



the market

Monday
10/21/2024

Tuesday
10/22/2024

Wednesday
10/23/2024

Thursday
10/24/2024

Friday
10/25/2024

Saturday
10/26/2024

Sunday
10/27/2024

Soup
Of the
Day

Smoke Gouda and Red
Pepper
5 Bean *GF

Chili *GF
Vegetable & Wild
Rice *GF

Chicken Enchilada
Tomato Basil*GF

Menudo
Vegan White Bean
Soup *GF

Shrimp and Corn
Chowder
**Italian Five Bean
Soup*GF**

Action
Station

Caesar Salad

Fajita Station

Create Your Own Pasta

Shrimp Ceviche
Tostadas

Thai Budha Bowl

Culinary
Exchange

Fried Chicken
Mashed Potatoes *GF
Moroccan Spiced Pork
*GF
Carrots *GF
Broccoli *GF
Dinner Rolls

Ranchero Chicken
Beef Tacos
Cilantro Lime Rice
*GF
Cauliflower/ queso
**Mexican street Corn
*GF**
Tortillas

Kung Pao Shrimp
Fried Rice
Oriental Vegetable
Stir fry Broccoli and
cabbage *GF
Tandoori Chicken *GF
Garlic Breadsticks

Beef Pot roast *GF
Mashed Potatoes*GF
Grilled Pork Chop
Garlic Beans *GF
Autumn Roasted
Vegetable *GF
Dinner Rolls

Tuscan Salmon *GF
Jerk Chicken
**Steamed Broccoli
and Carrots *GF**
Vegetable medley
*GF
Roasted Red
Potatoes *GF
Dinner Rolls

Pork Tamale
Spanish Rice
Roasted
Mexican
Vegetable
*GF

Chef's Choice
Protein
Chef's Choice
Starch
**Chef's Choice
Vegetable*GF**

WFPB

Egg Plant Fiesta *GF

Chickpea tacos/
Cilantro lime rice

Vegan Lentil Curry *GF

Pasta Primavera

Fiesta Chalupas

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

