

May 2024

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
V-Vegan Veg-Vegetarian GF-Gluten Free GF*-Confirm w/Kitchen			1 Lunch: Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF) Dinner: Catch of the Day	2 Lunch: Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V) Dinner: Hamburger Goulash	3 Lunch: Teriyaki Beef or Lentil Loaf (V, GF) Dinner: Pork Pancit	4 Lunch: Chicken Curry Dinner: Beef Stroganoff
5 Lunch: Catch of the Day Dinner: Pork Stew	6 Lunch: Chicken Nishime or Vegetable Nishime (V, GF) Dinner: Roast Beef w/Gravy	7 Lunch: Kalua Pork Tacos or Black Bean Tacos (V) Dinner: Beef Lasagna	8 Lunch: Thai Roasted Chicken or Garlic-Soy Glazed Thai Rice Noodles w/Mushroom & Spinach (V, GF) Dinner: Pork Chop	9 Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Chicken Stir-Fry	10 Lunch: Grilled Fish or Stuffed Eggplant (V, GF) Dinner: Meatloaf w/Gravy	11 Lunch: Sweet & Sour Pork Dinner: Shrimp Alfredo
12 Mother's Day Lunch: Glazed Ham Dinner: Mushroom & Spinach w/Sausage Pasta	13 Lunch: Beef & Broccoli or Tofu Vegetable Stir-Fry (V) Dinner: Pork Loin	14 Lunch: Garlic Chicken w/Sriracha Aioli Or Gochujang Cauliflower (V) Dinner: Hamburger Steaks w/Gravy	15 Lunch: Pork Adobo or Eggplant Adobo (V, GF) Dinner: Catch of the Day	16 Lunch: Shrimp Scampi or Shroom & White Bean Scampi (V) Dinner: Ginger Pepper Steak	17 Lunch: Big Island Beef Burger or House-Made Veggie Burger on Bun (V) Dinner: Pork Tofu	18 Lunch: Chicken Papaya Dinner: Beef Sukiyaki
19 Lunch: Roast Turkey w/Gravy Dinner: Taro, Pork, & Shrimp Meatballs	20 Lunch: Sesame Chicken or Tofu Sukiyaki (V, GF) Dinner: Hawaiian Chopped Steak	21 Lunch: Kalua Pork w/Cabbage or Stuffed Cabbage Rolls (V, GF) Dinner: Meatloaf w/Gravy	22 Lunch: Chicken Katsu or Glazed Ulu w/Tofu (V, GF) Dinner: Pork & Vegetable Stir-Fry	23 Lunch: Beef Chili or Veggie Chili (V, GF) Dinner: Arroz Caldo	24 Lunch: Fish Tacos or Jackfruit Tacos (V) Dinner: Mexican Style Beef & Ulu Casserole	25 Lunch: Pork Spareribs Dinner: Shrimp Fried Rice
26 Lunch: Chinese Roast Chicken Dinner: Teriyaki Beef Meatballs	27 Memorial Day Lunch: Chili Dog on Bun or Beyond "Sausage" on Bun (V) Dinner: Baked Salmon MEMORIAL DAY	28 Lunch: Chicken Wings or Szechuan Chinese Eggplant (V, GF) Dinner: Beef Stuffed Peppers	29 Lunch: Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF) Dinner: Catch of the Day	30 Lunch: Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V) Dinner: Hamburger Goulash	31 Lunch: Teriyaki Beef or Lentil Loaf (V, GF) Dinner: Pork Pancit	