

Menu for the Week of May 19, 2019

Week 4 Sunday May 19	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24	SATURDAY May 25
BREAKFAST						
Juice Banana Raisin Bran Fried Egg Patty Sausage Patty Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Hard Boiled Egg Luncheon Meat Milk / Coffee / Tea	Juice Prunes Cornflakes Poached Egg Assorted Breakfast Bread Milk / Coffee / Tea	Juice Banana Cream of Wheat Hard Boiled Egg French Toast Milk / Coffee / Tea	Juice Prunes Fruit Loops Quiche Cinnamon Swirl Bread Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Scrambled Egg Portuguese Sausage Milk / Coffee / Tea	Juice Banana Honey Nut Cheerios Cheese Omelet Blueberry Pancake Milk / Coffee / Tea
LUNCH						
Italian Layered Meatloaf Rice or M Potato Cauliflower Butter Tea Roll Chocolate Cream Pie Milk and/or Juice	Hawaiian Chopped Steak Rice or M Potato Caesar Salad Bread w/ Margarine Peach n Pear Medley Milk and/or Juice	Rosie's Shoyu Chicken Rice or M Potato Garden Salad w/ 1000 Isle Dressing Squaw Roll w Margarine Tropical Fruit Salad Milk and/or Juice	Okinawan MisoPork Rice or M Potato Soy Beans w/ Mix Vegetable Snowflake Roll Yellow Cupcake w/ Frosting Milk and/or Juice	Cheeseburger on Bun Lettuce & Tomato Tater Tots Honey Dew Melon Milk and/or Juice	Tofu w/ Vegetables Rice or M Potato Haricot Bean Blend Roll w/ Margarine Island Fruit Salad Milk and/or Juice	Hot Dog on Bun French Fries KFC Cole Slaw Cookie Milk and/or Juice
DINNER						
Chicken Stew Rice or M Potato Namasu Corn Muffin Mandarin Oranges Milk and/or Juice	Saucy Stir Fry Pork Brown Rice Mixed Vegetables Wheat Roll w/ Margarine Rice Pudding Milk and/or Juice	Miso Glazed Fish Rice or M Potato Peas Sweet Bread Roll Blonde Brownie Milk and/or Juice	Chicken Divan Rice or M Potato Carrots Roll w/ Margarine Fresh Fruit Salad Rice Pudding Milk and/or Juice	Spanish Pork Rice or M Potato Salted Cabbage Sweet Bread Roll w/ Margarine Assorted Dessert Milk and/or Juice	Turkey ala King Rice or M Potato Garden Salad w/ French Dressing Bread w/ Margarine Blueberry Cheesecake Square Milk and/or Juice	Chicken Lickn Pork Chop Rice or M Potato Wax Beans Roll w/ Margarine Apricot Halves Milk and/or Juice

This Week Menu Specials:

Soup: Clam Chowder | Sandwich: Ham & Cheese on Wheat | Veggie: Vegetarian Chili | Gourmet: Chicken Caesar 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.*