

July 2024

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	1 Lunch: Chicken Nishime or Vegetable Nishime (V, GF) Dinner: Roast Beef w/Gravy	2 Lunch: Kalua Pork Tacos or Black Bean Tacos (V) Dinner: Beef Lasagna	3 Lunch: Thai Roasted Chicken or Garlic-Soy Glazed Thai Rice Noodles w/Mushroom & Spinach (V, GF) Dinner: Pork Chop	4 HOLIDAY Lunch: Bratwurst on Sweet Hawaiian Bun or Beyond "Brat" on Bun (V) Dinner: Chicken Stir-Fry <i>4th of July</i>	5 Lunch: Grilled Fish or Stuffed Eggplant (V, GF) Dinner: Meatloaf w/Gravy	6 Lunch: Sweet & Sour Pork Dinner: Shrimp Alfredo
7 Lunch: Huli Huli Chicken Dinner: Mushroom & Spinach w/Sausage Pasta	8 Lunch: Beef & Broccoli or Tofu Vegetable Stir-Fry (V) Dinner: Pork Loin	9 Lunch: Garlic Chicken w/Sriracha Aioli or Gochujang Cauliflower (V) Dinner: Hamburger Steaks w/Gravy	10 Lunch: Pork Adobo or Eggplant Adobo (V, GF) Dinner: Catch of the Day	11 Lunch: Shrimp Scampi or Shroom & White Bean Scampi (V) Dinner: Hamburger Curry	12 Lunch: Big Island Beef Burger or House-Made Veggie Burger on Bun (V) Dinner: Pork & Kabocha Sautee	13 Lunch: Chicken Papaya Dinner: Beef Sukiyaki
14 Lunch: Catch of the Day Dinner: Pork Stew	15 Lunch: Oyster Chicken or Oyster Tofu Vegetable (V, GF) Dinner: Hawaiian Chopped Steak	16 Lunch: Kalua Pork w/Cabbage or Stuffed Cabbage Rolls (V, GF) Dinner: Meatloaf w/Gravy	17 Lunch: Chicken Katsu or Glazed Ulu w/Tofu (V, GF) Dinner: Taro, Pork, & Shrimp Meatballs	18 Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Arroz Caldo	19 Lunch: Fish Tempura or Tofu & Veggie Tempura (V) Dinner: Loco Moco	20 Lunch: Pork Patties w/Gravy Dinner: Shrimp Fried Rice
21 Lunch: Chinese Roast Chicken Dinner: Teriyaki Beef Meatballs	22 Lunch: Beef Stew or Veggie & Bean Stew (V, GF) Dinner: Pork & Peas	25 Lunch: Chicken Wings or Szechuan Chinese Eggplant (V, GF) Dinner: Beef Stuffed Peppers	24 Lunch: Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF) Dinner: Panko Baked Salmon	25 Lunch: Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V) Dinner: Hamburger Goulash	26 Lunch: Teriyaki Beef or Lentil Loaf (V, GF) Dinner: Pork Pancit	27 Lunch: Chicken Curry Dinner: Beef Stroganoff
28 Lunch: Catch of the Day Dinner: Pork Chow Mein Vegetable	29 Lunch: Chicken Long Rice or Veggie Long Rice (V, GF) Dinner: Korean BBQ Short Ribs	30 Lunch: Pork Enchiladas Roja (red) or Jackfruit Enchiladas Roja (V) Dinner: Beef Lasagna	31 Lunch: Ginger BBQ Glazed Chicken or Ginger BBQ Glazed Tofu (V, GF) Dinner: Pork Chop	V-Vegan Veg-Vegetarian GF-Gluten Free GF*-Confirm w/Kitchen		