

Menu for the Week of January 21, 2018

Week 1



SUNDAY January 21	MONDAY January 22	TUESDAY January 23	WEDNESDAY January 24	THURSDAY January 25	FRIDAY January 26	SATURDAY January 27
BREAKFAST						
Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Blueberry Streusel Bread Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Homemade French Toast Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Hash Brown Scrambled Milk / Coffee / Tea	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 Corned Beef Hash Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Fried Rice Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Breakfast Bread Special Milk / Coffee / Tea
LUNCH						
Beef Tomato Rice or M Potato Namasu Bread Chocolate Peanut Butter Square Milk and/or Juice	Crunchy Teri Chicken Rice or M Potato Corn Sweet Bread Roll Li Hing Pineapple Milk and/or Juice	Portuguese Bean Soup Rice or M Potato Crunchy Asian Slaw Corn Muffin Assorted Dessert Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Green Beans Roll Fresh Fruit Salad Milk and/or Juice	Chili con Carne Rice or M Potato Creamy Cole Slaw Biscuit Apple Cake Milk and/or Juice	Pancit Bihon Carrots, Beans & Squash Pandesal Bibingka Milk &/or Juice	Smothered Chicken Rice or M Potato Soy Bean w/ Mixed Vegetable Roll Tropical Fruit Salad Milk and/or Juice
DINNER						
Kalua Pork Rice or M Potato Brussel Sprouts w/ Bacon Taro Roll Mandarin Oranges Milk and/or Juice	Swedish Meatball Rice or M Potato Mixed Vegetable Sweet Bread Banana Cream Pie Milk and/or Juice	Guava Chicken Rice or M Potato Zucchini Roll Fruited Jello Milk and/or Juice	Parmesan Crusted Fish Brown Rice Carrot Raisin Salad Bread Assorted Cookie Milk and/or Juice	Sweet n Sour Pork Rice or M Potato Garden Peas Snowflake Roll Apricot Halves Milk and/or Juice	Hawaiian Chop Steak Rice or M Potato Succotash Sweet Bread Grapes Milk and/or Juice	Orange Braised Pork Rice or M Potato Garden Salad w/ Italian Dressing Sweet Bread Roll Strawberry Shortcake Milk and/or Juice

This Week Menu Specials:

Soup: Minestrone | Sandwich: Egg Salad on White | Veggie: Bean Burrito | 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



**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