

Menu for the Week of September 15, 2019

Week 3



Hale Makua

LONG-TERM CARE
KAHULUI • WAILUKU

SUNDAY September 15	MONDAY September 16	TUESDAY September 17	WEDNESDAY September 18	THURSDAY September 19	FRIDAY September 20	SATURDAY September 21
BREAKFAST						
Juice Papaya w/ Lemon Cream of Wheat Scrambled Egg Cinnamon Roll Milk / Coffee / Tea	Juice Prunes Oatmeal Fried Egg Sausage Patty Biscuit & Honey Milk / Coffee / Tea	Juice Banana Apple Jacks Hard Boiled Egg Banana Pancake Milk / Coffee / Tea	Juice Papaya w/ Lemon Honey Nut Cheerios 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 Omelet French Toast Milk / Coffee / Tea
LUNCH						
Homemade Roast Beef Cheesy Garlic M Potato Cauliflower & Peas Snowflake Roll Blueberry Cheesecake Milk and/or Juice	Grilled Turkey & Swiss Cheese Sandwich Tomato Soup Amy's Confetti Salad Peanut Butter Blossom Milk and/or Juice	Pork n Peas Rice or M Potato Caesar Salad Roll w/ Margarine Apple Pie Milk and/or Juice	BBQ Chicken Rice or M Potato Haricot Bean Blend Squaw Roll Oatmeal Raisin Cookie Milk and/or Juice	Shoyu Pork Rice or M Potato Long Rice Namasu Sweet Bread Roll Mandarin Orange Ambrosia Milk and/or Juice	Crunchy Teri Chicken Brown Rice Carrot, Beans & Squash Bread Peaches n Prunes Milk and/or Juice	Tuna Noodle Casserole Soy Beans w/ Mix Vegetable Roll w/ Margarine Marble Brownie Milk and/or Juice
DINNER						
Roasted Chinese Chicken Rice Pilaf Zucchini Butter Tea Roll Fresh Fruit Salad Milk and/or Juice	Pork Chow Funn (Noodles w/ Pork n Veggies) Broccoli Taro Roll Pear w/ Cherry Garnish Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Corn Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Loco Moco Mixed Vegetables Wheat Roll Apricots Milk and/or Juice	Fried Hot Dog w/ Onion Rice or M Potato Carrots Roll w/ Margarine Assorted Dessert Milk and/or Juice	Pork Chop Suey Rice or M Potato Brussel Sprouts w/ Bacon Bits Bread w/ Margarine Chocolate Cream Cheese Cupcake Milk and/or Juice	Hamburger Stew Rice or M Potato Garden Salad w/ 1000 Isle Dressing Biscuit Grapes 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



**Wailuku Residents- please order the above by 10am for Lunch and 3pm for Dinner.*

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