

Menu for the Week of February 5, 2012

(Week 2)

SUNDAY February 5	MONDAY February 6	TUESDAY February 7	WEDNESDAY February 8	THURSDAY February 9	FRIDAY February 10	SATURDAY February 11
BREAKFAST						
Juice Fruit of the Day Assorted Breakfast Breads & Cereals Cinnamon Roll Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Hash Brown Scramble Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Rice Veggie Bacon Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Denver Scrambled Egg Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & cereals Egg of Choice Luncheon Meat Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Homemade French Toast Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Donut Milk / Coffee / Tea
LUNCH						
Pork w/ Peas Rice or M Potato Namasu Roll Banana Cream Pie Milk and/or Juice	Chicken Cutlet w/ Brwn Mushroom Gravy Au Gratin Potato Carrots Sweet Bread Fresh Fruit Salad Milk and/or Juice	Teri Burger w/ Lettuce and Tomato Tator Tots Amy's Confetti Salad Assorted Dessert Milk and/or Juice	Chili con Carne Rice or Potato Creamy Coleslaw Corn Muffin Mandarin Oranges Milk and/or Juice	Shoyu Pork Rice or Potato Green Beans Bread Apricot Halves Milk and/or Juice	Sweet n Sour Sparerib Rice or Potato Macaroni Salad Roll Chocolate Cake Milk and/or Juice	Tuxedo Chicken Brown Rice Mixed Vegetables Bread Apple Pie Milk and/or Juice
DINNER						
Egg Salad Sandwich Corn Chowder Garden Salad w/ Italian Dressing Mango/Kiwi Milk and/or Juice	Saucy Stir Fry Pork Rice or Potato Asian Coleslaw Wheat Roll Tiramisu Milk and/or Juice	Fried Fish Rice or Potato Peas w/ Mushrooms Roll Melon Cup Milk and/or Juice	Macaroni & Cheese Caesar Salad Squaw Roll Peanut Butter Bars Milk and/or Juice	Beef Burgundy Mashed Potato Oriental Vegetable Hawaiian Tea Roll Cookie Milk and/or Juice	Arroz Caldo (Filipino Creamy Rice) Garden Salad w/ French Dressing Pandesal Fresh Fruit Salad w/ Dip Milk and/or Juice	Beef Stew Rice or Potato Chinese Cabbage Salad Biscuit Island Fruit Salad Milk and/or Juice

Menu Alternates

Soup: Creamy Tomato & Roasted Pepper | Sandwich: Turkey and Swiss Cheese | Veggie: Bean Burrito | Gourmet: Chef Salad

Especially for YOU!

Our meals are prepared and served with the true spirit of aloha. The Nutrition Services Department is please to serve you with a wide variety of foods and beverages. We have a 6 week menu that is created and revised by our resident Food Committee and with seasonal variety.

Hale Makua health Services is fortunate to have residents, with rich array of cultural and ethnic backgrounds. We understand that one menu will not please everyone, so we offer you some additional variety.

Our menu is reviewed and revised weekly and posted and distributed every Friday or Saturday for the following week.

If the Featured Selection and the Alternate menu selections for the week don't appeal to your taste buds, we have several other options for you!

*Aloha and Mahalo,
From the Nutrition Services Ohana*

These food items can be specially prepared for you:

- Mesquite Chicken Breast
- Breaded Chicken Fillet
- Pork chop
- Garden Burger (*Vegetarian*)
- Hamburger Patty/Hamburger on Bun
- Fish Fillet or Breaded Fish Fillet
- Macaroni and Cheese
- Salisbury Steak
- Hot Dog or Hot Dog on Bun
- Grilled Cheese Tossed Green Salad
- Fresh *Fruit in season*
- Poi *as available*
- Tofu



The following food & beverage selections are available at any time:

- Saimin
- Miso Soup
- Cheeseburger
- Vienna Sausage
- Spam
- Bacon and Sausage
- Pancakes and French Toast
- Variety of Hot and Cold Cereals
- Danishes
- Muffins
- Peanut Butter and Jelly Sandwich
- Bread/Toast
- Bagels
- Fruit cups
- Bananas, Oranges, Apples
- Ice Cream and Popsicles
- Puddings
- Yogurt
- Jell-O
- Cookies and Crackers
- Potato Chips
- Assorted Juices
- Milk
- Hot Tea and Coffee