

Menu for the Week of April 21, 2019

Week 6 Happy Easter

SUNDAY April 21	MONDAY April 22	TUESDAY April 23	WEDNESDAY April 24	THURSDAY April 25	FRIDAY April 26	SATURDAY April 27
BREAKFAST						
Juice Banana Frosted Flakes Easter Egg Hot Cross Buns Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat Fried Egg Patty Old Fashion Pancake Milk / Coffee / Tea	Juice Prunes Raisin Bran Cereal Spinach Quiche Bacon Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Poached Egg Portuguese Sausage Milk / Coffee / Tea	Juice Banana Froot Loops Hard Boiled Egg Fried Rice Milk / Coffee / Tea	Juice Prunes Cream of Wheat Scrambled Egg Luncheon Meat Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios Omelet Homemade French Toast Milk / Coffee / Tea
LUNCH						
Farmer John's Ham Candied Yam Haricot Bean Blend Butter Tea Roll Lemon Meringue Pie Milk and/or Juice	Turkey Meatloaf Mashed Potato Zucchini Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	Pansit <small>(Filipino Noodle dish w/ Pork and Shiitake Mushroom)</small> Garden Peas Squaw Roll Apple Cake Milk and/or Juice	Teri Burger on Bun Lettuce & Tomato Potato Chips Apricot w/ Cherry Garnish Milk and/or Juice	Hawaiian Oxtail Style Soup Rice or M Potato <small>Garden Salad w/ Italian Dressing</small> Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Baked Furikake Fish Brown Rice Crunchy Corn Salad Roll w/ Margarine Fruit Cocktail Milk and/or Juice	Beef Stew Rice or M Potato Garden Salad w/ 1000 isle Dressing Biscuit Pear Halves Milk and/or Juice
DINNER						
Baked Chicken w/ Stuffing Rice or M Potato Beets w/ Mayonnaise Snowflake Roll Assorted Desserts Milk and/or Juice	Pork Vinha D Ahlos <small>(Pork w/ garlic n vinegar)</small> Rice or M Potato Carrots Sweet Bread Roll Strawberry Bavarian Jello Milk and/or Juice	Hamburger Steak Rice or M Potato Amy's Confetti Salad Bread w/ Margarine Grapes Milk and/or Juice	Smothered Pork Chop Rice or M Potato Brussel Sprouts w/ Bacon Bread w/ Margarine Peach Melba Milk and/or Juice	Chicken Katsu Curry Rice or M Potato Carrots, Beans & Squash Roll w/ Margarine Oatmeal Raisin Cookie Milk and/or Juice	Karen's BBQ Pork Rice or M Potato Caesar Salad Wheat Roll Brownie Milk and/or Juice	Char Su Chicken <small>(Chinese BBQ Pork)</small> Rice or M Potato Mixed Vegetables Roll w/ Margarine Boston Cream Pie Milk and/or Juice

This Week Menu Specials:

Soup: Corn Chowder | Sandwich: Chicken Salad on Tea Rolls | Veggie: Cheese Pizza | Gourmet: Tofu 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.*