



the market

Monday
10/18/21

Tuesday
10/19/21

Wednesday
10/20/21

Thursday
10/21/21

Friday
10/22/21

Saturday
10/23/21

Sunday
10/1724/21

Soup
of the
Day

Gumbo
5 Bean **GF**

Pozole Verde
Potato leek **GF**

Chicken Tortilla **GF**
Tomato Basil **GF**

Menudo **GF**
Potato Stew **GF**

Crab and Corn
Chowder
Mediterranean Stew **GF**

Soup Du jour

Soup Du jour

Action
Station

Sliders

Chicken Fajitas

Create Your Own
Pasta

Asian Stir Fry

Frito Pies

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Culinary
Exchange

Roasted Pork
Chipotle shrimp Tacos
Roasted zucchini
Mashed Potatoes
Herb Rice
Dinner roll

Chicken Tacos **GF**
Chicken Enchiladas **GF**
Creo tomatoes stew **GF**
Mexican Corn **GF**
Ranchero Beans
Flour Tortillas

Meatloaf
Herb Crusted fish
Garlic Mashed
Potatoes **GF**
Green Beans **GF**
Lemon roasted
Squash
Garlic Breadstick

Vegetable Lasagna
Beef Lasagna
Asparagus **GF**
Spaghetti
meat Sauce **GF**
Garlic Breadstick

Marsala Roasted Pork **GF**
Catch of the Day
Capri Vegetables **GF**
Au Gratin Potatoes
Cajun Mac & cheese
Dinner Rolls

Beef Enchiladas
Chef's Choice
Mexican Zucchini
Spanish Rice
Flour Tortillas

Panko Crusted
Chicken
Chef's Choice
Vegetable
Medley Masted
Potatoes
Dinner Rolls

WFPB

Chile Rellenos

Black Beans
Enchiladas

Sweet potato Flats **GF**

Tofu Lo Mein **GF**

Bean Chalupas **GF**

Specialty
Sub

Seafood Po'boy

Roasted Vegetable
and Hummus

Four Bean Hummus
Wrap

Chicken Ceaser Wrap

Eggplant and
Mushroom Fajita
Wrap

Pizza

Philly Steak

Cheeseburger Pizza

Calzones

GF Gluten Free Pizza
with Cauliflower
Crust

Mediterranean Pizza



Whole Food Plant Based (Vegan)



Gluten Free

