

Menu for the Week of April 22, 2018

Week 2

SUNDAY April 22	MONDAY April 23	TUESDAY April 24	WEDNESDAY April 25	THURSDAY April 26	FRIDAY April 27	SATURDAY April 28
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 Corned Beef Hash Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Croissant Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Assorted Muffin 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 Hash Brown Scramble Milk / Coffee / Tea
LUNCH						
Meatballs w/ Mushroom Gravy Rice or M Potato Carrots Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Cornflake Chicken Rice or M Potato Zucchini Squaw Roll w/ Margarine Peanut Butter Brownie Milk and/or Juice	Homestyle Meatloaf Mashed Potato Caesar Salad Roll w/ Margarine Fresh Fruit Salad Milk and/or Juice	Chicken Cranberry Croissant Sandwich Potato Chips Garden Salad w/ French Dressing Apricot Halves Milk and/or Juice	Beanie Weenies Rice or M Potato 3 Bean Salad Sweet Bread Roll Mandarin Orange w/ Cherry Garnish Milk and/or Juice	Grilled Cheese Sandwich Tomato Soup Confetti Slaw Assorted Dessert Milk and/or Juice	Corned Beef & Cabbage Rice or M Potato Stewed Vegetable Roll w/ Margarine Pistachio Cupcake Milk and/or Juice
DINNER						
Crab Cake w/ Mango Salsa Brown Rice Garden Peas Bread w/ Margarine Sunshine Salad Milk and/or Juice	Pepper Steak Rice or M Potato Mixed Vegetables Snowflake Roll Grapes Milk and/or Juice	Char Su Pork (Chinese BBQ Pork) Rice or M Potato Bacon Ranch Coleslaw Butter Tea Roll Peach Pie w/ Whipped Topping Milk and/or Juice	Oxtail Style Stew Rice or M Potato Lima Beans Corn Muffin Chocolate Chip Cookie Milk and/or Juice	Sweet n Sour Spareribs Rice or M Potato Carrots, Beans & Squash Roll w/ Margarine Custard Pie Milk and/or Juice	Guava Chicken Rice or M Potato Brussel Sprouts w/ Bacon Bits Squaw Roll w/ Margarine Tropical Fruit Salad Milk and/or Juice	BBQ Turkey Rice or M Potato Cut Corn Bread w/ Margarine Peaches 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



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.*