



the market

	Monday 5/20/24	Tuesday 5/21/24	Wednesday 5/22/24	Thursday 5/23/24	Friday 5/24/24	Saturday 5/25/24	Sunday 5/26/24
Soup of the Day	Gumbo 5 Bean *GF	Pozole 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	Sliders	Fajita Station	Create Your Own Pasta	Chicken Tostadas	Frito Pie	---	---
Culinary Exchange	Roast Pork Chicken Marsala Red Roasted Potatoes Medley Vegetables *GF Carrots *GF Bun	Chicken Enchilada Chile con Carne Charro Beans Cilantro Rice Jalapeños Zucchini *GF Warm Tortillas	B.B.Q. Ribs B.B.Q. Chicken Corn on Cob *GF Ranch Style Beans Potato Salad Dinner Rolls	Chicken Fried Steak B.B.Q. Sausage Mash Potatoes Asparagus *GF Carrots *GF Dinner Rolls	Roast Beef Baked Salmon Twice Baked Potato Broccoli Cheese Yellow Squash *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	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