

Menu for the Week of July 16, 2017

Week 4

SUNDAY July 16	MONDAY July 17	TUESDAY July 18	WEDNESDAY July 19	THURSDAY July 20	FRIDAY July 21	SATURDAY July 22
BREAKFAST						
Juice Fruit of the Day Assorted Breakfast Breads & Cereals Sausage Patty Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Portuguese Sausage 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 Banana Pancake Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals French Toast 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 Egg of Choice Cinnamon Swirl Bread Milk / Coffee / Tea
LUNCH						
Chili con Carne Rice or M Potato Pasta Salad Corn Muffin Ambrosia Milk and/or Juice	Pizza Caesar Salad Peach & Pear Medley Milk and/or Juice	Chicken Long Rice Rice or M Potato Garden Salad w/ French Dressing Sweet Bread w/ Margarine Watermelon Milk and/or Juice	Pork N Peas Rice or M Potato Soy Bean w/ Mix Vegetable Butter Tea Roll w/ Margarine Rice Pudding Milk and/or Juice	Cheese Burger on Bun Lettuce/Tomato/Pickle Tater Tots Grapes Milk and/or Juice	Fried Hot Dog w/ Onion Rice or M Potato Carrots, Beans & Squash Bread w/ Margarine Pistachio Cupcake Milk and/or Juice	Corned Beef & Cabbage Rice or M Potato Corn Taro Roll Lemon Meringue Pie Milk and/or Juice
DINNER						
Chicken Hekka Rice or M Potato Beets w/ Mayonnaise Roll w/ Margarine Fruited Jello Milk and/or Juice	Turkey ala King Rice or M Potato Potato Salad Hawaiian Tea Roll Cookie Milk and/or Juice	Italian Layered Meatloaf Mashed Potato Wax Beans Biscuit w/ Margarine Chocolate Cake w/ Frosting Milk and/or Juice	Garlic Chicken Rice or M Potato Zucchini Roll w/ Margarine Fresh Fruit Salad Milk and/or Juice	Pork Tofu Brown Rice Garden Peas Sweet Roll w/ Margarine Assorted Dessert Milk and/or Juice	Teriyaki Fish Rice Pilaf Mixed Vegetables Sweet bread w/ Margarine Island Fruit Salad Milk and/or Juice	Taco Pork Rice or M Potato Carrots Roll w/ Margarine Apricot w/ Cherry Garnish Milk and/or Juice

This Week Menu Specials:

Soup: Clam Chowder | Sandwich: Ham & Cheese on Wheat | Veggie: Vegetarian Chili | Gourmet: Chicken Caesar 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.*