



the market

Monday
12/16/2024

Tuesday
12/17/2024

Wednesday
12/18/2024

Thursday
12/19/2024

Friday
12/20/2024

Saturday
12/21/2024

Sunday
12/22/2024

Soup
of the
Day

| | | | | | | |
|----------------------------------------------|--------------------------------|--------------------------------------|---------------------------------------|-----------------------------------|-------|-------|
| Smoke Gouda and Red Pepper Italian 5 bean | Chili Vegetable & Wild Rice | Chicken Enchilada Tomato Basil*GF | Caldo de Rez Vegan White Bean Soup | Shrimp and Corn Chowder Lentil | ----- | ----- |
|----------------------------------------------|--------------------------------|--------------------------------------|---------------------------------------|-----------------------------------|-------|-------|

Action
Station

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|---------|----------------|-----------------------|-------------------------|-----------------|-----|-----|
| Sliders | Fajita Station | Create Your Own Pasta | Shrimp Ceviche Tostadas | Thai Budha Bowl | --- | --- |
|---------|----------------|-----------------------|-------------------------|-----------------|-----|-----|

Culinary
Exchange

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|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------|
| Fried Chicken Mashed Potatoes Moroccan Spiced Pork Carrots *GF Broccoli *GF Dinner Rolls | Ranchero Chicken Beef Tacos Cilantro Lime Rice Ejotes a la Mexicana Mexican street Corn *GF Tortillas | Kung Pao Shrimp String bean Chicken Fried Rice Oriental Vegetable Stir fry Broccoli and Cabbage *GF Garlic Breadsticks | Beef Pot roast Mashed Potatoes Grilled Pork Chop Garlic Beans *GF Glazed Carrots *GF Dinner Rolls | Tuscan Salmon Grilled Flank Steak, Chimichurri Steamed Asparagus *GF Vegetable Medley *GF Roasted Red Potatoes *GF Dinner Rolls | Chicken Tamale Spanish Rice Roasted Mexican Vegetable *GF | Chef's Choice Protein Chef's Choice Starch Chef's Choice Vegetable*GF |
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WFPB

Specialty
Sub

| | | | | | | |
|------------------|---------------------------------------|--------------------|----------------------|-----------------|-----|-----|
| Egg Plant Fiesta | Chickpea tacos/ Cilantro lime rice | Vegan Lentil Curry | Mushroom Bourguignon | Fiesta Chalupas | --- | --- |
|------------------|---------------------------------------|--------------------|----------------------|-----------------|-----|-----|

Pizza

| | | | | | | |
|----------------|--------------------------------|-----------------------|---------------------------------------------|-----------------------------------|--|--|
| 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

