

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		1. Lunch - Chicken Katsu (W, E, SO) or Spiced Chickpeas with Sweet Potato and Kale (V, GF) Dinner - Ginger Pepper Steak (W, SO)	2. Lunch - Pork Pancit (GF, SO) or Veggie Pancit (V, SO, GF) Dinner - Bang Bang Salmon (W, E, SO, F)	3. Lunch - Grilled Shrimp Tacos (SF, M, W, SO) or Black Bean Tacos (V, W, SO) Dinner - Roast Turkey with Gravy (W, M, SO)	4. Lunch - Beef Chili or Veggie Chili (V, GF) Potato Bar Available Dinner - BBQ Pork Rib (GF)	5. Lunch - Country Oven Fried Chicken (M, W) Dinner - Beef & Broccoli (W, SE, SO, SF)
6. Lunch - Grilled Catch of the Day (F) Dinner - Spaghetti with Beef Meatballs (W, E, M)	7. Labor Day Lunch - Chicken Long Rice (W, SO) or Veggie Long Rice (V, GF, SO) Dinner - Pork Nishime (W, SO) 	8. Lunch - Kalua Pork Nachos (W, E) or Roasted Cauliflower w/ Greens & Beans (V, GF) Dinner - Beef Italian Sausage Lasagna (W, M)	9. Lunch - Arroz Caldo (E, F, SO, GF) or Sesame Edamame Stir Fry (V, GF, SE, SO) Dinner - Roast Pork with Gravy (W)	10. Lunch - Chinese Beef and Onion (W, SE, SF, SO) or Tofu Stir Fry (SO, GF) Dinner - Chicken Adobo (W, SO)	11. Lunch - Beer Battered Ono (W, F) or Kabocha Pumpkin Thai Curry with Tofu (V, GF, SO) Dinner - Beef Sinigang Soup (F, SF, M, SO) 	12. Lunch - Portuguese Bean Soup (W, M, E, SO) Dinner - Garlic Butter Shrimp (GF, M, SF)
13. Lunch - Chicken Yellow Thai Curry (GF, F, SO) Dinner - Beef Meatloaf (W, E, SO)	14. Lunch - Beef Fajita (W, F, SO) or Vegan Fajita with Black Beans & Vegetables (V, SO, GF) Dinner - Cajun Shrimp (W, M, SF)	15. Lunch - Chicken Creamy Tuscan (M, W) or Gardein Chick'n Creamy Tuscan (V, W, SO, SE, TN) Dinner - Roast Beef Sandwich w/ French Onion Dip (SO, SE, W, M)	16. Lunch - Pork Adobo (W, SO) or Eggplant Adobo (V, GF, SO) Dinner - Lemon Pepper Salmon (F, GF)	17. Lunch - Hawaiian Garlic Shrimp (W, M, SF) or Crispy Hawaiian Garlic Tofu (V, GF, SO) Dinner - Turkey Pot Pie (M, W, SO)	18. Lunch - Big Island Burger (M, E, F, SO) or Veggie Burger on Bun (V, W, SO, TN) Burger Bar Available Dinner - Roast Pork Loin with Gravy (W)	19. Lunch - Chicken Papaya (GF, SO) Dinner - Beef Burrito (W, M, SO)
20. Lunch - Lemon Garlic Pepper Cod (F, GF, SO) Dinner - Roast Beef w/ Gravy (W, SO)	21. Lunch - Chicken Enchilada Roja (W, SO, M) or Jackfruit Enchilada Roja (W, SO, M) Dinner - Seared Pork Chop (W, SO)	22. Lunch - Mushroom & Spinach w/ Sausage Pasta (W, SE) or Beyond Sausage and Green Pasta (V, WE, SE) Dinner - Hot Pastrami Sandwich (W, M, E, SE, SO)	23. Lunch - Chicken Wings (GF) or Sesame Edamame Stir Fry (V, GF, SE, SO) Dinner - Pork and Peas (W, SO)	24. Lunch - Spaghetti Beef Bolognese (W, M, SO) or Veggie Bolognese (V, W, SE, SO, TN) Dinner - Thai Basil Chicken (F, SO, GF)	25. Lunch - Honey Sesame Fish (F, W, Se, So) or Sesame Chickpea Noodles with Tou (V, GF, Se, SO) Dinner - Beef Stroganoff w/ Egg Noodle (W, E, F, M, SO)	26. Lunch - Pork Char Siu (W, SO) Dinner - Shrimp Mac & Cheese (SF, M, W)
27. Lunch - Shoyu Chicken (W, SO) Dinner - Beef Stew (W, SO)	28. Lunch - Teriyaki Beef (W, SE, SO) or Teriyaki Tofu (V, GF, SO) Dinner - Shrimp Scampi with Spaghetti (SF, M, W)	29. Lunch - Chicken Tomato Marsala with Penne (W) or Spiced Chickpeas with Sweet Potato & Kale (V, GF) Dinner - Korean Beef Short Rib (W, SE, SO)	30. Lunch - Sweet & Sour Pork (W, SO) or Sweet & Sour Tofu (W, SO) Dinner - Bang Bang Salmon (W, E, SO, F)	Allergen Index GF: Gluten free V: Vegan Veg: Vegetarian M: Milk P: Peanuts W: Wheat SO: Soybeans SE: Sesame F: Fish TN: Tree Nuts E: Eggs SF: Shellfish		