

Remy's Plate Lunch (808) 640 6225	Ka 'Umeke Kā'eo - Hale Lamalama~ Apelila 2019				
	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	1	2	3	4	5
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage (M)	Ground Beef Spaghetti	BBQ Chicken
Grain	brown rice & ww bread*	brown rice	brown rice & ww bread*	ww pasta & ww bread*	brown rice
Veg. 1	sweet kernel corn	chopped brocolli	local cabbage	sliced cucumber	chopped brocolli
Veg. 2	sliced carrots	sliced carrots	sliced tomato	chopped brocolli	baked beans
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	8	9	10	11	12
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy (M)	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*
Veg. 1	sliced tomato	sliced cucumber	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped brocolli	chopped brocolli	mashed potato	sliced carrots; tomato sauce	chopped brocolli
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	15	16	17	18	19
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage (M)	Ground Beef Spaghetti	BBQ Chicken
Grain	brown rice & ww bread*	brown rice	brown rice & ww bread*	ww pasta & ww bread*	brown rice
Veg. 1	sweet kernel corn	brocolli	local cabbage	sliced cucumber	chopped brocolli
Veg. 2	sliced carrots	sliced tomato	sliced carrots	chopped brocolli	baked beans
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	22	23	24	25	26
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy (M)	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*
Veg. 1	sliced tomato	sliced cucumber	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped brocolli	chopped brocolli	mashed potato	sliced carrots; tomato sauce	chopped brocolli
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc

*All bread is whole wheat, handmade, and baked fresh at Remy's; it may be rolls, banana, pumpkin, or carrot bread, depending on availability. Mashed potato is made from scratch with real potatoes. No pre-made frozen meals. This institution is an equal opportunity provider.