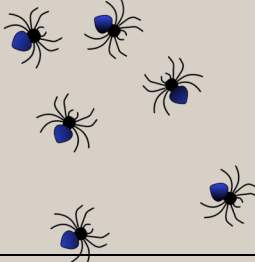




<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
V-Vegan Veg-Vegetarian GF- Gluten Free GF*- Confirm w/Kitchen			1. Lunch: Roast Pork w/Gravy or Curried Pumpkin & Peas (V, GF) Dinner: Baked Miso Salmon	2. Lunch: Grilled Fish Tacos or Jackfruit Tacos (V) Taco Bar Available Dinner: Home Made Pizza	3. Lunch: Beef Chili or Veggie Chili (V, GF) Potato Bar Available Dinner: Pork Pancit	4. Lunch: Chicken Long Rice Dinner: Beef Chimichanga
5. Lunch: Thai Basil Garlic Shrimp Dinner: Spaghetti w/Beef Meatballs	6. Lunch: Chicken Papaya or Tofu Papaya (V, GF) Dinner: Pork Nishime	7. Lunch: Kalua Pork & Cabbage or Kabocha Chili (V, GF) Dinner: Beef & Italian Sausage Lasagna	8. Lunch: Chicken Katsu or Szechuan Chinese Eggplant (V, GF) Dinner: Pork Stew	9. Lunch: Beef Fajitas or Black Bean & Veggie Fajitas (V) Taco Bar Available Dinner: Chicken Tikka Masala	10. Lunch: Poke Nachos or Taro Nachos (V) Dinner: Sinigang Guava Soup	11. Lunch: Char Siu Pork Dinner: Baked Prawns
12. Lunch: Shoyu Chicken Dinner: Beef Meatloaf	13. Lunch: Teriyaki Beef or Teriyaki Tofu (V) Dinner: Shrimp Scampi w/Spaghetti	14. Lunch: Chicken Wings or Gochujang Cauliflower (V, GF) Dinner: Beef Afritada	15. Lunch: Pork Adobo or Eggplant Adobo (V, GF) Dinner: Pan Fried Fish	16. Lunch: Hawaiian Garlic Shrimp or Hawaiian Garlic Tofu (V) Dinner: Roast Turkey w/Gravy	17. Lunch: Big Island Beef Burger or House Made Veggie Burger on Bun (V) Burger Bar Available Dinner: Grilled Teri Pork	18. Lunch: BBQ Chicken Dinner: Beef & Broccoli
19. Lunch: Garlic & Parsley Grilled Catch of the Day Dinner: Roast Beef w/Gravy	20. Lunch: Chicken Enchiladas Rojo or Jackfruit Enchiladas Rojo (V) Dinner: Pork Chop	21. Lunch: Mushroom & Spinach w/Italian Sausage Pasta or Kabocha Chili (V, GF) Dinner: Korean BBQ Beef Short Ribs	22. Lunch: Arroz Caldo or Sesame Edamame Stir Fry (V, GF) Dinner: Pork Burrito	23. Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Chicken Adobo	24. Lunch: Thai Fish or Ulu Stir Fry (V) Dinner: Beef Stroganoff	25. Lunch: Pork Chow Mein Dinner: Honey Walnut Shrimp
26. Lunch: Rosemary Roast Chicken Dinner: Beef Tomato Mushroom	27. Lunch: Beef Stew or Veggie Stew (V) Dinner: Shrimp Alfredo w/Spaghetti	28. Lunch: Thai Yellow Curry Chicken or Thai Yellow Curry Tofu (V, GF) Dinner: Ginger Pepper Steak	29. Lunch: BBQ Pulled Pork Sandwiches or BBQ Jackfruit Sandwiches (V) Dinner: Panko Baked Salmon	30. Lunch: Grilled Shrimp Tacos or Black Bean Tacos (V) Taco Bar Available Dinner: Popcorn Chicken and Fries	31. Lunch: Spooky Beef Chili or Veggie Chili (V, GF) Potato Bar Available Dinner: Jack O Lantern Pizzas	