

Remy's Plate Lunch (808) 640 6225	Ka 'Umeke Kā'eo - Pā Hoaka~ Ianuali 2020				
	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	6	7	8	9	10
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
	13	14	15	16	17
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy	Ground Beef Chilli Beans	Turkey Deli Sandwich
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	ww sliced bread*
Veg. 1	sliced tomato (1/4)	chopped brocolli (1/2)	chopped brocolli (1/2)	kidney beans (1/2)	sliced carrots (1/4)
Veg. 2	roasted zucchini (1/2)	sliced carrots (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
	20	21	22	23	24
Meat	Chicken w/ Cream of Mushroom	Chicken Curry	Turkey Deli Sandwich	Ground Beef Spaghetti	Sweet n Sour Chicken
Grain	brown rice	brown rice & ww bread	ww sliced bread	ww pasta & ww bread*	brown rice & ww bread*
Veg. 1	sliced carrots (1/4)	sweet kernel corn (1/2)	chopped broccoli (1/2)	sliced cucumber (1/4)	baked beans (1/2)
Veg. 2	roasted zucchini (1/2)	sliced tomato (1/4)	sliced tomato (1/4)	chopped brocolli (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
	27	28	29	30	31
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage	Turkey Deli Sandwich	BBQ Chicken
Grain	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	ww sliced bread	brown rice
Veg. 1	sweet corn (1/2c)	chopped brocolli (1/2)	local cabbage (1/2)	chopped broccoli (1/2)	chopped brocolli (1/2)
Veg. 2	sliced carrots (1/4c)	sliced carrots (1/4)	sliced tomato (1/4)	sliced tomato (1/4)	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

*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.