

# Menu for the Week of July 14, 2019

Week 6

SUNDAY July 14	MONDAY July 15	TUESDAY July 16	WEDNESDAY July 17	THURSDAY July 18	FRIDAY July 19	SATURDAY July 20
<b>BREAKFAST</b>						
Juice Banana Frosted Flakes <b>Spinach Quiche</b> <b>Bacon</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat <b>Fried Egg</b> <b>Old Fashion Pancake</b> Milk / Coffee / Tea	Juice Prunes Raisin Bran Cereal <b>Hard Boiled Egg</b> <b>Hash Brown Scramble</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal <b>Poached Egg</b> <b>Portuguese Sausage</b> Milk / Coffee / Tea	Juice Banana Froot Loops <b>Hard Boiled Egg</b> <b>Fried Rice</b> Milk / Coffee / Tea	Juice Prunes Cream of Wheat <b>Scrambled Egg</b> <b>Luncheon Meat</b> Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios <b>Omelet</b> <b>Homemade French</b> <b>Toast</b> Milk / Coffee / Tea
<b>LUNCH</b>						
<b>Ham Salad Sandwich</b> Corn Chowder Garden Salad w/ French Dressing Rocky Road Parfait Milk and/or Juice	<b>Turkey Meatloaf</b> Mashed Potato Zucchini Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	<b>Pansit</b> <small>(Filipino Noodle dish w/ Pork and Shiitake Mushroom)</small> Garden Peas Squaw Roll Apple Cake Milk and/or Juice	<b>Teri Burger on Bun</b> <b>Lettuce &amp; Tomato</b> Potato Chips Apricot w/ Cherry Garnish Milk and/or Juice	<b>Beef Pepper Steak</b> Rice or M Potato <small>Garden Salad w/ Italian Dressing</small> Sweet Bread Roll Island Fruit Salad Milk and/or Juice	<b>Baked Furikake Fish</b> Brown Rice Crunchy Corn Salad Roll w/ Margarine Fruit Cocktail Milk and/or Juice	<b>Beef Stew</b> Rice or M Potato Garden Salad w/ 1000 isle Dressing Biscuit Pear Halves Milk and/or Juice
<b>DINNER</b>						
<b>Beef Broccoli</b> Rice or M Potato Pasta Salad Snowflake Roll Mandarin Oranges Milk and/or Juice	<b>Pork Vinha D Ahlos</b> <small>(Pork w/ garlic n vinegar)</small> Rice or M Potato Carrots Sweet Bread Roll Strawberry Bavarian Jello Milk and/or Juice	<b>Baked Chicken w/ Stuffing</b> Rice or M Potato Beets w/ Mayonnaise Bread w/ Margarine Grapes Milk and/or Juice	<b>Smothered Pork Chop</b> Rice or M Potato Brussel Sprouts w/ Bacon Bits Bread w/ Margarine Peach Melba Milk and/or Juice	<b>Char Su Chicken</b> <small>(Chinese BBQ Chicken)</small> Rice or M Potato Carrots, Beans & Squash Roll w/ Margarine Oatmeal Raisin Cookie Milk and/or Juice	<b>Hamburger Steak</b> Rice or M Potato Caesar Salad Wheat Roll Brownie Milk and/or Juice	<b>Chicken Katsu Curry</b> 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.*