

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Nishime Brown Rice Pickled Beets P. C. Fruit	Italian Seafood Stew with Vegetables Enriched Pasta Tossed Greens/Drsg. Orange	Char Siu Pork/Sauce Brown Rice Crinkle Cut Carrots Garbanzo Bean Salad Banana	Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Casserole Sliced Tomatoes/Drsg. P. C. Fruit	Portuguese Bean Stew Brown Rice Garden Mix/Drsg. Fresh Fruit in Season
Hamburger Patty/Gravy Mashed Potatoes Peas & Carrots 3 Beans Salad P. C. Fruit	Breaded Fish/Tartar Sauce Sweet Potatoes Broccoli Spears Coleslaw Banana	Stuffed Tofu/Oyster Sauce Brown Rice Creamed Spinach Wonbok Namasu Orange	Turkey Burger w/ Cheese Creamed Pasta Broccoli Normandy Marinated Cucumber P. C. Fruit	Kalua Pork with Cabbage Sweet Potatoes Lomi- Lomi Salmon Cantaloupe
Pork Guisantes ( Gr. Peas) Brown Rice Mixed Greens/Drsg. P. C. Fruit	Misoyaki Chicken Brown Rice Zucchini/Carrots Pickled Beets Banana	Turkey Loaf/Gravy Mashed Potatoes Italian Vegetables Sliced Tomatoes/Drsg. Orange	Roast Chicken/BBQ Sauce Sweet Potato Fries Green Beans Coleslaw P. C. Fruit	Hamburger Patty/Gravy Mashed Potatoes Broccoli Spears Potato Salad Asst. Berries
Shoyu Chicken Mixed Vegetables Brown Rice Tofu Salad Orange	Shrimp Fu Yung with vegetables Brown Rice Shoestring Beets/Mayo Banana	Chicken with Teri Sauce Parsleyed Potatoes Green Beans/Carrot Tossed Greens/Drsg. P. C. Fruit	Ginger Shoyu Fish Brown Rice Green Peas Cucumber Slices/Drsg. Watermelon	Kanaka Stew Crinkle Cut Carrots Brown Rice Vegetable Namasu P. C. Fruit
Pork Adobo w/ Diced Potatoes Diced Carrots Brown Rice P. C. Fruit	Open Faced Rst. Beef/Gravy Mashed Potatoes Green Beans Garden Mix/Drsg. Banana	Pork Hash/Oyster Sauce Sweet Potatoes Creamed Spinach Pickled Beets Orange	Meatballs/Marinara Sauce Enr. Fettucini Noodles Mixed Vegetables Tossed Greens/Drsg. P. C. Fruit	Pork Laulau Sweet potatoes Brown Rice Lami-Lomi Salmon Pineapple Tidbits

Week \_\_\_\_\_