

Menu for the Week of December 9, 2018

Week 5

SUNDAY December 9	MONDAY December 10	TUESDAY December 11	WEDNESDAY December 12	THURSDAY December 13	FRIDAY December 14	SATURDAY December 15
BREAKFAST						
Juice Prunes Cream of Wheat Scrambled Eggs Baked Croissant Milk / Coffee / Tea	Juice Papaya w/ Lemon Apple Jacks Hard Boiled Egg Old Fashion Pancake Milk / Coffee / Tea	Juice Banana Oatmeal Fried Egg Portuguese Sausage Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios Quiche Milk/Coffee/Tea	Juice Papaya w/ Lemon Cream of Wheat Hard Boiled Egg French Toast Bake Milk / Coffee / Tea	Juice Banana Fruit Loops Omelet Fried Spam Milk / Coffee / Tea	Juice Prunes Oatmeal Poached Egg Corned Beef Hash Milk / Coffee / Tea
LUNCH						
Kalua Pork & Cabbage Rice or M Potato Macaroni Salad Sweet Bread Roll May Day Salad Milk and/or Juice	Homestyle Meatloaf Rice or M Potato Carrots Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	Ono Miso Chicken Rice or M Potato) Chinese Cabbage Salad Bread Cookie Milk and/or Juice	Spaghetti w/ Meatsauce Caesar Salad Garlic Bread Pumpkin Cupcake Milk and/or Juice	Baked Tofu <i>(Tofu w/ Ground Pork & Vegetables)</i> Rice or M Potato Garden Salad w/ Ranch Dressing Squaw Roll Island Fruit Salad Milk and/or Juice	Shoyu Chicken Rice or M Potato Creamy Coleslaw Pandesal Roll Assorted Dessert Milk and/or Juice	Spam and Beans Rice or M Potato Cucumber Salad w/ Ranch Dressing Roll w/ Margarine Grandma's Cake Milk and/or Juice
DINNER						
Turkey Tofu Stir Fry Brown Rice Zucchini Bread Tropical Fruit Salad Milk and/or Juice	Crunchy Teri Chicken Fried Rice Carrots, Beans & Squash Roll Lemon Pudding w/ Peaches Milk and/or Juice	Pork Chop Suey <i>(Stir Fry Pork w/ Vegetables)</i> Rice or M Potato Brussel Sprouts w/ Bacon Bits Butter Tea Roll Fruited Jello Milk and/or Juice	Oyster Sauce Chicken Rice or M Potato Corn on the Cobb Snowflake Roll Grapes Milk and/or Juice	BBQ Ribs Rice or M Potato Succotash Sweet Bread Roll Blueberry Pie w/ Topping Milk and/or Juice	Baked Furikake Fish Sushi Rice Soy Bean w/ Mixed Vegetables Roll Mandarin Orange Milk and/or Juice	Italian Chicken <i>(Chicken marinated w/ Italian Dressing)</i> Rice or M Potato Garden Peas Wheat Roll Apricot Halves Milk and/or Juice

This Week Menu Specials:

Soup: Potato Soup | Sandwich: Roast Beef on a Roll | Veggie: Cheese Ravioli | Gourmet: Bay Shrimp 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.*