





JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili Frank Fried Chicken Kielbasa w/ Sauerkraut	2 Macaroni & Cheese Chicken Katsu Japanese Beef Curry Japanese Tofu Curry	3 Soft Beef Taco Misoyaki Chicken Dijon Roasted Pork Loin	4 Independence Day	5 Turkey Ala King Rotisserie Chicken Steak Chinese Style Steamed Fish
8 BBQ Meatballs Herb Baked Chicken Chicken Fried Steak	9 Shepherd's Pie Chicken Fajita Carne Asada Vegetarian Burrito	10 Grilled Cheese w/ Tomato Bisque Grilled Chicken Parmesan Beef Stew	11 BBQ Chicken Pizza Grilled Fiesta Lime Chicken Misoyaki Pork Teriyaki Tofu w/ Qunioa Pineapple	12 Beef Ravioli Ginger Chicken Steak Grilled Fresh Fish Taco w/ Mango Salsa
15 Hamburger Steak BBQ Chicken Cheese Ravioli	16 Lasagna Teriyaki Chicken Kalua Pig & Cabbage Pad Thai w/ Tofu	17 Tuna Melt Lemon Chicken Roasted Sesame Pork Loin	18 Ground Turkey Stroganoff Korean Sesame Chicken BBQ Beef Brisket Pasta w/ Vegetable Puttanesca Sauce	19 Fish Sandwich Brazilian Chicken w/ Chimichurri Sauce Steak Crab Crusted Fresh Catch
22	23	24	25	26
29	30	31	 Always look for the SHAKA to choose Local First  Keep an eye out for the Mindful Icon for a balanced meal	

Bowl \$5.25
 Plate \$7.50
 Mixed Plate \$8.25
 Steak Bowl \$6.00
 Steak Plate \$8.00
 Steak Mixed Plate \$8.75
 Friday Only

Type A \$5.85

Vegan



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DINING

