



the market

Monday
03/17/25

Tuesday
03/18/25

Wednesday
03/19/25

Thursday
03/20/25

Friday
03/21/25

Saturday
03/22/25

Sunday
03/23/25

Soup
Of the
Day

Gumbo
Harvest Vegetable *GF

Chicken Enchiladas
Vegetable & Wild
Rice

Loaded Bake Potato
Tomato Basil*GF

Menudo
Smoke Red Pepper

Clam Chowder
Italian Five Bean
Soup*GF

Action
Station

Caesar Salad

Fajita Station

Create Your Own Pasta

Brisket Nachos

(Culinary Passport)
Argentina
Choripán

Culinary
Exchange

Spaghetti and meat
sauce
Garlic Green
Beans*GF
Shrimp Alfredo
California Blend *GF

Chicken mole
Beef fajita
Papas Ala Mexicana
Fiesta Corn
Calabaza con
asadero *GF
Tortillas

Marry me salmon
Cashew Chicken
Wild rice *GF
Asparagus *GF
Roasted Brussels
Sprouts *GF
Garlic Breadsticks

Shrimp Ala Mexicana
Cilantro Lime Rice
*GF
Chuletas
Roasted Squash and
zucchini *GF
Ranchero Beans *GF

Blackened Catfish
Chicken fried steak
Mashed potatoes
Honey dill carrot
Steamed broccoli
Dinner Rolls

Pulled Pork
Enchiladas
Spanish Rice
Fiesta Corn
*GF

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

WFPB

Crispy Tofu with
peanut sauce and
cabbage slaw

Ratatouille

Forrager Mushroom
Pasta

Stuffed Sweet
potato

Couscous Salad

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

