



the market

Monday
3/10/2025

Tuesday
3/11/2025

Wednesday
3/12/2025

Thursday
3/13/2025

Friday
3/14/2025

Saturday
3/15/2025

Sunday
3/16/2025

Soup
of the
Day

Gumbo
Minestrone

Chicken Tortellini
Vegetable & wild
rice

Chicken Pot pie
Tomato Basil*GF

Caldo de rez
Lentil Soup

Ham and Potato
**Italian Five Bean
Soup*GF**

Action
Station

Sliders

Fajita Station

Create Your Own Pasta

Nachos

**Culinary Passport
(Ethiopia)
Gomen be siga**

Culinary
Exchange

Tandoori Chicken
Quarters
Roast Pork
Mashed Potatoes
Steamed Broccoli *GF
Roasted Brussels
Sprouts *GF

Shrimp Ala
Mexicana
Beef Al Pastor
Cilantro Lime
Rice*GF
Jalapeno Zucchini
*GF
Mexican street Corn
Tortillas

BBQ Chicken
Bake beans
BBQ Ribs
Collard Greens
Cornbread
Bread sticks

Coq Au Vin
Ropa Vieja
Steamed Rice
Maduros *GF
Steamed Carrots *GF
Dinner Rolls

Garlic Butter
Tilapia
Roast Pork Loin
Mashed Potatoes
Sauteed Cabbage
5-way
Vegetables*GF
Dinner Rolls

Lasagna
Steamed Broccoli

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

WFPB

Paella Verdura

Tofu Curry/ Rice

**Plant based Meatballs,
Spaghetti**

**Chickpea Stew/
Vegan potatoes**

**Plant Based Pot
pie**

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

