

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

Allergen Index

GF: Gluten free **V:** Vegan **Veg:** Vegetarian **M:** Milk **E:** Eggs **SF:** Shellfish
P: Peanuts **W:** Wheat **SO:** Soybeans **SE:** Sesame **F:** Fish **TN:** Tree Nuts