

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
				1. Lunch - Grilled Shrimp Tacos (SF, M, W, SO) or Black Bean Tacos (V, W, SO) Dinner - Roast Turkey with Gravy (W, M, SO)	2. Lunch - Black Pepper Steak (SO, W) or Tofu Pepper Steak (SO, W) Dinner - BBQ Pork Rib (GF)	3. Lunch - Rosemary Chicken (GF) Dinner - Hot Roast Beef Sandwich (SO, SE, W, M)
4. Lunch - Grilled Catch of the Day (F) Dinner - Spaghetti with Beef Meatballs (W, E, M)	5. Lunch - Chicken Long Rice (W, SO) or Veggie Long Rice (V, GF, SO) Dinner - Pork Nishime (W, SO)	6. Lunch - Kalua Pork Nachos (W, E) or Jackfruit Nachos (VEG, M) Dinner - Beef Italian Sausage Lasagna (W, M)	7. Lunch - Arroz Caldo or Sesame Edamame Stir Fry (V, GF) Dinner - Roast Pork with Gravy (W)	8. Lunch - Chinese Beef and Onion (W, SE, SF, SO) or Tofu Stir Fry (SO, GF) Dinner - Chicken Adobo (W, SO)	9. Lunch - Beer Battered Ono (W, F) or Kabocha Pumpkin Thai Curry with Tofu (V, GF, SO) Dinner - Beef Sinigang Soup (F, SF, M, SO)	10. Lunch - Portuguese Bean Soup (W, M, E, SO) Dinner - Garlic Butter Shrimp (GF, M, SF)
11. Lunch - Chicken Thai Yellow Curry or Veggie Thai Yellow Curry Tofu (V, GF) Dinner - Beef Meatloaf	12. Lunch - Beef Fajita (W, F, SO) or Vegan Fajita with Black Beans & Vegetables (V, SO, GF) Dinner - Cajun Shrimp (W, M, SF)	13. Lunch - Chicken Creamy Tuscan (M, W) or Gardein Chick'n Creamy Tuscan (V, W, SO, SE, TN) Dinner - Ginger Pepper Steak (W, SO)	14. Lunch - Pork Adobo or Eggplant Adobo (V, GF) Dinner - Lemon Pepper Salmon (F, GF)	15. Lunch - Hawaiian Garlic Shrimp (W, M, SF) or Crispy Hawaiian Garlic Tofu (V, GF, SO) Dinner - Turkey Pot Pie (M, W, SO)	16. 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)	17. Lunch - Chicken Papaya (GF, SO) Dinner - Beef Burrito (W, M, SO)
18. Lunch - Lemon Garlic Pepper Cod (F, GF, SO) Dinner - Roast Beef w/ Gravy (W, SO)	19. Lunch - Chicken Enchilada Verde (W, SO, M) or Jackfruit Enchilada Verde (W, SO, M) Dinner - Seared Pork Chop (W, SO)	20. Lunch - Mushroom & Spinach w/ Sausage Pasta (W, SE) or Szechuan Eggplant (V, SO, SE, W) Dinner - Hot Pastrami Sandwich (W, M, E, SE, SO)	21. Lunch - Chicken Wings (GF) or Gochujang Cauliflower (V, W, SO, SE) Dinner - Pork and Peas (W, SO)	22. Lunch - Spaghetti Beef Bolognese (W, M, SO) or Veggie Bolognese (V, W, SE, SO, TN) Dinner - Thai Basil Chicken (F, SO, GF)	23. 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)	24. Lunch - Pork Char Siu (W, SO) Dinner - Shrimp Alfredo (W, M, SF)
25. Lunch - Shoyu Chicken (W, SO) Dinner - Beef Stew (W, SO)	26. Lunch - Teriyaki Beef (W, SE, SO) or Teriyaki Tofu (V, GF, SO) Dinner - Shrimp Scampi w/ Spaghetti (W, SF, M)	27. Lunch - Chicken Tomato Marsala w/ Penne (W) or Spinach & White Beans (V, SO, SE) Dinner - Korean Beef Short Rib (W, SE, SO)	28. Lunch - Sweet & Sour Pork (W, SO) or Sweet & Sour Tofu (W, SO) Dinner - Bang Bang Salmon (W, E, SO, F)	29. Lunch - Shrimp Mac&Cheese (SF, M, W) or Regular Mac and Cheese (VEG, WE, SE, SO, TN) Dinner - Open Face Turkey Sandwich (W, M, SO)	30. Lunch - Beef Chili (V, GF) or Veggie Chili (V, GF) (V) Potato Bar Available Dinner - Pork Pinakbet (SF, SO, GF)	31. Lunch - Crispy Chicken Sandwich (W, SE, SO) Dinner - Beef and Broccoli (W, SE, SO, SF)

Allergen Index

GF: Gluten free
P: Peanuts

V: Vegan
W: Wheat

Veg: Vegetarian
SO: Soybeans

M: Milk
SE: Sesame

E: Eggs
F: Fish

SF: Shellfish
TN: Tree Nuts