

Menu for the Week of February 3, 2019

Week 1

SUNDAY February 3	MONDAY February 4	TUESDAY February 5	WEDNESDAY February 6	THURSDAY February 7	FRIDAY February 8	SATURDAY February 9
BREAKFAST						
Juice Banana Oatmeal Hard Boiled Egg Old Fashion Pancake Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios Poached Egg Corned Beef Hash Milk / Coffee / Tea	Juice Prunes Cream of Wheat Fried Egg Hash Brown Scrambled Milk / Coffee / Tea	Juice Banana Apple Jacks Omelet Homemade French Toast Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Hard Boiled Egg Fried Rice Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios Scrambled Egg Blueberry Streusel Bread Milk / Coffee / Tea	Juice Banana Cream of Wheat Fried Egg Fried Spam Milk / Coffee / Tea
LUNCH						
Chili con Carne Rice or M Potato Creamy Cole Slaw Corn Muffin Brownie Milk and/or Juice	Pot Roast Roasted Potato Medley Mixed Vegetables Wheat Roll w/ Margarine Cookie Milk and/or Juice	Chicken Long Rice Rice or M Potato Green Bean Sweet Bread Roll Banana Cream Pie Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Carrots, Beans & Squash Roll Fresh Fruit Salad Milk and/or Juice	Arroz Caldo Caesar Salad Sweet Bread Roll Peach n Pear Medley Milk and/or Juice	Cheese Burger Lettuce & Tomato Tater Tots Chocolate Cake Milk &/or Juice	Parmesan Chicken Rice or M Potato Brussel Sprouts w/ Bacon Bits Taro Roll Assorted Dessert Milk and/or Juice
DINNER						
Sweet n Sour Pork Rice or M Potato Garden Peas Snowflake Roll Apricot Halves Milk and/or Juice	Garlic Chicken Rice or M Potato Zucchini Roll Fruited Jello Milk and/or Juice	Portuguese Bean Soup Rice or M Potato Crunchy Asian Coleslaw Biscuit Mandarin Oranges Milk and/or Juice	Hamburger Katsu Curry Rice or M Potato Namasu Bread Tapioca Fruit Cocktail Milk and/or Juice	Beef Burgundy Brown Rice Soy Beans w/ Mixed Vegetables Bread Creamy Lemon Square Milk and/or Juice	Fried Fish Rice or M Potato Succotash Squaw Roll Grapes Milk and/or Juice	Orange Braised Pork Rice or M Potato Garden Salad w/ Italian Dressing Roll Tropical Fruit Salad Milk and/or Juice

This Week Menu Specials:

Soup: Minestrone | Sandwich: Egg Salad on White | Veggie: Bean Burrito | Gourmet: Oriental Chicken 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.*