

# Menu for the Week of November 19, 2017

Week 4

Happy Thanksgiving

SUNDAY November 19	MONDAY November 20	TUESDAY November 21	WEDNESDAY November 22	THURSDAY November 23	FRIDAY November 24	SATURDAY November 25
BREAKFAST						
Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>Sausage Patty</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>Egg of Choice</b> <b>Portuguese Sausage</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>Egg of Choice</b> <b>Long John</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>Banana Pancake</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>French Toast</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals <b>Egg of Choice</b> <b>Luncheon Meat</b> Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & cereals <b>Egg of Choice</b> <b>Cinnamon Swirl Bread</b> Milk / Coffee / Tea
LUNCH						
<b>Fried Hot Dog w/ Onion</b> Rice or M Potato Carrots, Beans & Squash Bread w/ Margarine Ambrosia Milk and/or Juice	<b>Roast Pork w/ Gravy</b> Brown Rice Garden Peas Sweet Bread Roll w/ Margarine Peach & Pear Medley Milk and/or Juice	<b>Chicken Long Rice</b> Rice or M Potato Garden Salad w/ 1000 Isle Dressing Sweet Bread w Margarine Watermelon Milk and/or Juice	<b>Saucy Stir Fry Pork</b> Rice or M Potato Zucchini Butter Tea Roll w/ Margarine Rice Pudding Milk and/or Juice	<b>Turkey w/ Stuffing</b> Candied Yam Corn Snowflake Roll Pumpkin Pie w/ Topping Milk and/or Juice	<b>Karen's BBQ Pork</b> Rice or M Potato Caesar Salad Wheat Roll w/ Margarine Assorted Dessert Milk and/or Juice	<b>Corned Beef &amp; Cabbage</b> Rice or M Potato Corn Taro Roll Cookie Milk and/or Juice
DINNER						
<b>Chicken Hekka</b> Rice or M Potato Beets w/ Mayonnaise Roll w/ Margarine Fruited Jello Milk and/or Juice	<b>Chili con Carme</b> Rice or M Potato Pasta Salad Corn Muffin Pistachio Cupcake Milk and/or Juice	<b>Italian Layered Meatloaf</b> Mashed Potato Wax Beans Biscuit w/ Margarine Chocolate Cake w/ Frosting Milk and/or Juice	<b>Tuxedo Chicken</b> Rice or M Potato Soy Bean w/ Mix Vegetable Roll w/ Margarine Fresh Fruit Salad Milk and/or Juice	<b>Farmer John Ham w/ Pineapple Sauce</b> Rice Pilaf Green Beans Sweetbread Roll Lemon Meringue Pie Milk and/or Juice	<b>Teriyaki Fish</b> Rice Mixed Vegetables Sweet bread w/ Margarine Island Fruit Salad Milk and/or Juice	<b>Taco Pork</b> Rice or M Potato Carrots Tropical Fruit Salad Roll w/ Margarine 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.*