



the market

Monday
12/09/24

Tuesday
12/10/24

Wednesday
12/11/24

Thursday
12/12/24

Friday
12/13/24

Saturday
12/14/24

Sunday
12/15/24

Soup
Of the
Day

Chili Harvest Vegetable *GF	Chicken Enchiladas Vegetable & Wild Rice	Loaded Bake Potato Tomato Basil*GF	Menudo Smoke Red Pepper Gouda	Clam Chowder Italian Five Bean Soup*GF	---	---
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Action
Station

Caesar Salad	Fajita Station	Create Your Own Pasta	Nachos	Chicken Wings	---	---
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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 Mexicana Mexican Roasted vegetables *GF Tortillas	Marry me salmon *GF Pork burgundy Lyonnaise 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
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WFPB

Specialty
Sub

Stuffed sweet Potatoes	Tamales With Red Sauce	Forrager Mushroom Pasta	Falafel /warm Couscous Salad	Crispy Tofu with peanut sauce and cabbage slaw	---	---
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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

