

Hale Hoomana Menu  
“Lunch & Dinner”

**Saturday, 12/05/09 Lunch @12:30/ 3 p.m?**

Tropical Fruit Platter with Baked Brie  
Vegetable Platter with Dip & Assorted Cracker's  
Fresh Green Salad with Passion Fruit Vinaigrette

**Sunday 12/06/09 Lunch @ 12:3 p.m**

Grilled Veggie Sandwiches w/ tzatziki spread  
Mixed Bean Salad  
Fresh green with Vinaigrette  
Whole Fruit

**Monday 12/07/09 Lunch @ 12:30 p.m**

Thai Coconut Lemon-grass Soup  
Fresh Greens with lemon Vinaigrette  
Shredded Green papaya Salad  
Tapioca Pudding

**Tuesday 12/08/09 Lunch @ 12:30 p.m**

Quinoa Tebbouleh  
Hummus & Pita Wedges  
Sprout Salad on Greens with Vinaigrette  
Mixed Bean Salad  
Whole Fruit

**Wednesday 12/09/09 Lunch @ 12:30 p.m**

Miso Soup with Tofu  
Soba Noodle Salad  
Sushi rice  
Edamame

**Thursday 12/10/09 Lunch @ 12:30 p.m**

Grilled Ono/Tofu Burgers with Coleslaw  
Veggie-n-dip & Potato-n-Mac salad  
Veggie-n-dip & Potato-n-Mac salad  
Whole Fruit

**Friday 12/11/09 Lunch @ 12:30 p.m**

Capree Sandwiches in Pita Pockets  
Fresh Green Salad with Vinaigrette  
Chickpeas and Corn  
Cookies

**Saturday 12/12/09 Lunch @ 12:30 p.m**

Tropical Fruit Platter with Baked Brie  
Vegetable Platter with Dip & Assorted Cracker's  
Fresh Green Salad with Passion Fruit Vinaigrette

**Dinners @ 6:30 p.m**

Grilled Portabella with Pesto, roasted garlic & goat cheese  
Braised Kale & Barley with Herbs  
Mixed greens with Balsamic Vinaigrette  
Banana Baklava with Carmel sauce

**Dinner @ 6:30 p.m**

Pumpkin, Spelt dusted Opakapaka/Tofu with a Lemon-grass Sauce  
Sauteed Vegetables & Roasted Sweet potatoes  
Spinach Salad With Orange-Sesame Dressing  
Pineapple Upside-down Cake

**Dinner @ 6:30 p.m**

Tofu, kale and Spinach Lasagna “Gluten Free”  
Garden Salad with Italian Dressing  
Fresh baked Bread and Garlic Butter  
Vegan Chocolate Cake

**Dinner @ 6:30 p.m**

Aztec Corn Soup  
Mixed Spinach Salad with Citrus-Avocado Dressing  
Fresh baked Corn Bread and Butter  
Rustic Apple Tart with Whipped Cream

**Dinner @ 6:30 p.m**

Mac-Nut incrusted Mahi Mahi with a Pineapple Salsa  
Coconut Mashed Potatoes & Sesame Seared Vegetables  
Classic Caesar Salad with Croutons  
Chocolate-Mac-nut Banana Bread

**Dinner @ 6:30 p.m**

Roasted Red Peppers stuffed with Quinoa & Kula Corn  
Spaghetti Squash & Goat cheese  
Fresh Green Salad with Vinaigrette  
Braised Bok Choy with Ginger  
Berry Crisp

**Dinner @ 6:30 p.m**

Vegetables with a Coconut-Curry Sauce  
Jasmine Rice  
Naan Bread  
Carrot, Pineapple Cake with Cream Cheese Frosting