

September 11 - 15, 2023

MONDAY 9/11	TUESDAY 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

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: _____

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WEEK 2

updated: 11/14/22

September 18 - 22, 2023

MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22
Beef Tomato or Char Siu Chicken w/ Chow Mein Entrees Served with: Rice or Mashed Potatoes Tossed Salad Italian Vegetable Mix Mandarin Oranges	Pork Guisantes or Country Fried Steak Entrees Served with: Rice or Mashed Potatoes Tomato Soup Carrots Custard Pie	Beef Broccoli or Mushroom Chicken Stir Fry Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Broccoli Diced Pears	Lime & Cilantro Baked Cod or Spanish Rice Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Asparagus Chocolate Chip Cookie	Baked Beef Spaghetti or Baked Fish w/ Lemon Wedge Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Spring Vegetable Mix Fruit Cocktail
Battered Pollock w/ Lemon Wedge or Pork Adobo Entrees Served with: Rice or Mashed Potatoes Miso Soup Spring Vegetable Mix Diced Peaches	Italian Baked Chicken or Furikake Fish w/ Sweet Chili Aioli Regular Entrees Served with: Rice or Mashed Potatoes Cannellini Bean Soup Pacific Vegetable Mix Tropical Fruit	Roasted Pork Loin w/ Gravy or Beef Curry Entrees Served with: Rice or Mashed Potatoes Beef and Barley Soup Green Beans White Cake	Hamburger Steak or Mapo Tofu Entrees Served with: Rice or Mashed Potatoes Jook Italian Vegetable Mix Fresh Cantaloupe	Teriyaki Chicken or Portuguese Bean Stew Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Carrots Fresh Honeydew

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WEEK 3

updated: 11/14/22