

SUNDAY September 22	MONDAY September 23	TUESDAY September 24	WEDNESDAY September 25	THURSDAY September 26	FRIDAY September 27	SATURDAY September 28
BREAKFAST						
Juice Prunes Raisin Bran Fried Egg Patty Sausage Patty Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Poached Egg Luncheon Meat Milk / Coffee / Tea	Juice Prunes Cornflakes Oven Baked Denver Omelet Milk / Coffee / Tea	Juice Banana Cream of Wheat Hard Boiled Egg French Toast Milk / Coffee / Tea	Juice Prunes Fruit Loops Fried Egg Patty Portuguese Sausage Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Scrambled Egg Assorted Breakfast Bread Milk / Coffee / Tea	Juice Banana Honey Nut Cheerios Hard Boiled Egg 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	Cheeseburger on Bun Lettuce & Tomato Tater Tots Fruited Jello Milk and/or Juice	Roast Pork w/ Gravy Rice Pilaf Zucchini Roll w/ Margarine Island Fruit Salad Milk and/or Juice	Pork Tofu Rice or M Potato Haricot Bean Blend Snowflake Roll Coconut Cake 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 Assorted Dessert Milk and/or Juice	Seafood Casserole Carrots, Beans & Squash Sweet Bread Roll Blonde Brownie Milk and/or Juice	Chicken Long Rice Rice or M Potato Broccoli Roll w/ Margarine Fresh Fruit Salad Milk and/or Juice	Turkey ala King Rice or M Potato Garden Salad w/ French Dressing Bread w/ Margarine Chocolate Peanut Butter Square Milk and/or Juice	Beef Burgundy Rice or M Potato Carrot Raisin Salad Sweet Bread Roll Honey Dew Melon Milk and/or Juice	Chicken Lickn Pork Chop Rice or M Potato Carrots 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



**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

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- Jell-O
- Cookies and Crackers
- Potato Chips
- Assorted Juices
- Milk
- Hot Tea and Coffee

