

Menu for the Week of April 14, 2019

Week 5

SUNDAY April 14	MONDAY April 15	TUESDAY April 16	WEDNESDAY April 17	THURSDAY April 18	Good Friday FRIDAY April 19	SATURDAY April 20
BREAKFAST						
Juice Prunes Cream of Wheat Scrambled Egg Baked Croissant Milk / Coffee / Tea	Juice Papaya w/ Lemon Apple Jacks Fried Egg Patty Portuguese Sausage Milk / Coffee / Tea	Juice Banana Oatmeal Hard Boiled Egg French Toast Bake Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios Quiche Milk/Coffee/Tea	Juice Papaya w/ Lemon Cream of Wheat Hard Boiled Egg Old Fashion Pancake Syrup and Margarine 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						
Sweet n Sour Spareribs Rice or M Potato Green Beans Sweet Bread Roll Brownie Milk and/or Juice	Homestyle Meatloaf Cheesy Mash Potato Cauliflower & Peas 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/ Meat Sauce Caesar Salad Garlic Bread Marble Cake Milk and/or Juice	Baked Tofu <i>(Tofu w/ Ground Pork & Vegetables)</i> Rice or M Potato Succotash Squaw Roll Island Fruit Salad Milk and/or Juice	Parmesan Crusted Fish Rice or M Potato Soy Bean w/ Mix Veg Roll w/ Margarine Mandarin Oranges Milk and/or Juice	Char Su Pork Rice or M Potato Cucumber Salad w/ Ranch Dressing Roll w/ Margarine Creamsicle 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 Double Orange Delight Milk and/or Juice	Hawaiian Ham 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 Li Hing Pineapple Milk and/or Juice	Beef Luau Rice or M Potato Garden Salad w/ Ranch Dressing Sweet Bread Roll Cherry Pie w/ Topping Milk and/or Juice	Beef Tomato Rice or M Potato Creamy Coleslaw Butter Tea Roll Assorted Dessert 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: 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.*