

Menu for the Week of May 20, 2018

Week 6

SUNDAY May 20	MONDAY May 21	TUESDAY May 22	WEDNESDAY May 23	THURSDAY May 24	FRIDAY May 25	SATURDAY May 26
BREAKFAST						
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 Old Fashion Pancake Milk / Coffee / Tea	Juice Banana Assorted Breakfast Breads & Cereals Egg of Choice Spinach Quiche 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 Fried Rice Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Egg of Choice Assorted Breakfast Meat Milk / Coffee / Tea	Juice Fruit of the Day Assorted Breakfast Breads & Cereals Cinnamon Swirl Bread Milk / Coffee / Tea
LUNCH						
Oyako Donburi Rice or M Potato Beets w/ Mayonnaise Snowflake Roll Assorted Desserts Milk and/or Juice	Beef Curry Stew Rice or M Potato Garden Salad w/ 1000 Isle Dressing Corn Muffin Peaches Milk and/or Juice	Pansit (Filipino Noodle dish w/ Pork and Shiitake Mushroom) Garden Peas Squaw Roll Chocolate Chip Cheesecake Square Milk and/or Juice	Mushroom Chicken Rice or M Potato Carrots, Beans & Squash Roll Apricot Halves Milk and/or Juice	Chili Dog Garden Salad w/ Italian Dressing Island Fruit Salad Milk and/or Juice	Open Face Turkey Sandwich Mashed Potato Zucchini Roll Fruited Jello Milk and/or Juice	Pepperoni Pizza Amy's Confetti Salad Grapes Milk and/or Juice
DINNER						
Hamburger Steak Rice or M Potato Mixed Vegetable Bread Mandarin Orange Milk and/or Juice	Pork Vinha D Ahlos Rice or M Potato Carrots Sweet Bread Roll Strawberry Bavarian Jello Milk and/or Juice	Tuna Pattie Brown Rice Crunchy Corn Salad Bread Fresh Fruit Salad Milk and/or Juice	Smothered Pork Chop Rice or M Potato Brussel Sprouts w/ Bacon Bread w/ Margarine Peach Melba Milk and/or Juice	Chinese Roasted Chicken Rice or M Potato Salted Cabbage Squaw Roll Chocolate Éclair Square Milk and/or Juice	Pork Adobo Rice or M Potato Caesar Salad Wheat Roll Oatmeal Raisin Cookie Milk and/or Juice	Shoyu Chicken Rice or M Potato Haricot Bean Blend Roll w/ Margarine Salad Made in Heaven Milk and/or Juice

This Week Menu Specials:

Soup: Corn Chowder | Sandwich: Chicken Salad on Tea Rolls | Veggie: Cheese Pizza | Gourmet: Tofu 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.*