



the market

Monday 1/27/2025 Tuesday 1/28/2025 Wednesday 1/29/2025 Thursday 1/30/2025 Friday 1/31/2025 Saturday 2/01/2025 Sunday 2/02/2025

Soup Of the Day	Chicken Pot pie soup Minestrone Soup *GF	Chili *GF Vegetable & Wild Rice *GF	Chicken Enchiladas Tomato Basil *GF	Menudo Mediterranean Tuscan Soup *GF	Shrimp Poblano Lentil *GF	-----	----
	Sliders	Fajita Station	Create Your Own Pasta	Chicken Wings	Frito Pie	---	---
Action Station	Teriyaki Chicken Steamed Rice *GF Honey walnut shrimp Sugar snap Peas *GF Steamed Carrots *GF Dinner Rolls	Carnitas Chile con carne Spanish Rice *GF Jalapeño Zucchini Borracho Beans *GF Tortillas	Blackened Salmon Curried Chicken Roasted Potatoes Steamed Broccoli Succotash Bread Sticks	Coconut Lime Shrimp Pork Puttanesca Penne Pasta Garlic Beans *GF Steamed Carrots *GF	Jerk Chicken Drumsticks Beef Burgundy Mashed Potatoes Steamed Broccoli *GF Roasted Cauliflower Dinner Rolls	Beef Stroganoff Egg Noodles Sweet Peas *GF	Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF
	Quinoa Fiesta *GF	Sun dried tomato Linguini	Vegan Tamale	Pasta Primavera	Stuff Pepper *GF	---	---
Culinary Exchange	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		
WFPB							
Specialty Sub							
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