

Remy's Plate Lunch (808) 640 6225	Ka 'Umeke Kā'eo - Pā Hoaka~ September 2019				
	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	HOLIDAY 2	3	4	5	6
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*
Veg. 1	sliced tomato (1/4)	chopped brocolli (1/2)	chopped brocolli (1/2)	kidney beans (1/2)	sliced carrots; celery (1/4)
Veg. 2	roasted zucchini (1/2)	sweet potato fries (1/4)	sweet corn (1/2)	sliced carrots; tom sauce (1/4)	chopped brocolli (1/2)
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
	9	10	11	12	13
Meat	Cheddar Macaroni and Cheese	Cream of Mushroom Chicken	Sweet n Sour Chicken	Ground Beef Lasagna	Ground Pork and Peas (M)
Grain	enriched macaroni pasta	brown rice & ww bread*	brown rice & ww bread	enriched lasagna pasta/ww bread	brown rice & ww bread*
Veg. 1	chopped brocolli (1/2)	sweet kernel corn (1/2)	chopped brocolli (1/2)	sliced cucumber (1/4)	garbanzo beans (1/2)
Veg. 2	sweet potato fries (1/4)	sliced carrots (1/4)	sweet potato fries (1/4)	chopped broccoli (1/2)	green peas and carrots (1/4)
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
	16	17	18	19	20
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage	Ground Beef Spaghetti	BBQ Chicken
Grain	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	ww pasta & ww bread*	brown rice
Veg. 1	sweet corn (1/2c)	chopped brocolli (1/2)	local cabbage (1/2)	sliced cucumber (1/4)	chopped brocolli (1/2)
Veg. 2	sliced carrots (1/4c)	sliced carrots (1/4)	sliced tomato (1/4)	chopped brocolli (1/2)	baked beans (1/2)
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
	23	24	25	26	27
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*
Veg. 1	sliced tomato (1/4)	chopped brocolli (1/2)	chopped brocolli (1/2)	kidney beans (1/2)	sliced carrots; celery (1/4)
Veg. 2	roasted zucchini (1/2)	sweet potato fries (1/4)	sweet corn (1/2)	sliced carrots; tom sauce (1/4)	chopped brocolli (1/2)
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.. No pre-made frozen meals. This institution is an equal opportunity provider.