

| <u>Sun</u>   | <u>Mon</u>  | <u>Tue</u>  | <u>Wed</u>  | <u>Thu</u>  | <u>Fri</u>  | <u>Sat</u>   |
|--|---|---|---|---|---|--|
|  <h1>June 2024</h1>  |   |   |   |   |   | 1<br><b>Lunch:</b> Chicken Curry<br><b>Dinner:</b> Beef Stroganoff           |
| 2<br><b>Lunch:</b> Catch of the Day<br><b>Dinner:</b> Pork Stew  | 3<br><b>Lunch:</b> Chicken Nishime or Vegetable Nishime (V, GF)<br><b>Dinner:</b> Roast Beef w/Gravy                | 4<br><b>Lunch:</b> Kalua Pork Tacos or Black Bean Tacos (V)<br><b>Dinner:</b> Beef Lasagna                                  | 5<br><b>Lunch:</b> Thai Roasted Chicken or Garlic-Soy Glazed Thai Rice Noodles w/Mushroom & Spinach (V, GF)<br><b>Dinner:</b> Pork Chop | 6<br><b>Lunch:</b> Spaghetti Bolognese or Veggie Bolognese (V)<br><b>Dinner:</b> Chicken Stir-Fry                       | 7<br><b>Lunch:</b> Grilled Fish or Stuffed Eggplant (V, GF)<br><b>Dinner:</b> Meatloaf w/Gravy                            | 8<br><b>Lunch:</b> Sweet & Sour Pork<br><b>Dinner:</b> Shrimp Alfredo        |
| 9<br><b>Lunch:</b> Huli Huli Chicken<br><b>Dinner:</b> Mushroom & Spinach w/Sausage Pasta  | 10<br><b>Lunch:</b> Beef & Broccoli or Tofu Vegetable Stir-Fry (V)<br><b>Dinner:</b> Pork Loin                      | 11 <i>Holiday</i><br><b>Lunch:</b> Chicken Long Rice or Veggie Long Rice (V, GF)<br><b>Dinner:</b> Hamburger Steaks w/Gravy | 12<br><b>Lunch:</b> Pork Adobo or Eggplant Adobo (V, GF)<br><b>Dinner:</b> Chicken Enchiladas   | 13<br><b>Lunch:</b> Shrimp Scampi or Shroom & White Bean Scampi (V)<br><b>Dinner:</b> Ginger Pepper Steak               | 14<br><b>Lunch:</b> Big Island Beef Burger or House-Made Veggie Burger on Bun (V)<br><b>Dinner:</b> Pork & Kabocha Sautee | 15<br><b>Lunch:</b> Chicken Papaya<br><b>Dinner:</b> Beef Sukiyaki           |
| 16 <i>HAPPY Father's DAY</i><br><b>Lunch:</b> Catch of the Day<br><b>Dinner:</b> Roast Turkey w/Gravy  | 17<br><b>Lunch:</b> Oyster Chicken or Oyster Tofu Vegetable (V, GF)<br><b>Dinner:</b> Hawaiian Chopped Steak        | 18<br><b>Lunch:</b> Kalua Pork w/Cabbage or Stuffed Cabbage Rolls (V, GF)<br><b>Dinner:</b> Meatloaf w/Gravy                | 19<br><b>Lunch:</b> Chicken Katsu or Glazed Ulu w/Tofu (V, GF)<br><b>Dinner:</b> Taro, Pork, & Shrimp Meatballs                         | 20<br><b>Lunch:</b> Beef Chili or Veggie Chili (V, GF)<br><b>Dinner:</b> Arroz Caldo                                    | 21<br><b>Lunch:</b> Fish Tempura or Tofu & Veggie Tempura (V)<br><b>Dinner:</b> Mexican Style Beef & Ulu Casserole        | 22<br><b>Lunch:</b> Pork Patties w/Gravy<br><b>Dinner:</b> Shrimp Fried Rice |
| 23<br><b>Lunch:</b> Chinese Roast Chicken<br><b>Dinner:</b> Teriyaki Beef Meatballs  | 24<br><b>Lunch:</b> Beef Stew or Veggie & Bean Stew (V, GF)<br><b>Dinner:</b> Pork & Peas                           | 25<br><b>Lunch:</b> Chicken Wings or Szechuan Chinese Eggplant (V, GF)<br><b>Dinner:</b> Beef Stuffed Peppers               | 26<br><b>Lunch:</b> Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF)<br><b>Dinner:</b> Panko Baked Salmon                   | 27<br><b>Lunch:</b> Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V)<br><b>Dinner:</b> Hamburger Goulash | 28<br><b>Lunch:</b> Teriyaki Beef or Lentil Loaf (V, GF)<br><b>Dinner:</b> Pork Pancit                                    | 29<br><b>Lunch:</b> Chicken Curry<br><b>Dinner:</b> Beef Stroganoff          |
| 30<br><b>Lunch:</b> Catch of the Day<br><b>Dinner:</b> Pork Chow Mein Vegetable  | <div> <b>V-Vegan</b><br/> <b>Veg-Vegetarian</b><br/> <b>GF-Gluten Free</b><br/> <b>GF*-Confirm w/Kitchen</b> </div> |   |   |   |   |  |