



# WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pork &amp; Choi Sum</b></p> <p>or</p> <p><b>Sweet &amp; Sour Meatballs</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Spinach Salad Italian Vegetable Mix Orange Wedges</p>	<p><b>Chinese Style Steamed Fish</b></p> <p>or</p> <p><b>Burgundy Beef Stew</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Carrots Vanilla Pudding</p>	<p><b>Chicken Nishime</b></p> <p>or</p> <p><b>Spaghetti &amp; Meatballs</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cole Slaw Broccoli Apple Pie</p>	<p><b>Pork Guisantes</b></p> <p>or</p> <p><b>Beef Broccoli</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Mixed Vegetables Chocolate Chip Cookie</p>	<p><b>Baked Ziti w/ Italian Sausage</b></p> <p>or</p> <p><b>Huli Huli Chicken</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Fruit Cocktail</p>
<p><b>Chicken Tenders</b></p> <p>or</p> <p><b>Pork Adobo</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Spring Vegetable Mix Brownies</p>	<p><b>Thai Ground Pork Noodles</b></p> <p>or</p> <p><b>Lemongrass Chicken</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Jook Pacific Vegetable Mix Tropical Fruit</p>	<p><b>Mapo Tofu</b></p> <p>or</p> <p><b>Baked Fish w/ Lemon Wedge</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Vegetable Soup Green Beans Fresh Honeydew</p>	<p><b>Baked Honey Mustard Chicken</b></p> <p>or</p> <p><b>Supreme Pizza</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Potato and Corn Chowder Italian Vegetable Mix Strawberry Gelatin</p>	<p><b>Roast Pork w/ Gravy</b></p> <p>or</p> <p><b>Mushroom Chicken Stir Fry</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Carrots Mandarin Oranges</p>

Menu Subject to change depending on availability.

Please submit menu by 12PM the Wednesday 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: \_\_\_\_\_

*mh* *ro*

WEEK 1

updated: 11/14/22



# WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lemon &amp; Basil Baked Fish</b></p> <p>or</p> <p><b>Sweet &amp; Sour Meatballs</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Italian Vegetable Mix Lemon Meringue Pie</p>	<p><b>Oyako Donburi</b></p> <p>or</p> <p><b>Beef Stir Fry</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Lomi Tomato Salad Carrots Pineapple Chunks</p>	<p><b>Chicken Parmesan</b></p> <p>or</p> <p><b>Baked Fish w/ Lemon Wedge</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Broccoli Cherry Pie</p>	<p><b>Somen Salad</b></p> <p>or</p> <p><b>Beef Creole Macaroni</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Mixed Vegetables Tropical Fruit</p>	<p><b>Grilled Chicken Sandwich w/ Tater Tots</b></p> <p>or</p> <p><b>Fried Rice</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Orange Wedges</p>
<p><b>Korean Chicken</b></p> <p>or</p> <p><b>Meat Lasagna</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Soup Spring Vegetable Mix Fresh Honeydew</p>	<p><b>Meatloaf w/ Tomato Sauce</b></p> <p>or</p> <p><b>Pork &amp; Choi Sum</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Pacific Vegetable Mix Diced Pears</p>	<p><b>Chili w/ Beans</b></p> <p>or</p> <p><b>Kalua Pig w/ Cabbage</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chunky Potato Soup Green Beans Fresh Cantaloupe</p>	<p><b>Pork Stew</b></p> <p>or</p> <p><b>Cajun Roasted Chicken</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Korean Tofu Soup Italian Vegetable Mix Chocolate Chip Cookie</p>	<p><b>Sundried Tomato &amp; Garlic Bowtie w/ Mushrooms</b></p> <p>or</p> <p><b>Steamed Black Bean Fish</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Jook Carrots Vanilla Pudding</p>

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WEEK 2

updated: 11/14/22



Name: \_\_\_\_\_

# WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Beef Tomato</b></p> <p>or</p> <p><b>Mediterranean Turkey Burger w/ Tator Tots</b></p> <p>Entrees Served with: Rice or Mashed Potatoes House Salad Italian Vegetable Mix Mandarin Oranges</p>	<p><b>Pork Guisantes</b></p> <p>or</p> <p><b>Mushroom Chicken Stir Fry</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Tomato Soup Carrots Lemon Meringue Pie</p>	<p><b>Beef Broccoli</b></p> <p>or</p> <p><b>Teriyaki Burger w/ Grilled Pineapple &amp; Carmelized Onions</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Broccoli Diced Pears</p>	<p><b>Lime &amp; Cilantro Baked Cod</b></p> <p>or</p> <p><b>Spanish Rice</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Mixed Vegetables Chocolate Chip Cookie</p>	<p><b>Baked Beef Spaghetti</b></p> <p>or</p> <p><b>Baked Fish w/ Lemon Wedge</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Spring Vegetable Mix Fruit Cocktail</p>
<p><b>Grilled Teriyaki Chicken</b></p> <p>or</p> <p><b>Pork Adobo</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Miso Soup Spring Vegetable Mix Diced Peaches</p>	<p><b>Italian Baked Chicken</b></p> <p>or</p> <p><b>Furikake Fish w/ Sweet Chili Aioli</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cannellini Bean Soup Pacific Vegetable Mix Tropical Fruit</p>	<p><b>Roasted Pork Loin w/ Gravy</b></p> <p>or</p> <p><b>Beef Curry</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Beef and Barley Soup Green Beans White Cake</p>	<p><b>Mongolian Beef</b></p> <p>or</p> <p><b>Mapo Tofu</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Jook Italian Vegetable Mix Fresh Cantaloupe</p>	<p><b>Teriyaki Beef</b></p> <p>or</p> <p><b>Portuguese Bean Stew</b></p> <p>Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Carrots Fresh Honeydew</p>

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WEEK 3

updated: 11/14/22



**WEEK 4**

Name: \_\_\_\_\_

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Beef &amp; Bean Burrito w/ Salsa</b> or <b>Citrus Baked Fish w/ Lemon Wedge</b>  Entrees Served with: Rice or Mashed Potatoes Tomato Salad Italian Vegetable Mix Orange Wedges	<b>Steamed Ginger Fish w/ Shoyu</b> or <b>BBQ Chicken Pizza</b>  Entrees Served with: Rice or Mashed Potatoes Black Bean Salad Carrots Apple Pie	<b>Country Fried Steak</b> or <b>Pork Guisantes</b>  Entrees Served with: Rice or Mashed Potatoes Bean Sprout Salad Broccoli Fruit Cocktail	<b>Beef Stew</b> or <b>Seafood Bake</b>  Entrees Served with: Rice or Mashed Potatoes Macaroni Salad Mixed Vegetables Brownies	<b>Kalua Pork &amp; Spinach</b> or <b>Cajun Chicken Burger w/ Guac &amp; Tater Tots</b>  Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Mandarin Oranges
<b>Thai Ground Pork Noodles</b> or <b>Sundried Tomato &amp; Garlic Bowtie w/ Mushrooms</b>  Entrees Served with: Rice or Mashed Potatoes Hot and Sour Soup Spring Vegetable Mix Diced Pears	<b>Shepherd's Pie</b> or <b>Won Ton Soup w/ Mustard Cabbage</b>  Entrees Served with: Rice or Mashed Potatoes Tomato Soup Pacific Vegetable Mix Tropical Fruit	<b>Chicken Stir Fry</b> or <b>Pork Cutlet Curry</b>  Entrees Served with: Rice or Mashed Potatoes Chicken Soup Green Beans Diced Peaches	<b>Teriyaki Baked Chicken</b> or <b>Furikake Fish w/ Sweet Chili Aioli</b>  Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Soup Italian Vegetable Mix Mixed Berries	<b>Shoyu Chicken</b> or <b>Fried Rice</b>  Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Carrots Haupia Cake

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WEEK 4

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Dietician Approval:           mh          R.O          

updated: 09/24/22



# WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pork &amp; Kobocho</b></p> <p>or</p> <p><b>Lemon &amp; Basil Baked Fish</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Italian Vegetable Mix Fruit Cocktail</p>	<p><b>Portuguese Bean Stew</b></p> <p>or</p> <p><b>Grilled Chicken Sandwich w/ Sundried Tomato Aioli &amp; Tater Tots</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Kale Slaw Carrots Tropical Fruit</p>	<p><b>Pork &amp; Choi Sum</b></p> <p>or</p> <p><b>Turkey Burger w/ Basil Pesto Aioli &amp; Tater Tots</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Broccoli Banana Pudding</p>	<p><b>Hamburger w/ Lettuce &amp; Tomato</b></p> <p>or</p> <p><b>Cod Piccata</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Mixed Vegetables Brownies</p>	<p><b>Buffalo Chicken Tenders w/ Blue Cheese Dressing</b></p> <p>or</p> <p><b>Beef Creole Macaroni</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Spring Vegetable Mix Mixed Berries</p>
<p><b>Spaghetti &amp; Meatballs</b></p> <p>or</p> <p><b>Chicken Tenders</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Egg Drop Soup Maple Glazed Brussels Sprouts Apple Cobbler</p>	<p><b>Chicken Linguine</b></p> <p>or</p> <p><b>Meatloaf w/ Tomato Sauce</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Corn Chowder Pacific Vegetable Mix Oatmeal Raisin Cookie</p>	<p><b>Chili w/ Beans</b></p> <p>or</p> <p><b>Tofu Stir Fry</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Green Beans Diced Peaches</p>	<p><b>Lemongrass Chicken</b></p> <p>or</p> <p><b>Pork Adobo</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Italian Vegetable Mix Fresh Honeydew</p>	<p><b>Roasted Pork w/ Gravy</b></p> <p>or</p> <p><b>Beef Stroganoff w/ Pasta</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Carrots White Cake</p>

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WEEK 5

updated: 10/01/24

# WEEK 6

Name: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pork &amp; Long Bean</b></p> <p>or</p> <p><b>Fajita Burger w/ Sweet Pepper, Guac &amp; Tater Tots</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Italian Vegetable Mix Fresh Honeydew</p>	<p><b>Beef Curry</b></p> <p>or</p> <p><b>Steamed Ginger Fish w/ Shoyu</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Bean Salad Carrots Applesauce</p>	<p><b>Mediterranean Turkey Burger w/ Tator Tots</b></p> <p>or</p> <p><b>Chicken Stir Fry</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Broccoli Pumpkin Pie</p>	<p><b>Oyako Donburi</b></p> <p>or</p> <p><b>Somen Salad</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Kale Salad Mixed Vegetables Tropical Fruit</p>	<p><b>Seared Salmon w/ Pineapple &amp; Sweet Pepper Salsa</b></p> <p>or</p> <p><b>Shoyu Chicken</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Blueberry Pie</p>
<p><b>Mongolian Beef</b></p> <p>or</p> <p><b>Seafood Bake</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Onion Soup Spring Vegetable Mix Tropical Fruit</p>	<p><b>Tofu Stir Fry</b></p> <p>or</p> <p><b>Baked Chicken</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Vegetable Soup Pacific Vegetable Mix Carrot Cake</p>	<p><b>Meatloaf w/ Gravy</b></p> <p>or</p> <p><b>Baked Glazed Ham</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Green Beans Mandarin Oranges</p>	<p><b>Hawaiian Stew</b></p> <p>or</p> <p><b>Chipotle Plum Grilled Chicken</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Italian Vegetable Mix Chocolate Cake</p>	<p><b>Chicken Piccata w/ Pasta</b></p> <p>or</p> <p><b>Spanish Rice</b></p> <p>or</p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Three Bean Soup Carrots Apple Slices</p>

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Dietician Approval: \_\_\_\_\_

*mh* R.O

WEEK 6

updated: 11/14/22