

**The Bistro, Menu May 13-June 09, 2012**

*We appreciate and welcome your suggestions. Please ask for Ruby Hayasaka or call 263-5357*

Available daily: →		Brown Rice	Whole Wheat Breads	Fresh Vegetables and Fresh Fruits	Salad Bar	Freshly Grilled Items
Sunday 5-13	Monday 5-14	Tuesday 5-15	Wednesday 5-16	Thursday 5-17	Friday 5-18	Saturday 5-19
Zesty Pinto Bean and Vegetable Soup Farm Greens & Feta Quiche *Crisp Baked Tofu with Black Bean Seasoned Veggie Stir Fry Slant Cut Fresh Carrots Daikon and Apple Salad	Spinach and Egg Drop Soup With wonton crispy strips Molly's Cottage Patties *Vegan Long Rice/ Veggies & Shitake Mushrooms Baked Sweet Potatoes Fresh Green Beans Cherry Tomato w/ Fresh Herbs: Dill, Oregano, Basil	Rachel's Moroccan Lentil Soup with Corn Bread Breaded Veggie Burger Patty & Mushrooms/ Onion Gravy *Fresh Green Bean w/ Crisp Baked Tofu/ Tamari Almonds Twice Baked Potatoes Farm Fresh Greens Bok Choy Cilantro Slaw, YUM!	Broccoli Cheese Soup with Bread Bowls Pine Nut Roast with Béchamel Sauce *Maharani Dahl with Naan Garlic Mashed Potatoes Fresh broccoli Kamut Tabooleh Pita Bread Bar	Butternut Squash Soup Egg Plant Parmesan *Whole Wheat Pasta with Greens & Cherry Tomato Fresh Steam Carrots Whole Wheat Garlic Bread Toasted Morgan Sandwiches (fried eggs, tomato, fresh basil, and provolone cheese) Tomato, Papaya, Onion Salad	Saimin Soup Bar No added salt Veg.Bean Soup Zucchini Patties with Marinara Sauce *Vegan Coconut Veg Curry Biryani Indian Rice Corn Local Tomatoes with Lemon Tahini	*Roasted Corn & Green Chili Bisque w/ Cornbread Fried Saimin with Farm Fresh Veggies/Char Sui *Pinto Bean and Vegetable Stew Fresh Farm Veggies Okinawan Sweet Potatoes Pea and Jicama Salad
Sunday 5-20	Monday 5-21	Tuesday 5-22	Wednesday 5-23	Thursday 5-24	Friday 5-25	Saturday 5-26
Cream of Asparagus Soup with Bread Bowls Spinach Patties Deluxe *Bok Choy Stir Fry with Toasted Cashews Whipped Potato/ Gravy Farm Fresh Veggies Three Fruit Cream Salad Haystack Bar	Fresh Mushroom Soup with Bread Bowls Special K Loaf with Gravy *Bell Pepper and Tomato with Veggie Spareribs Farm Fresh Greens Roasted Herbed Potatoes Mustard Dill Tortellini Salad	Tomato Bisque Egg Plant Moussaka *Whole Wheat Spaghetti w/ Eileen's Fresh Parisian Whole Wheat Garlic Bread Fresh Carrots Edamane Berrylicious Summer Salad Big Frank Hot Dog Bar	Corn Chowder with Bread Bowls Tortellini Prima Vera *Southwest Squash Stew Fresh Spinach Lima Beans and Corn Whole Wheat Garlic Bread Broccoli and Sunflower Seed Salad	*Mushroom Medley with Wild Rice Soup Stuffed Portabella Mushrooms *Spicy Butternut Squash, Cabbage, Veg. Sausage Baked Sweet Potatoes Swiss Chard Dark Cherry Cream Salad	Saimin Soup Bar No added salt Veg/Cabbage Soup Baked Chili Relleno with Fresh Spanish Sauce *Vegan Spicy Eggplant Fresh Carrots O'Brien Potatoes Hot Dog Bar Dilly Feta Fresh Beet Salad	*Minestrone Soup Potato Cheese Enchiladas In Red Sauce *Moroccan Vegan Stew Fresh Broccoli Whipped Sweet Potatoes Mozzarella, Tomato and Fresh Basil Pizza Green Soy Bean Salad
Sunday 5-27	Monday 5-28	Tuesday 5-29	Wednesday 5-30	Thursday 5-31	Friday 6-1	Saturday 6-2
Lentil Vegetable Soup Chili Mac *Garbanzo Tomato Vegetable Stew Farm Fresh Green Veggies WW French Garlic Herb Bread Almond Citrus Couscous	Southwest Black Bean Soup with Corn Bread Spinach Patties with Spanish Sauce *Vegetable Red Thai Curry Whipped Sweet Potatoes Sugar Snap Peas Crispy Chinese Veggie Chix Salad	Cream of Spinach Soup With Bread Bowls Bombay Veggie Chicken *Broccoli, Red Bell Pepper w/Chai Pau Yu Ong Choi Tri Color Glazed Sweet Potatoes Strawberry Melon Salad	Vegetable Gumbo Soup Cashew Noodle Casserole *Vegan Stir Fry with Black Beans Baked Potato Bar : broccoli cheese sauce, chili beans Fresh Green Beans Spaghetti Spinach Salad	*Harvest Grain & Portabella Mushroom Soup Pad Thai *Vegan Tofu Cabbage Rolls with Spanish Sauce Fresh Broccoli Vegetable Tempura Cone Sushi Namasu	Saimin Soup Bar No added salt creole veggie soup Whole Wheat Pasta with Pesto and Roasted Farm Veggies *Oriental Squash Stew Farm Fresh Greens Whole Wheat Garlic Bread Spinach Cranberry Salad	*Broccoli Cheese w/ Florets Soup w/ Bread Bowls General Gau's Tofu and Broccoli *Black Bean and Corn with Kamut Farm Fresh Veggie Manoa Jell-O Salad Nachos Bar
Sunday 6-3	Monday 6-4	Tuesday 6-5	Wednesday 6-6	Thursday 6-7	Friday 6-8	Saturday 6-9
Fresh Mushroom Soup With Bread Bowls Eggplant Parmesan *Whole Wheat Pasta with Vegan Spaghetti Sauce Fresh Steamed Zucchini Whole Wheat Garlic Bread Nachos Bar	Cream of Asparagus Soup With Bread Bowls Spinach Feta Quiche *Vegetable Indian Curry Farm Fresh Beets Biryani Indian Rice Fresh Mango & Papaya Yogurt Salad	Veggie Tortilla Soup with Crispy Tortillia Strips Egg Foo Yung with Gravy *Crisp Tofu with Asparagus and Black Beans Sauce Fresh Carrots Okinawan Sweet Potato Minted Watermelon Salad	Vegetarian Chili Bean Soup With Corn Bread Stuffed Mushrooms with Prosage & Cream Cheese *Bitter Melon Pinakbet Twice Fried Plantains Cauliflower & Red Bell Pepper Strawberry Cream Jell-O	*Roasted Corn and Green Chili Bisque w/ Bread Bowls Creamy Macaroni Patties *Vegetable Coconut Curry Fresh Zucchini Squash Garlic Mashed Potatoes Whole Wheat Pasta and Vegetable Salad	Saimin Soup No added salt split pea soup Mushroom Polenta with Eileen's Pepper Sauce *Spicy Cabbage & Butternut Squash Fresh Beets Deviled Eggs	*Southwest Black Bean Soup Manicotti in Marinara *Stir Fry Vegetables with Chai Pow Yu Fresh Green Beans Whole Wheat Herbed Bread Red Cabbage Slaw

**Meal Times are as follows, the Bistro is open between meals for beverages and Deli packaged items: Breakfast 6:30-9:00 (weekends and holidays continental), Lunch 11:00 -1:30, Dinner 4:30-6:30**  
*We are committed to local farm fresh ingredients as possible so menu may vary depending on ingredient availability. Starred entrees are vegan.*