

Menu for the Week of May 21, 2017

Week 2



SUNDAY May 21	MONDAY May 22	TUESDAY May 23	WEDNESDAY May 24	THURSDAY May 25	FRIDAY May 26	SATURDAY May 27
BREAKFAST						
Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Old Fashion Pancake 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 Egg of Choice Long John Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Biscuit Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Cinnamon Roll 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 Egg of Choice Corned Beef Hash Milk / Coffee / Tea
LUNCH						
Meatballs w/ Mushroom Gravy Rice or M Potato Creamy Coleslaw Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Beanie Weenies Rice or M Potato Cut Corn Sweet Bread w/ Marg. Brownie Milk and/or Juice	Tater Tot Casserole Carrots Butter Tea Roll Fresh Fruit Salad Milk and/or Juice	Tuna Salad Croissant Sandwich Broccoli Cheese Soup Garden Salad w/ French Dressing Apricot Halves Milk and/or Juice	Char Su Pork (Chinese BBQ Pork) Rice or M Potato Green Beans Roll Mandarin Orange w/ Cherry Garnish Milk and/or Juice	Crab Cake w/ Mango Salsa Brown Rice Garden Peas Sweet Bread w/ Margarine Tropical Fruit Salad Milk and/or Juice	Oyster Sauce Chicken Rice or M Potato Zucchini Bread w/ Margarine Blushing Pears Milk and/or Juice
DINNER						
Crunchy Teri Chicken Rice or M Potato Brussel Sprouts w/ Bacon Bits Bread w/ Margarine Sunshine Salad Milk and/or Juice	Sweet n Sour Spareribs Rice or M Potato Beets w/ Mayonnaise Roll w/ Margarine Grapes Milk and/or Juice	Chicken Chow Mein 3 Bean Salad Sweet Bread Roll Assorted Dessert Milk and/or Juice	Beef Curry Stew Rice or M Potato Lima Beans Corn Muffin Chocolate Peanut Butter Cup Cookie Milk and/or Juice	Pepper Steak Rice or M Potato Mixed Vegetables Bread w/ Margarine Custard Pie Milk and/or Juice	BBQ Turkey Rice or M Potato Fiesta Corn Salad Wheat Roll Cookie Milk and/or Juice	Homestyle Meatloaf Rice or M Potato Caesar Salad Roll w/ Margarine Lemon Cream Cheese Cupcake Milk and/or Juice

This Week Menu Specials:

Soup: Split Pea Soup | Sandwich: Turkey & Cheese Sandwich | Veggie: 3 Cheese Lasagna | 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 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



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

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