

Menu for the Week of February 16, 2020

Week 1

SUNDAY February 16	MONDAY February 17	TUESDAY February 18	WEDNESDAY February 19	THURSDAY February 20	FRIDAY February 21	SATURDAY February 22
BREAKFAST						
Juice Prunes Fruit Loops Poached Egg Corned Beef Hash Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Hard Boiled Egg Hash Brown Scrambled Milk / Coffee / Tea	Juice Banana Cream of Wheat Fried Egg Fried Rice Milk / Coffee / Tea	Juice Prunes Apple Jacks Omelet Homemade French Toast Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Hard Boiled Egg Old Fashion Pancake Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios Scrambled Egg Croissant Milk / Coffee / Tea	Juice Banana Cream of Wheat Fried Egg Fried Spam Milk / Coffee / Tea
LUNCH						
Hawaiian Chopped Steak Rice or M Potato Cucumber w/ Ranch Drsg Butter Tea Roll Grandma's Cake Milk and/or Juice	Chicken Chow Mein Carrots, Beans & Squash Roll w/ Margarine Fruited Jello Milk and/or Juice	Portuguese Bean Soup Rice or M Potato Zucchini Biscuit Mandarin Oranges Milk and/or Juice	Chicken Cranberry Salad Sandwich Potato Chips Carrot Raisin Salad Peach n Pear Medley Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Carrots, Beans & Squash Snowflake Roll Fresh Fruit Salad Milk and/or Juice	Cheeseburger Tater Tots Lettuce & Tomato Chocolate Cake Milk &/or Juice	Garlic Chicken Rice or M Potato Brussel Sprouts w/ Bacon Bits Pandesal Roll Assorted Dessert Milk and/or Juice
DINNER						
Kalua Pork & Cabbage Rice or M Potato Carrots Sweetbread Roll Apricot Halves Milk and/or Juice	Chili con Carne Rice or M Potato Creamy Coleslaw Corn Muffin Cookie Milk and/or Juice	Shoyu Pork Rice or M Potato Garden Salad w/ Ranch Dressing Roll S'mores Brownie Milk and/or Juice	Spaghetti w/ Meatsauce Caesar Salad Garlic Bread Tapioca Fruit Cocktail Milk and/or Juice	Hamburger Katsu Curry Brown Rice Soy Bean w/ Mixed Vegetables Bread Creamy Lemon Square Milk and/or Juice	Teriyaki Fish Sushi Rice Broccoli Wheat Roll Grapes Milk and/or Juice	Taco Pork Rice or M Potato Garden Salad w/ Italian Dressing Roll Tropical Fruit Salad Milk and/or Juice

This Week Menu Specials:

Soup: Minestrone | Sandwich: Egg Salad on White | Veggie: Bean Burrito | Gourmet: Oriental Chicken 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/Kahului Residents- please order the above by 9am for Lunch and 2:30pm for Dinner.*