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Tue	Wed	Thu

<u>Sun</u>	<u>Mon</u>	N/ <u>Tue</u>	Wed	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
1 <i>Lunch:</i> Chicken Pancit <i>Dinner:</i> Mushroom & Spinach w/Sausage Pasta	2 Lunch: Hot Roast Beef Sandwich or Jackfruit Sandwich (V) Dinner: Char Siu Pork	3 Lunch: Garlic Chicken w/Sriracha Aioli or Gochujang Cauliflower (V) Dinner: Hamburger Steaks w/Gravy	4 <i>Lunch:</i> Pork Adobo or Eggplant Adobo <i>(V, GF)</i> <i>Dinner:</i> Catch of the Day w/Lemon Cream Sauce	5 Lunch: Shrimp Scampi or Shroom & White Bean Scampi (V) Dinner: Meatball Sub Sandwich	6 Lunch: Big Island Beef Burger or House-Made Veggie Burger on Bun (V) Dinner: Pork & Kabocha Sautee	7 <i>Lunch:</i> Chicken Papaya <i>Dinner:</i> Beef Burrito
8	9	10	11	12	13	14
Lunch: Catch of the Day Dinner: Pork Stew	Lunch: Oyster Chicken or Oyster Tofu Vegetable (V, GF) Dinner: Roast Beef w/Gravy	Lunch: Kalua Pork w/Cabbage or Stuffed Cabbage Rolls (V, GF) Dinner: Mexican Casserole	Lunch: Chicken Katsu or Glazed Ulu w/Tofu (V, GF) Dinner: Baked Ham	Lunch: Beef Tacos or Black Bean Tacos (V) Dinner: Chicken Marsala	Lunch: Fried Fish & Tarter Sauce or Spiced Chickpeas w/Sweet Potatoes & Kale (V, GF) Dinner: Loco Moco	<i>Lunch:</i> Pork Patties w/Gravy <i>Dinner:</i> Herb & Garlic Shrimp Pasta
15	16	17	18	19	20	21
Lunch: Shoyu Chicken Dinner: Teriyaki Beef Meatballs	Lunch: Beef Stew or Veggie & Bean Stew (V, GF) Dinner: Pork Loin w/Gravy	Lunch: Chicken Wings or Szechuan Chinese Eggplant (V, GF) Dinner: Ginger Pepper Steak	Lunch: Roast Pork w/Gravy or Cauliflower w/Greens and Beans (V, GF) Dinner: Lemon Rosemary Salmon	Lunch: Hawaiian Style Garlic Shrimp or Crispy Hawaiian Garlic Tofu (V) Dinner: Beef Chili	<i>Lunch:</i> Teriyaki Beef or Lentil Loaf <i>(V, GF)</i> <i>Dinner:</i> Pork Pancit	<i>Lunch:</i> Chicken Curry <i>Dinner:</i> Beef Tomato Mushroom
22	23	24	25	26	27	28
Lunch: Catch of the Day Dinner: Pork Chop	Lunch: Chicken Long Rice or Veggie Long Rice (V, GF) Dinner: Korean BBQ Short Ribs	Lunch: Pork Enchiladas Roja (red) or Jackfruit Enchiladas Roja (V) Dinner: Beef Lasagna	Lunch: Thai Roasted Chicken or Sesame Edamame Stir Fry (V) Dinner: Pork Chow Mein Vegetable	Lunch: Spaghetti Bolognese or Veggie Bolognese (V) Dinner: Chicken Luau	Lunch: Grilled Fish Tacos or Jackfruit Tacos (V, GF) Dinner: Beef Hawaiian Chopped Steak	Lunch: Garlic Ginger Glazed Sticky Pork Dinner: Pineapple BBQ Shrimp
29	30, 10				V-Vegan	
Lunch: Chicken Pancit Dinner: Mushroom & Spinach w/Sausage Pasta	Lunch: Beef & Broccoli or Tofu Vegetable Stir-Fry (V) Dinner: Char Siu Pork				Veg-Vegetarian GF-Gluten Free GF*-Confirm w/Kitchen	

GF\*-Confirm w/Kitchen

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