

Menu for the Week of February 10, 2019

Week 2

Happy Valentine's Day

SUNDAY February 10	MONDAY February 11	TUESDAY February 12	WEDNESDAY February 13	THURSDAY February 14	FRIDAY February 15	SATURDAY February 16
BREAKFAST						
Juice Papaya w/ Lemon Cornflake Cereal Omelet Old Fashion Pancake Milk / Coffee / Tea	Juice Prunes Oatmeal Poached Egg Corned Beef Hash Milk / Coffee / Tea	Juice Banana Fruit Loops Fried Egg Patty Hash Brown Scramble Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat Hard Boiled Egg Bacon Milk / Coffee / Tea	Juice Stewed Prunes Frosted Flakes Omelet Assorted Muffins Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Hard Boiled Egg Homemade French Toast Milk / Coffee / Tea	Juice Banana Raisin Bran Cereal Scrambled Egg Croissant Milk / Coffee / Tea
LUNCH						
Beanie Weenies Rice or M Potato Beets w/ Mayonnaise Sweet Bread Roll Mandarin Orange w/ Cherry Garnish Milk and/or Juice	Cornflake Chicken Rice or M Potato 3 Bean Salad Squaw Roll w/ Margarine Peanut Butter Brownie Milk and/or Juice	Pork Adobo Rice or M Potato Zucchini Snowflake Roll Apricot Halves Milk and/or Juice	Sweet n Sour Spareribs Rice or M Potato Garden Salad w/ French Dressing Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	Guava Chicken Rice or M Potato Mixed Vegetables Taro Roll Red Velvet Cupcake Milk and/or Juice	Chili con Carne Rice or M Potato Confetti Slaw Corn Muffin Assorted Dessert Milk and/or Juice	Beef Lasagna Caesar Salad Garlic Bread Triple Chocolate Cookie Milk and/or Juice
DINNER						
Oyako Donburi (Chicken & Egg over Rice) Rice or M Potato Carrots, Beans & Squash Bread w/ Margarine Dirt Cup Milk and/or Juice	Char Su Pork (Chinese BBQ Pork) Rice or M Potato Carrots Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Meatballs w/ Mushroom Gravy Rice or M Potato Pasta Salad Bread w/ Margarine Orange Jello Surprise Milk and/or Juice	Crab Cake w/ Mango Salsa Rice or M Potato Lima Beans Roll Pistachio Cupcake Milk and/or Juice	Pepper Steak Brown Rice Garden Peas Roll w/ Margarine Sunshine Salad Milk and/or Juice	Oven Fried Chicken w/ Lemon Sauce Rice or M Potato Brussel Sprouts w/ Bacon Bits Butter Tea Roll Tropical Fruit Salad Milk and/or Juice	Pork Tofu Rice or M Potato Cut Corn Roll w/ Margarine Peaches Milk and/or Juice

This Week Menu Specials:

Soup: Split Pea Soup | Sandwich: Turkey & Cheese Sandwich | Veggie: 3 Cheese Lasagna | 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.*