



the market

	Monday 7/01/24	Tuesday 7/02/24	Wednesday 7/03/24	Thursday 7/04/24	Friday 7/05/24	Saturday 7/06/24	Sunday 7/07/24
Soup of the Day	Gumbo 5 Bean * GF	Pozole Vegetable & Wild Rice	Chicken Tortilla Tomato Basil *GF		Shrimp Poblano Italian Five Bean Soup *GF	Soup Du jour	Soup Du jour
Action Station	Slider	Fajita Station	Create Your Own Pasta		Wings	---	---
Culinary Exchange	Baked Zitti Pork Steak Au Gratin Potatoes Garlic Green Beans *GF Yellow Squash *GF Diner Rolls	Mexican Lasagna Monterrey Chicken Breast Spanish Rice Blacked Beans *GF Mexican Corn *GF Dinner Rolls	Stuffed Flounder Roast Pork Orzo Pilaf Spinach *GF Carrots *GF Dinner Rolls	B.B.Q. Chicken Quarters Baked Beans Potato Salad Dinner Rolls	Baked Salmon Fried Chicken Mac&Cheese Collar Greens *GF Corn on Cob *GF Corn Bread	Chicken Alfredo Bread Sticks Roasted Zucchini *GF	General Tso Chicken Fried Rice Stir-Fry Vegetable *GF
WFPB	Stuffed Sweet Potatoes	Tamales With Red Sauce	Sun Dried Tomato Linguini		Fiesta Chalupas	---	---
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 Vegie 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