



the market

	Monday 7/22/24	Tuesday 7/23/24	Wednesday 7/24/24	Thursday 7/25/24	Friday 7/26/24	Saturday 7/27/24	Sunday 7/28/24
Soup Of the Day	Gumbo 5 Bean *GF	Chicken Pozole Vegetable & Wild Rice	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	Chicken Tostadas	Wings	---	---
Culinary Exchange	Spaghetti & Meat Sauce Beef Lasagna Medley Vegetables Grilled Red Potato *GF Green Beans *GF Bread Sticks	Chicken Enchiladas Pork Chile Verde Spanish Rice Charro Beans Jalapeños Zucchini *GF Warm Tortillas	B.B.Q. Chicken B.B.Q. Sausage Potato Salad Ranch Style Beans Broccoli & Cheese Dinner Rolls	Chicken Fried Steak Shrimp Scampi Mash Potatoes Asparagus *GF Carrots *GF Dinner Rolls	Baked Fish Beef Tips Wild Rice Peas & Carrots *GF Yellow Squash *GF Dinner Rolls	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	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	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