<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/4</td>
<td>9/5</td>
<td>9/6</td>
<td>9/7</td>
<td>9/8</td>
</tr>
<tr>
<td>NO MEALS</td>
<td><strong>Chinese Style Steamed Fish</strong> or Burgundy Beef Stew</td>
<td><strong>Chicken Nishime</strong> or Spaghetti &amp; Meatballs</td>
<td><strong>Pork Guisantes</strong> or Beef Broccoli</td>
<td>Hamburger w/ Lettuce &amp; Tomato or Hot Dog</td>
</tr>
<tr>
<td></td>
<td>Regular Entrees Served with: Rice or Mashed Potatoes, Miso Soup, Carrots, Vanilla Pudding</td>
<td>Regular Entrees Served with: Rice or Mashed Potatoes, Cole Slaw, Broccoli, Apple Pie</td>
<td>Regular Entrees Served with: Rice or Mashed Potatoes, Minestrone Soup, Asparagus, Brownie</td>
<td>Regular Entrees Served with: Rice or Mashed Potatoes, Potato &amp; Mac Salad, Spring Vegetable Mix, Watermelon</td>
</tr>
</tbody>
</table>

**IN OBSERVANCE OF LABOR DAY**

Thai Ground Pork Noodles or Lemongrass Chicken

Regular Entrees Served with: Rice or Mashed Potatoes, Tomato Soup, Pacific Vegetable Mix, Tropical Fruit

Mapo Tofu or Baked Fish w/ Lemon Wedge

Regular Entrees Served with: Rice or Mashed Potatoes, Vegetable Soup, Green Beans, Fresh Honeydew

Tofu Tuna Mix or Supreme Pizza

Regular Entrees Served with: Rice or Mashed Potatoes, Potato and Corn Chowder, Italian Vegetable Mix, Pineapple Chunks

Roast Pork w/ Gravy or Mushroom Chicken

Regular Entrees Served with: Rice or Mashed Potatoes, Miso Soup, Carrots, Mandarin Oranges

Menu Subject to change depending on availability. Please submit menu by 12PM the Friday before date above. Frozen Meals DO NOT include any sides or beverages.

CALL: (808)739-6031 or (808)748-4919, or EMAIL: PCHMENU@PALOLOHOME.ORG

Dietician Approval: [Signature]

updated: 11/14/22
# Menu for September 11 - 15, 2023

| MONDAY  
| --- | TUESDAY  
| 9/11 | 9/12 | WEDNESDAY  
| | | 9/13 | THURSDAY  
| | | 9/14 | FRIDAY  
| | | 9/15 |

| **Lemon & Basil**  
| Baked Fish  
| or  
| **Sweet & Sour**  
| Meatballs  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Cream of Mushroom  
| Italian Vegetable Mix  
| Custard Pie |

| **Oyako Donburi**  
| or  
| **Beef Stir Fry**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Lomi Tomato Salad  
| Carrots  
| Pineapple Chunks |

| **Chicken Parmesan**  
| or  
| **Baked Fish w/ Lemon Wedge**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Tomato Soup  
| Broccoli  
| Cherry Pie |

| **Somen Salad**  
| or  
| **Beef Creole Macaroni**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Chicken Noodle Soup  
| Asparagus  
| Tropical Fruit |

| **Hamburger Steak**  
| or  
| **Fried Rice**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Mixed Green Salad  
| Spring Vegetable Mix  
| Orange Wedges |

| **Korean Chicken**  
| or  
| **Meat Lasagna**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Chicken Soup  
| Spring Vegetable Mix  
| Fresh Honeydew |

| **Battered Pollock w/ Lemon Wedge**  
| or  
| **Pork & Choi Sum**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Minestrone Soup  
| Pacific Vegetable Mix  
| Diced Pears |

| **Chili w/ Beans**  
| or  
| **Kalua Pig & Cabbage**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Chunky Potato Soup  
| Green Beans  
| Fresh Cantaloupe |

| **Pork Stew**  
| or  
| **Cajun Roasted Chicken**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Korean Tofu Cabbage Soup  
| Italian Vegetable Mix  
| Chocolate Chip Cookie |

| **Baked Ziti w/ Italian Sausage**  
| or  
| **Steamed Black Bean Fish**  
| Regular Entrees Served with:  
| Rice or Mashed Potatoes  
| Jook  
| Carrots  
| Vanilla Pudding |

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**Menu Subject to change depending on availability.**

*Please submit menu by 12PM the Friday before date above.*

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**Dietician Approval:**

**WEEK 2**

updated: 11/14/22