

Menu for the Week of March 26, 2017

Week 6

SUNDAY March 26	MONDAY March 27	TUESDAY March 28	WEDNESDAY March 29	THURSDAY March 30	FRIDAY March 31	SATURDAY April 1
BREAKFAST						
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 Egg of Choice Fried Rice Milk / Coffee / Tea	Juice Banana Assorted Breakfast Breads & Cereals Egg of Choice Biscuit Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Assorted Breakfast Meat Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Old Fashion Pancakes Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Cinnamon Swirl Bread Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals French Toast Margarine & Syrup Milk / Coffee / Tea
LUNCH						
Mushroom Chicken Rice or M Potato Beets w/ Mayonnaise Bread w/ Margarine Rice Pudding Milk and/or Juice	Chili con Carne Rice or M Potato Amy's Confetti Salad Corn Muffin Grapes Milk and/or Juice	Pansit (Filipino Noodle dish w/ Pork and Shiitake Mushroom) Pea Salad Sweet Bread Creamy Lemon Square Milk and/or Juice	Smothered Pork Chop Rice or M Potato Brussel Sprouts w/ Bacon Bits Bread Apple Cake Milk and/or Juice	Ham & Cheese Sandwich Lettuce Potato Chips Island Fruit Salad Milk and/or Juice	Tuna Pattie Brown Rice Zucchini Roll Assorted Dessert Milk and/or Juice	Chicken Hekka Rice or M Potato Chinese Cabbage Salad Sweet Bread Roll Peaches Milk and/or Juice
DINNER						
Pot Roast Rice or M Potato Stewed Vegetables Biscuit Blushing Pear Milk and/or Juice	Shoyu Pork Rice or M Potato Carrots Sweet Bread Roll Chocolate Cream Cheese Cupcake Milk and/or Juice	Parmesan Chicken Rice or M Potato Carrots, Beans & Squash Roll Fresh Fruit Salad Milk and/or Juice	Corned Beef Hash Pattie Caesar Salad Wheat Roll Apricot Halves Milk and/or Juice	Huli Turkey Candied Yam Creamed Corn Sweet Bread Roll Oatmeal Raisin Cookie Milk and/or Juice	Chicken Curry Stew Rice or M Potato Cole Slaw Sweet Bread Fruited Jello Milk and/or Juice	Pork Vinha D Alhos Rice or M Potato Garden Salad w/ Ranch Dressing Roll w/ Margarine Salad Made in Heaven Milk and/or Juice

This Week Menu Specials:

Soup: Corn Chowder | Sandwich: Chicken Salad on Tea Rolls | Veggie: Cheese Pizza | Gourmet: Oriental Chicken 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 Selections don't appeal to your taste buds, we have several other options for you! Check out the bottom of the menu for this week's "specials" and the next 2 columns for other delicious options.

Aloha and Mahalo,
From the Nutrition Services Ohana

The Kitchen can prepare these items especially for you:

- Mesquite Chicken Breast
- Breaded Chicken Fillet
- Pork chop
- Veggie Burger
- Hamburger Patty/Hamburger on Bun
- Pizza
- 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
- Fresh baked cookie



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

- Saimin
- Miso Soup
- Soups (*Tomato, Chicken Noodle, Cream of Mushroom, Vegetable*)
- Sandwiches (*Tuna, Egg, Chicken Salad, Cheese, Bologna, & PB&J*)
- Cheeseburger
- Vienna Sausage
- Spam
- Bacon and Sausage
- Pancakes and French Toast
- Variety of Hot and Cold Cereals
- Danishes
- Muffins
- 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

**Wailuku Residents- please order the above by 10am for Lunch and 3pm for Dinner.*