



Weekly Menu

wahiawa cafe - nov 12 - nov 16

| Monday | <u>RICE, SPICE & EVERYTHING NICE</u> | Calories |
|-----------|---|----------|
| | entrée: honey lime sriracha salmon | 210 |
| | entrée: teryaki grilled chicken | 140 |
| | side item: kimchi fried rice | 160 |
| | side item: jasmine rice | 120 |
| | side item: baby bok choy with ginger | 30 |
| | side item: carrots with pineapple sauce | 110 |
| | side item: vegetarian egg roll | 190 |
| | soup: vegetable beef barley | |
| Tuesday | <u>TACO TUESDAY</u> | Calories |
| | entrée: carne asada burritos | 610 |
| | entrée: citrus pork carnitas | 140 |
| | side item: frijoles | 130 |
| | side item: spicy spanish rice | 120 |
| | side item: guacamole pico de gallo | |
| | side item: tomatillo salsa corn salsa | |
| | side item: salsa fresca | |
| | soup: southwest tortilla soup | |
| Wednesday | <u>WELLNESS WEDNESDAY - B.Y.O. Bowl</u> | Calories |
| | entrée: barbeque chicken salad | 240 |
| | entrée: barbeque pork | 260 |
| | side item: jasmine rice | 120 |
| | side item: jalapeno sweet cornbread | 170 |
| | side item: corn bean salsa | 40 |
| | side item: avocado ranch dressing | 170 |
| | side item: | |
| | soup: chicken noodle soup | |
| Thursday | <u>THROW BACK THURSDAY</u> | Calories |
| | entrée: buttermilk ranch fried chicken | 190 |
| | entrée: texas beef chili | 110 |
| | side item: macaroni & cheese | 190 |
| | side item: roasted cauliflower & broccoli | 310 |
| | side item: sour cream & chives mashed potatoes | 90 |
| | side item: fire roasted corn | 25 |
| | side item: roasted mushrooms | 30 |
| | soup: tomato basil bisque | |
| Friday | <u>ALOHA FRIDAY</u> | Calories |
| | entrée: katsu chicken breast | 230 |
| | entrée: sweet & sour shrimp | 550 |
| | side item: fried rice | 90 |
| | side item: jasmine rice | 120 |
| | side item: spicy green beans | 70 |
| | side item: roasted brussels sprouts | 45 |
| | side item: pot stickers | 70 |
| | soup: baked stuffed potato soup | |