

Menu for the Week of March 15, 2020

Week 5

SUNDAY March 15	MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20	SATURDAY March 21
BREAKFAST						
Juice Prunes Cream of Wheat Scrambled Egg Baked Croissant Milk / Coffee / Tea	Juice Papaya w/ Lemon Apple Jacks Fried Egg Patty Portuguese Sausage Milk / Coffee / Tea	Juice Banana Oatmeal Hard Boiled Egg French Toast Bake Milk / Coffee / Tea	Juice Prunes Honey Nut Cheerios Quiche Milk/Coffee/Tea	Juice Papaya w/ Lemon Cream of Wheat Hard Boiled Egg Old Fashion Pancake Syrup and Margarine Milk / Coffee / Tea	Juice Prunes Fruit Loops Omelet Fried Spam Milk / Coffee / Tea	Juice Banana Oatmeal Poached Egg Corned Beef Hash Milk / Coffee / Tea
LUNCH						
Sweet n Sour Pork Rice or M Potato Green Beans Bread w/Marg. Brownie Milk and/or Juice	Homestyle Meatloaf Rice Pilaf Confetti Coleslaw Bread w/ Margarine Boston Cream Pie Milk and/or Juice	Corned Beef & Cabbage Rice or M Potato Stewed Vegetbles Roll w/Marg. Pistachio Pudding Milk and/or Juice	Kalua Pork Rice or M Potato Wax Beans Bread w/ Margarine Fresh Fruit Salad Milk and/or Juice	Baked Tofu <i>(Tofu w/Ground Pork & Vegetables)</i> Rice or M Potato Lima Beans Wheat Roll Island Fruit Salad Milk and/or Juice	Parmesan Crusted Fish Rice or M Potato Soy Bean w/ Mix Vegetables Roll w/ Margarine Blushing Pears Milk and/or Juice	Pork Chow Funn Cucumber Salad w/ Ranch Dressing Roll w/ Margarine Cookie Milk and/or Juice
DINNER						
Chicken Curry Stew Rice or M Potato Peas Wheat Roll w/ Margarine Peaches Milk and/or Juice	Turkey Tofu Stir Fry Brown Rice Zucchini Sweet Bread Roll Tropical Fruit Salad Milk and/or Juice	Pork Long Rice Rice or M Potato Brussel Sprouts w/ Bacon Bits Taro Roll Fruited Jello Milk and/or Juice	Roast Turkey Mashed Potato w/ Gravy Caesar Salad Snowflake Roll Assorted Dessert Milk and/or Juice	Beef Tomato Rice or M Potato Crunchy Corn Salad Bread w/ Margarine Strawberry Shortcake Milk and/or Juice	Beef Hekka Rice or M Potato Chinese Cabbage Salad Sweet Bread Roll Tiramisu Milk and/or Juice	Oyster Sauce Chicken Rice or M Potato Carrots Snowflake Roll Li Hing Pineapple Milk and/or Juice

This Week Menu Specials:

Soup: Potato Soup | Sandwich: Roast Beef on a Roll | Veggie: Cheese Ravioli | Gourmet: Chef 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.*