



the market

Week Four

Monday
08/04/25

Tuesday
08/05/25

Wednesday
08/06/25

Thursday
08/07/25

Friday
08/08/25

Saturday
08/09/25

Sunday
08/10/25

Soup
of the
Day

Action
Station

Culinary
Exchange



Specialty
Sub

Pizza

Gumbo Quinoa And fire roasted vegetables *GF	Chicken Enchiladas Vegetable & Wild Rice	Loaded Bake Potato Tomato Basil*GF	Caldo de rez Tuscan White Bean	Shrimp Chowder 5 Bean	---	---
Caesar	Fajita Station	Create Your Own Pasta	French Dip Sandwich Steak Fries	Culinary Passport Japanese Ramen	---	---
Stir Fry Chicken/ peanut sauce Garlic Green Beans*GF Fried Rice *GF Honey Garlic Shrimp Broccoli *GF	Chicken Enchiladas Barbacoa beef Papas Ala Mexicana Fiesta Corn Calabaza con asadero *GF Tortillas	Summer herb crusted Cod Cashew Chicken Wild rice *GF Asparagus *GF Roasted Brussels Sprouts *GF Garlic Breadsticks	Shrimp Ala Mexicana Cilantro Lime Rice *GF Chimichurri steak Roasted Squash and zucchini *GF Ranchero Beans *GF	Country fried Steak Blackened Catfish Mashed Potatoes Steamed carrots Corn on the cobb Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
Crispy Tofu with peanut sauce and cabbage slaw	Ratatouille	Forrager Mushroom Pasta	Stuffed Sweet potato	Couscous Salad	---	---
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