

Menu for the Week of February 17, 2019

Week 3



| SUNDAY February 17 | MONDAY February 18 | TUESDAY February 19 | WEDNESDAY February 20 | THURSDAY February 21 | FRIDAY February 22 | SATURDAY February 23 |
|---|--|---|---|--|---|--|
| BREAKFAST | | | | | | |
| Juice Papaya w/ Lemon Cream of Wheat Scrambled Egg Blueberry Streusel Bread Milk / Coffee / Tea | Juice Banana Oatmeal Fried Egg Patty Sausage Patty Milk / Coffee / Tea | Juice Prunes Apple Jacks Hard Boiled Egg Banana Pancake Milk / Coffee / Tea | Juice Papaya w/ Lemon Honey Nut Cheerio Scrambled Egg Fried Spam Milk / Coffee / Tea | Juice Prunes Cream of Wheat Hard Boiled Egg Hash Brown Scramble Milk / Coffee / Tea | Juice Papaya w/ Lemon Cheerios Poached Egg Corned Beef Hash Milk / Coffee / Tea | Juice Banana Oatmeal Fried Egg Patty French Toast Milk / Coffee / Tea |
| LUNCH | | | | | | |
| Roasted Chinese Chicken Rice or M Potato Garden Salad w/ Ranch Dressing Snowflake Roll Apple Pie Milk and/or Juice | Grilled Turkey & Swiss Cheese Sandwich Minestrone Soup Amy's Confetti Salad Peanut Butter Blossom Milk and/or Juice | Shoyu Pork Rice or M Potato Caesar Salad Bread w/ Margarine Lemon Meringue Pie Milk and/or Juice | Country Chicken w/ Mushroom Sauce Rice or M Potato Haricot Bean Blend Squaw Roll Marble Brownie Milk and/or Juice | Fried Hot Dog w/ Onion Rice or M Potato Potato Salad Roll w/ Margarine Assorted Dessert Milk and/or Juice | Pork Long Rice Rice or M Potato Brussel Sprouts w/ Bacon Bits Roll Chocolate Cream Cheese Cupcake Milk and/or Juice | Crunchy Teri Chicken Brown Rice Carrots, Beans & Squash Roll w/ Margarine Oatmeal Raisin Cookie Milk and/or Juice |
| DINNER | | | | | | |
| Beef Stroganoff Zucchini Butter Tea Roll Fresh Fruit Salad Milk and/or Juice | Pork Chow Funn (Noodles w/ Pork n Veggies) Garden Peas Taro Roll Pear w/ Cherry Garnish Milk and/or Juice | Turkey Tofu Loaf Rice or M Potato Green Beans Sweet Bread Roll Island Fruit Salad Milk and/or Juice | Loco Moco Mixed Vegetables Wheat Roll Grapes Milk and/or Juice | Pork n Peas Rice or M Potato Long Rice Namasu Sweet Bread Roll Mandarin Oranges w/ Cherry Garnish Milk and/or Juice | Crispy Fish w/ Dijon Mayonnaise Rice Pilaf Soy Beans w/ Mix Vegetables Bread Peaches Milk and/or Juice | Hamburger Stew Rice or M Potato Macaroni Salad Biscuit Apricots Milk and/or Juice |

This Week Menu Specials:

Soup: Creamy Broccoli | Sandwich: Tuna Fish on Wheat | Veggie: 2 Veggie Egg Roll | Gourmet: Turkey Bacon Cobb 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.*