

Hawaii Meals On Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7/01 Ground Pork w/ Grn Bns/Red Pimiento Brown Rice Potato Salad Orange	7/02 Shrimp Egg Fu Yung Lima Beans Brown Rice Beansprouts Namul Banana	7/03 Vegetable Ravioli Marinara Sauce Mixed Vegetables Garden Mix / Drsg. Cantaloupe	7/04 Turkey Patty/Mushroom Sc. Rst. Red Rosemary Potatoes Carrots Sliced Tomatoes/Drsg. Grapes	7/05 Kalua Pork Sweet Potatoes Spinach Lomi Salmon Pineapple Slices
7/08 Shoyu Chicken Brown Rice Zucchini Macaroni Salad Banana	7/09 Barbeque Pork Brown Rice Green Peas Cucumber Salad/Drsg. Honeydew	7/10 Beef Curry w/ Stew Vegetables Green beans Pinto Bean Salad Plum	7/11 Chicken Adobo w/ Diced Potatoes Brussel Sprouts Carrot Raisin & P/A Salad Apple	7/12 Fish Fillet w/ Capers Creamed Pasta Broccoli Normandy Pinto Bean Salad Orange
7/15 Hamburger Steak/Gravy Peas & Carrots Mashed Potatoes Sliced Tomatoes/Drsg. Fresh Fruit	7/16 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Edamame Salad Strawberries	7/17 Pork Guisantes Brown Rice Sliced Carrots Cucumber Slices/Drsg. Banana	7/18 Breaded Fish/Tartar Sauce Spinach Oven Fried Potatoes Pickled Vegetables Orange	7/19 Italian Chicken Rice Pilaf Italian Vegetables 3 Bean Salad Fresh Peach
7/22 Roast Chicken/Gravy Mashed Potatoes Zucchini/Carrots Macaroni/Potato Salad Orange	7/23 Spaghetti with Meat Sauce Enriched Pasta Green Beans Marinated Cucumber Grapes	7/24 Ginger Fish Brown Rice Spinach Pickled Wakam, Cuke, Carrots Melon	7/25 Pork Lau Lau Sweet Potatoes Brown Rice Lomi Lomi Salmon Fresh Pineapple	7/26 Sloppy Joes Rosemary Red Skin Potato Broccoli Spears White Bean Salad Banana