

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1. Lunch: Shoyu Chicken Dinner: Beef Meatloaf	2. Lunch: Teriyaki Beef or Teriyaki Tofu (V, GF) Dinner: Shrimp Scampi w/Spaghetti	3. Lunch: Chicken Katsu or Ulu Pineapple Glazed w/Tofu (V, GF) Dinner: Ginger Pepper Steak	4. Lunch: Roast Pork w/Gravy or Curried Pumpkin & Peas (V, GF) Dinner: Crispy Salt & Pepper Fish	5. Lunch: Hawaii Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V, GF) Dinner: Honey Garlic Turkey Meatballs	6. Lunch: Big Island Beef Burger or House Made Veggie Burger on Bun (V) Burger Bar Available Dinner: Pork Spare Rib Soup	7. Lunch: Chicken Papaya Dinner: Beef Burrito
8. Lunch: Pan Seared Mahi Mahi w/Mirin Butter Sauce Dinner: Roast Beef w/Gravy	9. Lunch: Chicken Long Rice or Veggie Long Rice (V, GF) Dinner: Pork Chop	10. Lunch: Kalua Pork Nachos or Vegan Jackfruit Nachos (V, GF) Dinner: Hamburger Goulash	11. Lunch: Arroz Caldo or Sesame Edamame Stir Fry (V, GF) Dinner: Pork & Peas	12. Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Chicken Adobo	13. Lunch: Thai Fish or Ulu Stir Fry (V, GF) Dinner: Beef Sinigang Soup	14. Lunch: Portuguese Bean Soup Dinner: Garlic Butter Shrimp
15. Lunch: Rosemary Roast Chicken Dinner: Hawaiian Chopped Steak	16.  Presidents DAY Lunch: Beef Short Rib or Vegan Sausage & Veggie Shish Kebab (V, GF) Dinner: Shrimp Alfredo w/Spaghetti Holiday	17. Lunch: Chicken Wings or Gochujang Cauliflower (V, GF) Dinner: Hot Roast Beef Sandwiches	18. Lunch: Pork Adobo or Eggplant Adobo (V, GF) Dinner: Panko Baked Salmon	19. Lunch: Grilled Shrimp Tacos or Black Bean Tacos (V) Dinner: Roast Turkey w/Gravy	20. Lunch: Beef Chili or Veggie Chili (V, GF) Potato Bar Available Dinner: Pork Pancit	21. Lunch: Crispy Chicken Sandwiches Dinner: Beef & Broccoli
22. Lunch: Honey Walnut Shrimp Dinner: Spaghetti w/Beef Meatballs	23. Lunch: Chicken Thai Yellow Curry or Veggie Thai Yellow Curry Tofu (V, GF) Dinner: Pork Nishime	24. Lunch: Kalua Pork & Cabbage or Stuffed Cabbage Rolls (V, GF) Dinner: Beef & Italian Sausage Lasagna	25. Lunch: Chicken Sofrito or Szechuan Chinese Eggplant (V, GF) Dinner: Pork Loin	26. Lunch: Beef Fajitas or Black Bean & Veggie Fajitas (V) Taco Bar Available Dinner: Chicken Thai Basil	27. Lunch: Fish & Chips or Quinoa Broccoli Bake (V, GF) Dinner: Beef Stroganoff	28. Lunch: Chorizo & Oaxaca Chimichangas Dinner: Baked Kauai Prawns

V-Vegan
 Veg-Vegetarian
 GF- Gluten Free
 GF*- Confirm w/Kitchen