

# Menu for the Week of January 20, 2019

Week 5

SUNDAY January 20	MONDAY January 21	TUESDAY January 22	WEDNESDAY January 23	THURSDAY January 24	FRIDAY January 25	SATURDAY January 26
<b>BREAKFAST</b>						
Juice Prunes Cream of Wheat <b>Scrambled Egg</b> <b>Baked Croissant</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Apple Jacks <b>Hard Boiled Egg</b> <b>Old Fashion Pancake</b> Milk / Coffee / Tea	Juice Banana Oatmeal <b>Fried Egg</b> <b>Portuguese Sausage</b> Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios <b>Quiche</b> Milk/Coffee/Tea	Juice Papaya w/ Lemon Cream of Wheat <b>Hard Boiled Egg</b> <b>French Toast Bake</b> Milk / Coffee / Tea	Juice Banana Fruit Loops <b>Omelet</b> <b>Fried Spam</b> Milk / Coffee / Tea	Juice Prunes Oatmeal <b>Poached Egg</b> <b>Corned Beef Hash</b> Milk / Coffee / Tea
<b>LUNCH</b>						
<b>Kalua Pork &amp; Cabbage</b> Rice or M Potato Macaroni Salad Sweet Bread Roll May Day Salad Milk and/or Juice	<b>Homestyle Meatloaf</b> Cheesy Mash Potato Carrots Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	<b>Ono Miso Chicken</b> Rice or M Potato Chinese Cabbage Salad Bread Cookie Milk and/or Juice	<b>Spaghetti w/ Meat Sauce</b> Caesar Salad Garlic Bread Yellow Cupcake w/ Frosting Milk and/or Juice	<b>Baked Tofu</b> <i>(Tofu w/ Ground Pork &amp; Vegetables)</i> Rice or M Potato Succotash Squaw Roll Island Fruit Salad Milk and/or Juice	<b>Beef Curry Stew</b> Rice or M Potato Creamy Coleslaw Corn Muffin Assorted Dessert Milk and/or Juice	<b>Spam and Beans</b> Rice or M Potato Cucumber Salad w/ Ranch Dressing Roll w/ Margarine Marble Cake Milk and/or Juice
<b>DINNER</b>						
<b>Turkey Tofu Stir Fry</b> Brown Rice Zucchini Bread Tropical Fruit Salad Milk and/or Juice	<b>Crunchy Teri Chicken</b> Fried Rice Carrots, Beans & Squash Roll Lemon Pudding w/ Peaches Milk and/or Juice	<b>Pork Nishime</b> <i>(Pork w/ Vegetables)</i> Rice or M Potato Brussel Sprouts w/ Bacon Bits Butter Tea Roll Fruited Jello Milk and/or Juice	<b>Oyster Sauce Chicken</b> Rice or M Potato Corn on the Cobb Snowflake Roll Grapes Milk and/or Juice	<b>Beef Luau</b> Rice or M Potato Garden Salad w/ Ranch Dressing Sweet Bread Roll Cherry Pie w/ Topping Milk and/or Juice	<b>Baked Furikake Fish</b> Sushi Rice Soy Bean w/ Mixed Vegetables Roll Mandarin Orange Milk and/or Juice	<b>Italian Chicken</b> <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: Chef 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.*