

| <u>Sunday</u>                                                                                              | <u>Monday</u>                                                                                                                                                             | <u>Tuesday</u>                                                                                                                               | <u>Wednesday</u>                                                                                                                                     | <u>Thursday</u>                                                                                                                          | <u>Friday</u>                                                                                                                                      | <u>Saturday</u>                                                                  |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
|                                                                                                            | <b>1. Holiday</b><br><b>Lunch:</b> All Beef Franks on Bun or Beyond Sausage Bratwurst on Bun (V, GF w/out Bun)<br><b>Dinner:</b> Herb & Garlic Shrimp<br><i>Labor DAY</i> | <b>2.</b><br><b>Lunch:</b> Thai Yellow Curry Chicken or Thai Yellow Curry Tofu (V, GF)<br><b>Dinner:</b> Ginger Pepper Steak                 | <b>3.</b><br><b>Lunch:</b> Roast Pork w/Gravy or Curried Pumpkin & Peas (V, GF)<br><b>Dinner:</b> Broiled Lemon Dill Salmon                          | <b>4.</b><br><b>Lunch:</b> Grilled Fish Tacos or Jackfruit Tacos (V)<br>Taco Bar Available<br><b>Dinner:</b> Home Made Pizza             | <b>5.</b><br><b>Lunch:</b> Beef Chili or Veggie Chili (V, GF)<br>Potato Bar Available<br><b>Dinner:</b> Pork Pancit                                | <b>6.</b><br><b>Lunch:</b> Chicken Papaya<br><b>Dinner:</b> Beef Chimichanga     |
| <b>7.</b><br><b>Lunch:</b> Thai Basil Garlic Shrimp<br><b>Dinner:</b> Spaghetti w/Beef Meatballs           | <b>18</b><br><b>Lunch:</b> Chicken Long Rice or Veggie Long Rice (V, GF)<br><b>Dinner:</b> Pork Nishime                                                                   | <b>9.</b><br><b>Lunch:</b> Kalua Pork & Cabbage or Kabocha Chili (V, GF)<br><b>Dinner:</b> Beef & Italian Sausage Lasagna                    | <b>10.</b><br><b>Lunch:</b> Chicken Katsu or Szechuan Chinese Eggplant (V, GF)<br><b>Dinner:</b> Pork Stew                                           | <b>11.</b><br><b>Lunch:</b> Beef Fajitas or Black Bean & Veggie Fajitas (V)<br>Taco Bar Available<br><b>Dinner:</b> Chicken Tikka Masala | <b>12.</b><br><b>Lunch:</b> Tempura Fish or Tempura Vegetables w/Tofu (V)<br><b>Dinner:</b> Filipino Beef Soup                                     | <b>13.</b><br><b>Lunch:</b> Char Siu Pork<br><b>Dinner:</b> Garlic Butter Shrimp |
| <b>14.</b><br><b>Lunch:</b> Chicken Pancit<br><b>Dinner:</b> Beef Meatloaf                                 | <b>15.</b><br><b>Lunch:</b> Teriyaki Beef or Teriyaki Tofu (V)<br><b>Dinner:</b> Shrimp Scampi w/Spaghetti                                                                | <b>16.</b><br><b>Lunch:</b> Chicken Wings or Gochujang Cauliflower (V, GF)<br><b>Dinner:</b> Beef Afritada                                   | <b>17.</b><br><b>Lunch:</b> Pork Adobo or Eggplant Adobo (V, GF)<br><b>Dinner:</b> Pan Fried Fish                                                    | <b>18.</b><br><b>Lunch:</b> Hawaiian Garlic Shrimp or Hawaiian Garlic Tofu (V)<br><b>Dinner:</b> Roast Turkey w/Gravy                    | <b>19.</b><br><b>Lunch:</b> Big Island Beef Burger or House Made Veggie Burger on Bun (V) Burger Bar Available<br><b>Dinner:</b> Grilled Teri Pork | <b>20.</b><br><b>Lunch:</b> Sesame Chicken<br><b>Dinner:</b> Beef & Broccoli     |
| <b>21.</b><br><b>Lunch:</b> Garlic & Parsley Grilled Catch of the Day<br><b>Dinner:</b> Roast Beef w/Gravy | <b>22.</b><br><b>Lunch:</b> Chicken Gyros or Falafel Gyros (V)<br><b>Dinner:</b> Pork Burrito                                                                             | <b>23.</b><br><b>Lunch:</b> Mushroom & Spinach w/Italian Sausage Pasta or Kabocha Chili (V, GF)<br><b>Dinner:</b> Korean BBQ Beef Short Ribs | <b>24.</b><br><b>Lunch:</b> Arroz Caldo or Sesame Edamame Stir Fry (V, GF)<br><b>Dinner:</b> Pork Chop                                               | <b>25.</b><br><b>Lunch:</b> Spaghetti Bolognese or Veggie Bolognese (V)<br><b>Dinner:</b> Chicken Adobo                                  | <b>26.</b><br><b>Lunch:</b> Thai Fish or Ulu Stir Fry (V)<br><b>Dinner:</b> Beef Stroganoff                                                        | <b>27.</b><br><b>Lunch:</b> Pork Chow Mein<br><b>Dinner:</b> Honey Walnut Shrimp |
| <b>28.</b><br><b>Lunch:</b> Chicken Marsala w/Pasta<br><b>Dinner:</b> Beef Tomato Mushroom                 | <b>29.</b><br><b>Lunch:</b> Beef Stew or Veggie Stew (V)<br><b>Dinner:</b> Shrimp Alfredo w/Spaghetti                                                                     | <b>30.</b><br><b>Lunch:</b> Thai Yellow Curry Chicken or Thai Yellow Curry Tofu (V, GF)<br><b>Dinner:</b> Ginger Pepper Steak                | <div>             V-Vegan<br/>             Veg -Vegetarian<br/>             GF- Gluten Free<br/>             GF*- Confirm w/Kitchen           </div> |                                                                                                                                          |                                                                                                                                                    |                                                                                  |