



the market

Monday
10/25/21

Tuesday
10/26/21

Wednesday
10/27/21

Thursday
10/28/21

Friday
10/29/21

Saturday
10/30/21

Sunday
10/31/21

Soup
of the
Day

Gumbo
 5 Bean

Caldo de Res
 Potato leek

Chicken Tortilla
Tomato Basil

Menudo
 Potato Stew

Crab and Corn
Chowder
 Mediterranean Stew

Soup Du jour

Soup Du jour

Action
Station

Caesar Salad

Fajitas Station

Create Your Own
Pasta

Lo Mein Bar

Nachos

--

Culinary
Exchange

Pan fried Chicken
Cajun Fish

Greek Chicken
Chile con Carne

Broiled Chicken
Pork Loin

Chicken Fried Steak
Scampi shrimp

Soy Beef
Catch of the Day

Beef Enchiladas

Panko Crusted Fish

Roasted zucchini Pico de gallo Rice

Mashed Potatoes

Yellow Rice

Asparagus

Fried Rice

Chef's Choice

Chef's Choice
Vegetable

Dirty Rice

Mexican Corn

Green Beans

Linguini Pasta

Roasted Reds

Roasted Zucchini

Medley Masted
Potatoes

Dinner roll

Ranchero Beans

Lemon roasted
Squash Medley

Garlic mashes

Vegetables Medley

Spanish Rice

Flour Tortillas

Dinner roll

Flour Tortillas

Garlic Breadstick

Dinner rolls

Dinner Rolls

Flour Tortillas

Dinner Rolls

WFPB

Stir fry & Brown Rice

Black Beans
Enchiladas

Sun dried Linguini

Curry Quinoa

Bean Chalupas

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

Gluten Free Pizza
with Cauliflower
Crust

Mediterranean Pizza



Whole Food Plant Based (Vegan)



Gluten Free



