

<b>SUNDAY</b> December 2	<b>MONDAY</b> December 3	<b>TUESDAY</b> December 4	<b>WEDNESDAY</b> December 5	<b>THURSDAY</b> December 6	<b>FRIDAY</b> December 7	<b>SATURDAY</b> December 8
<b>BREAKFAST</b>						
Juice Banana Raisin Bran <b>Hard Boiled Egg</b> <b>Sausage Patty</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal <b>Fried Egg</b> <b>Luncheon Meat</b> Milk / Coffee / Tea	Juice Prunes Cornflakes <b>Scrambled Egg</b> <b>Assorted Breakfast Bread</b> Milk / Coffee / Tea	Juice Banana Cream of Wheat <b>Hard Boiled Egg</b> <b>Blueberry Pancake</b> Milk / Coffee / Tea	Juice Prunes Fruit Loops <b>Quiche</b> <b>Cinnamon Swirl Bread</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal <b>Poached Egg</b> <b>Portuguese Sausage</b> Milk / Coffee / Tea	Juice Banana Honey Nut Cheerios <b>Cheese Omelet</b> <b>French Toast</b> Milk / Coffee / Tea
<b>LUNCH</b>						
<b>Spanish Pork</b> Rice or M Potato Cauliflower Snowflake Roll w/ Margarine Bread Pudding Milk and/or Juice	<b>Beef Macaroni Casserole</b> Caesar Salad Garlic Bread Rocky Road Parfait Milk and/or Juice	<b>BBQ Chicken</b> Rice or M Potato Garden Salad w/ 1000 Isle Dressing Squaw Roll w Margarine Tropical Fruit Salad Milk and/or Juice	<b>Roast Pork w/ Gravy</b> Rice or M Potato Soy Bean w/ Mix Vegetable Butter Tea Roll w/ Margarine Luuu Pie Milk and/or Juice	<b>Cheeseburger on Bun</b> Lettuce & Tomato Tater Tots Honey Dew Melon Milk and/or Juice	<b>Teriyaki Fish</b> Rice or M Potato Peas Sweet Bread Roll w/ Margarine Island Fruit Salad Milk and/or Juice	<b>Asian Beef w/ Sugar Snap Peas</b> Rice or M Potato Corn Taro Roll Cookie Milk and/or Juice
<b>DINNER</b>						
<b>Tuxedo Chicken</b> Rice or M Potato Zucchini Roll w/ Margarine Fresh Fruit Salad Milk and/or Juice	<b>Saucy Stir Fry Pork</b> Brown Rice Mixed Vegetables Sweet Bread Roll w/ Margarine Peach n Pear Medley Milk and/or Juice	<b>Italian Layered Meatloaf</b> Mashed Potato Haricot Bean Blend Biscuit w/ Margarine Chocolate Caramel Cake Stack Milk and/or Juice	<b>Chicken Stew</b> Rice or M Potato Namasu Corn Muffin Fruited Jello Milk and/or Juice	<b>Okinawan Miso Pork</b> Rice or M Potato Salted Cabbage Wheat Roll w/ Marg Assorted Dessert Milk and/or Juice	<b>Turkey ala King</b> Rice or M Potato Potato Salad Roll w/ Margarine Blueberry Cheesecake Square Milk and/or Juice	<b>Chicken Lickn Pork Chop</b> Rice or M Potato Carrots Roll w/ Margarine Apricot Halves Milk and/or Juice

**This Week Menu Specials:**

Soup: Clam Chowder | Sandwich: Ham & Cheese on Wheat | Veggie: Vegetarian Chili | Gourmet: Chicken Caesar 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.*