

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						1. Lunch - Chorizo & Oaxaca Chimichangas (W, SO, M) Dinner - Shrimp Mac & Cheese (SF, W, M)
2. Lunch - Shoyu Chicken (W, SO) Dinner - Beef & Cheese Taquitos (W, M, SO)	3. Lunch - Teriyaki Beef (W, SE, SO) or Teriyaki Tofu (V, GF, SO) Dinner - Shrimp Scampi w/ Spaghetti (W, SF, M)	4. Lunch - Chicken Katsu (W, E, SO) or Vegan Spiced Chickpeas w/ Sweet Potato & Kale (V, GF) Dinner - Ginger Pepper Steak (W, SO)	5. Lunch - Pork Pancit (GF, SO) or Veggie Pancit (V, SO, GF) Dinner - Bang Bang Salmon (W, E, SO, F)	6. FARMER APPRECIATION DAY Lunch - Grilled Fish Tacos (F, M, W, SO) or Black Bean Tacos (V, W, SO) Dinner - Roast Turkey w/ Gravy (W, M, SO) 	7. Lunch - Beef Chili or Veggie Chili (V, GF) Potato Bar Available Dinner - BBQ Pork Rib (GF)	8. Lunch - Country Oven Fried Chicken (M, W) Dinner - Beef & Broccoli (W, SE, SO, SF)
9. Lunch - Grilled Catch of the Day (F) Dinner - Spaghetti w/ Beef Meatballs (W, E, M)	10. Lunch - Chicken Long Rice (W, SO) or Veggie Long Rice (V, GF, SO) Dinner - Pork Nishime (W, SO)	11. Lunch - Kalua Pork Nachos (W, E) or Roasted Cauliflower w/ Greens and Beans (V, GF) Dinner - Beef Italian Sausage Lasagna (W, M)	12. Lunch - Arroz Caldo (E, F, SO, GF) or Sesame Edamame Stir Fry (V, GF, SE, SO) Dinner - Roast Pork w/ Gravy (W)	13. Lunch - Korean Beef Short Rib (W, SE, SO) or Veggie Shish Kebab (GF, V, SO) Dinner - Chicken Adobo (W, SO)	14. Lunch - Beer Battered Ono (W, F) or Kabocha Pumpkin Thai Curry with Tofu (V, GF, SO) Dinner - Beef Sinigang Soup (F, SF, M, SO)	15. Lunch - Portuguese Bean Soup (W, M, E, SO) Dinner - Garlic Butter Shrimp (GF, M, SF)
16. Lunch - Chicken Yellow Thai Curry (GF, F, SO) Dinner - Beef Meatloaf (W, E, SO)	17. Lunch - Beef Fajita (W, F, SO) or Vegan Fajita w/ Black Beans & Vegetables (V, SO, GF) Dinner - Cajun Shrimp (W, M, SF)	18. Lunch - Chicken Creamy Tuscan (M, W) or Gardein Chick'n Creamy Tuscan (V, W, SO, SE, TN) Dinner - Roast Beef Sandwich w/ French Onion Dip (SO, SE, W, M)	19. Lunch - Pork Adobo (W, SO) or Eggplant Adobo (V, GF, SO) Dinner - Honey Dijon Balsamic Salmon (F)	20. Lunch - Hawaiian Garlic Shrimp (W, M, SF) or Crispy Hawaiian Garlic Tofu (V, GF, SO) Dinner - Turkey Pot Pie (M, W, SO)	21. STATEHOOD DAY  Lunch - Big Island Burger (M, E, F, SO) or Veggie Burger on Bun (V, W, SO, TN) Burger Bar Available Dinner - Roast Pork Loin with Gravy (W)	22. Lunch - Chicken Papaya (GF, SO) Dinner - Beef Burrito (W, M, SO)
23. Lunch - Lemon Pepper Cod (GF, F) Dinner - Roast Beef w/ Gravy (W, SO)	24. Lunch - Chicken Enchilada Roja (W, SO, M) or Jackfruit Enchilada Roja (W, SO, M) Dinner - Seared Pork Chop (W, SO)	25. Lunch - Mushroom & Spinach w/ Sausage Pasta (W, SE) or Beyond Sausage and Green Pasta (V, WE, SE) Dinner - Hamburger Goulash (W, M, E)	26. Lunch - Chicken Wings (GF) or Sesame Edamame Stir Fry (V, GF, SE, SO) Dinner - Pork and Peas (W, SO)	27. Lunch - Spaghetti Beef Bolognese (W, M, SO) or Veggie Bolognese (V, W, SE, SO, TN) Dinner - Chicken Karaage (W, SE, SO, E)	28. Lunch - Honey Sesame Fish (F, W, Se, So) or Vegan Sesame Chickpea Noodles with Tou V, GF, Se, So) Dinner - Beef Stroganoff w/ Egg Noodle (W, E, F, M, SO)	29. Lunch - Pork Char Siu (W, SO) Dinner - Herb Garlic Shrimp (SF, M, W)
30. Lunch - Crispy Chicken Sandwiches (W, SE, SO) Dinner - Hamburger Curry (W, SO, E)	31. Lunch - Teriyaki Beef Meatballs (W, SE, SO, E) or Teriyaki Chickpea Meatballs (V, W, SO, SE) Dinner - Shrimp Alfredo with Spaghetti (SF, M, W)					

Allergen Index

GF: Gluten free
P: Peanuts
SO: Soybeans

V: Vegan
W: Wheat
SE: Sesame

Veg: Vegetarian
E: Eggs
F: Fish

M: Milk
SF: Shellfish
TN: Tree Nuts