

Menu for the Week of November 17, 2019

Week 6

SUNDAY November 17	MONDAY November 18	TUESDAY November 19	WEDNESDAY November 20	THURSDAY November 21	FRIDAY November 22	SATURDAY November 23
BREAKFAST						
Juice Banana Frosted Flakes Scrambled Egg Bacon Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat Fried Egg Patty Old Fashion Pancake Milk / Coffee / Tea	Juice Prunes Raisin Bran Cereal Hard Boiled Egg Hash Brown Scramble Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Scrambled Egg Banana Muffin Milk / Coffee / Tea	Juice Banana Froot Loops Hard Boiled Egg Fried Rice Milk / Coffee / Tea	Juice Prunes Cream of Wheat Poached Egg Luncheon Meat Milk / Coffee / Tea	Juice Papaya w/ Lemon Cheerios Omelet Homemade French Toast Milk / Coffee / Tea
LUNCH						
Ham Salad Sandwich Chicken Noodle Soup Garden Salad w/ French Dressing Rocky Road Parfait Milk and/or Juice	Cornflake Chicken Rice or M Potato Beets w/ Mayonnaise Bread w/ Margarine Grapes Milk and/or Juice	Pansit (Filipino Noodle dish w/ Pork and Shiitake Mushroom) Green Beans Squaw Roll Chocolate Chip Cheesecake Square Milk and/or Juice	Teri Burger on Bun Lettuce & Tomato Potato Chips Apricot w/ Cherry Garnish Milk and/or Juice	Char Su Chicken (Chinese BBQ Chicken) Rice or M Potato Carrots, Beans & Squash Roll w/ Margarine Oatmeal Raisin Cookie Milk and/or Juice	Hamburger Steak Rice or M Potato Caesar Salad Wheat Roll Brownie Milk and/or Juice	Beef Stew Rice or M Potato Garden Salad w/ 1000 isle Dressing Biscuit Pear Halves Milk and/or Juice
DINNER						
Beef Broccoli Rice or M Potato Pasta Salad Butter Tea Roll Mandarin Oranges Milk and/or Juice	Pork Vinha D Ahlos (Pork w/ garlic n vinegar) Rice or M Potato Carrots Sweet Bread Roll Strawberry Bavarian Jello Milk and/or Juice	Turkey Meatloaf Mashed Potato w/ Gravy Zucchini Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	Smothered Pork Chop Rice or M Potato Brussel Sprouts w/ Bacon Bits Bread w/ Margarine Cherry Shortcake Milk and/or Juice	Pepper Steak Rice or M Potato Garden Salad w/ Italian Dressing Sweet Bread Roll Island Fruit Salad Milk and/or Juice	Baked Furikake Fish Brown Rice Soy Bean w/ Mix Vegetable Roll w/ Margarine Fruit Cocktail Milk and/or Juice	Chicken Katsu Curry Rice or M Potato Mixed Vegetables Roll w/ Margarine Lemon Cream Cheese Cupcake 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



**Wailuku/Kahului Residents- please order the above by 9am for Lunch and 2:30pm 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