



the market

	Monday 01/13/25	Tuesday 01/14/25	Wednesday 01/15/25	Thursday 01/16/25	Friday 01/17/25	Saturday 01/18/25	Sunday 01/19/25
Soup Of the Day	Lobster Bisque Harvest Vegetable *GF	Chicken Enchiladas Vegetable & Wild Rice	Loaded Bake Potato Tomato Basil*GF	Chicken Pot pie Smoke Red Pepper	Clam Chowder Italian Five Bean Soup*GF	---	---
Action Station	Sliders	Fajita Station	Create Your Own Pasta	Chicken tostados	Thai Budha Bowl	---	---
Culinary Exchange	Pork Burgundy Garlic Green Beans*GF Seafood Arrabbiata Rotini pasta California Blend *GF	Chicken Al Pastor Carne Asado Mexican Vegetable Rice *GF Squash Ala Mexicana Mexican Roasted vegetables *GF Tortillas	Marry me salmon Cashew Chicken Wild rice *GF Asparagus *GF Roasted Brussels Sprouts *GF Garlic Breadsticks	Blackened Catfish Chicken Fried Steak Mashed Potatoes Honey dill Carrots Steamed Broccoli *GF Dinner Rolls	Shrimp Ala Mexicana Cilantro Lime Rice *GF Chuletas Roasted Squash and zucchini *GF Ranchero Beans *GF Dinner Rolls	Pulled Pork Enchiladas Spanish Rice Fiesta Corn *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
WFPB	Stuffed sweet Potatoes	Plant Based Tamales With Red Sauce	Forrager Mushroom Pasta	Couscous Salad	Crispy Tofu with peanut sauce and cabbage slaw	---	---
Specialty Sub	Seafood Po' boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	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