



the market

Monday
11/11/24

Tuesday
11/12/24

Wednesday
11/13/24

Thursday
11/14/24

Friday
11/15/24

Saturday
11/16/24

Sunday
11/17/24

Soup
Of the
Day

Chili
5 Bean Soup *GF

Chicken Enchiladas
Vegetable & Wild
Rice

Chicken Corn chowder
Tomato Basil*GF

Menudo
Smoke Red Pepper
Gouda

Clam Chowder
Italian Five Bean
Soup*GF

Action
Station

Caesar Salad

Fajita Station

Create Your Own Pasta

Nachos

Chicken Wings

Culinary
Exchange

Jerk Pork
Garlic Green
Beans*GF
Beef tips *GF
Mashed Potatoes *GF
California Blend *GF

Chicken Al Pastor
Carne Guisado
Mexican Vegetable
Rice *GF
Squash Ala Mexican
**Mexican Roasted
vegetables*GF**
Tortillas

Marry me salmon*GF
Pork burgundy
Lyonnise
Potatoes*GF
Asparagus*GF
Roasted Brussels
Sprouts *GF
Garlic Breadsticks

Blackened Catfish
Chicken Fried Steak
Mashed Potatoes
Honey dill Carrots
Broccolini *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

**Tamales
With Red Sauce**

**Forrager Mushroom
Pasta**

**Falafel /warm
Couscous Salad**

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

