

Menu for the Week of July 22, 2018

Week 3



SUNDAY July 22	MONDAY July 23	TUESDAY July 24	WEDNESDAY July 25	THURSDAY July 26	FRIDAY July 27	SATURDAY July 28
BREAKFAST						
Juice Papaya w/ Lemon Cream of Wheat Scrambled Egg Blueberry Streusel Bread Milk / Coffee / Tea	Juice Prunes Apple Jack Hard Boiled Egg Banana Pancake Milk / Coffee / Tea	Juice Banana Oatmeal Fried Egg Sausage Patty Milk / Coffee / Tea	Juice Papaya w/ Lemon Honey Nut Cheerio Scrambled Egg Fried Spam Milk / Coffee / Tea	Juice Prunes Cream of Wheat Hard Boiled Egg Hash Brown Scramble Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios Poached Egg Corned Beef Hash Milk / Coffee / Tea	Juice Banana Oatmeal Fried Egg French Toast Milk / Coffee / Tea
LUNCH						
Shoyu Pork Rice or M Potato Beets w/ Mayonnaise Bread Oatmeal Raisin Cookie Milk and/or Juice	Beef Luau (Beef w/ Luau Leaves) Rice or M Potato Corn Taro Roll Haupia Milk and/or Juice	Chinese Roasted Chicken Rice or M Potato Carrots Snowflake Roll Peach Pie Milk and/or Juice	Pork Chow Funn (Noodles w/ Pork n Veggies) Brussel Sprouts w/ Bacon Bits Roll w/ Margarine Chocolate Cream cheese Cupcake Milk and/or Juice	Fried Hot Dog w/ Onion Rice or M Potato Garden Peas Sweet Bread Roll Assorted Dessert Milk and/or Juice	Fried Fish Rice Pilaf Carrots, Beans & Squash Bread Peaches Milk and/or Juice	Crunchy Teri Chicken Brown Rice Soy Beans w/ Mixed Vegetables Roll w/ Margarine Peanut Butter Blossom Milk and/or Juice
DINNER						
Spaghetti w/ Meat Sauce Zucchini Garlic Bread Fresh Fruit Salad Milk and/or Juice	Pork Long Rice Rice or M Potato Green Bean Squaw Roll Pear w/ Cherry Garnish Milk and/or Juice	Pork n Peas Rice or M Potato Long Rice Namasu Sweet Bread Roll Mandarin Orange w/ Maraschino Cherry Milk and/or Juice	Famous Butter Chicken Rice or M Potato Mixed Vegetables Wheat Roll Grapes Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Carrot Raisin Salad Roll w/ Margarine Island Fruit Salad Milk and/or Juice	Loco Moco (Hamburger over rice, egg and gravy) Haricot Beans Blend Squaw Roll w/ Margarine Marble Brownie Milk and/or Juice	Hamburger Stew Rice or M Potato Macaroni Salad Biscuit Apricot Milk and/or Juice

This Week Menu Specials:

Soup: Creamy Broccoli | Sandwich: Tuna Fish on Wheat | Veggie: 2 Veggie Egg Roll | Gourmet: Turkey Bacon Cobb 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.*