

February 2024

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
				1 Lunch: Beef Chili or Veggie Chili (V, GF) Dinner: Chicken Long Rice	2 Lunch: Tempura Battered Fish or Tofish & Chips (V) Dinner: Mexican Style Beef & Ulu Casserole	3 Lunch: Pork Spareribs Dinner: Pineapple Walnut Shrimp
4 Lunch: Chinese Roast Chicken Dinner: Teriyaki Meatballs	5 Lunch: Beef & Broccoli or Tofu Vegetables Stir-Fry (V) Dinner: Pork & Peas	6 Lunch: Chicken Wings or Szechuan Chinese Eggplant (V, GF) Dinner: Beef Stuffed Peppers	7 Lunch: Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF) Dinner: Catch of the Day	8 Lunch: Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V) Dinner: Hamburger Goulash	9 Lunch: Teriyaki Beef or Lentil Loaf (V, GF) Dinner: Pork Pancit	10 Lunch: Chicken Curry Dinner: Beef Stroganoff
11 Lunch: Catch of the Day Dinner: Pork Stew	12 Lunch: BBQ Chicken or BBQ Tofu (V, GF) Dinner: Roast Beef w/Gravy	13 Lunch: Pulled Pork Tacos or Jackfruit Tacos (V) Dinner: Beef Lasagna	14 <small>HAPPY</small> Valentine's DAY Lunch: Garlic Chicken or Garlic-Soy Glazed Thai Rice Noodles w/Mushroom & Spinach (V, GF) Dinner: Pork Chop	15 Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Chicken Stir-Fry	16 Lunch: Grilled Fish or Stuffed Eggplant (V, GF) Dinner: Meatloaf w/Gravy	17 Lunch: Sweet & Sour Pork Dinner: Shrimp Alfredo
18 Lunch: Chicken Luau Dinner: Beef Burrito	19 Holiday Lunch: Beef Tomato or Tofu Tomato (V) Dinner: Pasta w/Italian Sausage, Mushroom & Spinach	20 Lunch: Chicken Curry or Curried Pumpkin & Peas (V, GF) Dinner: Hamburger Steaks w/Gravy	21 Lunch: Pork Adobo or Eggplant Adobo (V, GF) Dinner: Catch of the Day	22 Lunch: Shrimp Scampi or Hearts of Palm Scampi (V) Dinner: Beef Shepard's Pie	23 Lunch: Big Island Beef Burger or House-Made Veggie Burger on Bun (V) Dinner: Pork Tofu	24 Lunch: Chicken Papaya Dinner: Beef Sukiyaki
25 Lunch: Catch of the Day Dinner: Roast Pork Loin	26 Lunch: Sesame Chicken or Tofu Sukiyaki (V, GF) Dinner: Beef Stew	27 Lunch: Kalua Pork w/Cabbage or Stuffed Cabbage Rolls (V, GF) Dinner: Meatloaf w/Gravy	28 Lunch: Chicken Katsu or Glazed Ulu w/Tofu (V, GF) Dinner: Pork & Vegetable Stir-Fry	29 Lunch: Beef Chili or Veggie Chili (V, GF) Dinner: Chicken Long Rice	V-Vegan Veg-Vegetarian GF-Gluten Free GF*-Confirm w/Kitchen	