussel *GF Vegetables Medley*GF Warm Tortillas	Crispy Chicken Chef's Choice Roasted Zucchini*GF Spanish Rice Flour Tortillas	Panko Crusted Fish Chef's Choice Vegetable*GF Medley Masted Potatoes Dinner Rolls
WFPB	Spaghetti & Meatballs	Tamales	Curried Quinoa*GF	Tofu Lo Mein	Fiesta Chalupas*GF	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetable with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust*GF	Mediterranean 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