




the market

	Monday 5/13/24	Tuesday 5/14/24	Wednesday 5/15/24	Thursday 5/16/24	Friday 5/17/24	Saturday 5/18/24	Sunday 5/19/24
Soup of the Day	Gumbo 5 Bean *GF	Caldo de Res Potato Leek	Chicken Tortilla Tomato Basil*GF	Menudo Potato Stew	Shrimp Poblano Italian Five Bean Soup*GF	Soup Du jour	Soup Du jour
Action Station	Cesar Salad	Fajita Station	Create Your Own Pasta	Asian Stir-Fry	Wings Bar	---	---
Culinary Exchange	Pulled Pork Sand. B.B.Q. Sausage Potato Salad Corn on Cob *GF Baked Beans Bun	Chicken Pastor Tacos Carne Asada Pinto Beans Spanish Rice Medley Vegetables *GF Warm Tortillas	Roast Turkey Pork Steak Corn Bread Dressing Mash Potatoes Rice Broccoli Casserole Green Beans *GF Dinner Rolls	Shrimp Scampi Meatloaf Mash Potatoes Asparagus *GF Carrots *GF Dinner Rolls	Breaded Catfish Lemon Chicken Wild Rice Spanish Artichoke Casserole Cauliflower *GF Dinner Rolls	Chicken Alfredo Bread Sticks Roasted Zucchini *GF	General Tso Chicken Fried Rice Stir-Fry Vegetable*GF
WFPB	Spaghetti & Meatballs	Tamales With Red Sauce	Sun Dried Tomato Linguini	Tofu Lo Mein	Fiesta Chalupas	---	---
Specialty Sub	Seafood Po'boy	Roasted Vegetables with Hummus	Four Bean Hummus Wrap	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap		
Pizza	Philly Steak	Cheeseburger Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust*GF	Mediterranean 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