

Menu for the Week of September 23, 2018

Week 6



SUNDAY September 23	MONDAY September 24	TUESDAY September 25	WEDNESDAY September 26	THURSDAY September 27	FRIDAY September 28	SATURDAY September 29
BREAKFAST						
Juice Banana Frosted Flakes Hard Boiled Egg Hash Brown Scramble Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat Fried Egg Patty Old Fashion Pancake Milk / Coffee / Tea	Juice Prunes Raisin Bran Cereal Spinach Quiche Bacon Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Omelet Homemade French Toast Milk / Coffee / Tea	Juice Banana Froot Loops Hard Boiled Egg Fried Rice Milk / Coffee / Tea	Juice Prunes Cream of Wheat Scrambled Egg Luncheon Meal Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios Poached Egg Portuguese Sausage Milk / Coffee / Tea
LUNCH						
Mushroom Chicken (Chicken w/ Vegetables) Rice or M Potato Beets w/ Mayonnaise Snowflake Roll Assorted Desserts Milk and/or Juice	Beef Broccoli Rice or M Potato Mixed Vegetables Bread w/ Margarine Mandarin Oranges 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	Teri Burger on Bun Lettuce & Tomato Coleslaw Apricot w/ Cherry Garnish Milk and/or Juice	Pork Adobo (Pork in vinegar n shoyu) Rice or M Potato Garden Salad w/ Italian Dressing Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Open Face Turkey Sandwich Mashed Potato Zucchini Lemon Pineapple Jello Milk and/or Juice	Hamburger Steak Rice or M Potato Amy's Confetti Salad Bread w/ Margarine Grapes Milk and/or Juice
DINNER						
Tuna Patty Brown Rice Crunchy Corn Salad Roll Fresh Fruit Salad Milk and/or Juice	Pork Vinha D Ahlos (Pork w/ garlic n vinegar) Rice or M Potato Carrots Sweet Bread Roll Strawberry Bavarian Jello Milk and/or Juice	Beef Curry Stew Rice or M Potato Garden Salad w/ 1000 Isle Dressing Corn Muffin Pear Halves Milk and/or Juice	Smothered Pork Chop Rice or M Potato Brussel Sprouts w/ Bacon Bread w/ Margarine Peach Melba Milk and/or Juice	Shoyu Chicken Rice or M Potato Carrots, Beans & Squash Squaw Roll Chocolate Éclair Square Milk and/or Juice	Pork Long Rice Rice or M Potato Caesar Salad Roll Oatmeal Raisin Cookie Milk and/or Juice	Chicken Hekka (Chicken w/ Vegetables) Rice or M Potato Haricot Bean Blend Roll Boston Cream Pie 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.*