

SUNDAY December 27	MONDAY December 28	TUESDAY December 29	WEDNESDAY December 30	THURSDAY December 31	FRIDAY January 1	SATURDAY January 2
BREAKFAST						
Juice Prunes Raisin Bran Luncheon Meat Egg of the Day Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Sausage Patty Egg of the Day Milk / Coffee / Tea	Juice Banana Cornflakes Egg of the Day Milk / Coffee / Tea	Juice Papaya w/ Lemon Cream of Wheat Egg of the Day French Toast Milk / Coffee / Tea	Juice Prunes Fruit Loops Egg of the Day Portuguese Sausage Milk / Coffee / Tea	Juice Papaya w/ Lemon Oatmeal Egg of the Day Assorted Breakfast Bread Milk / Coffee / Tea	Juice Banana Honey Nut Cheerios Egg of the Day Blueberry Pancake Milk / Coffee / Tea
LUNCH						
Hawaiian Chopped Steak Rice or M Potato Garden Peas Bread w/ Margarine Lemon Pineapple Jello Milk and/or Juice	Chili Con Carne Rice or M Potato Caesar Salad Corn Muffin Fresh Fruit Salad Milk and/or Juice	Chicken Adobo Rice or M Potato Garden Salad w/ 1000 Isle Dressing Roll w Margarine Chocolate Chip Cookie Milk and/or Juice	Turkey Tofu Loaf Rice or M Potato Broccoli Roll w/ Margarine Peach n Pear Medley Milk and/or Juice	Beef Luau Rice or M Potato Cauliflower Wheat Roll w/ Margarine Island Fruit Salad Milk and/or Juice	Nishime Rice or M Potato Namasu Snowflake Roll Manju Milk and/or Juice	Beanie Weenie Rice or M Potato Crunchy Bacon Coleslaw Butter Tea Roll Brownie Milk and/or Juice
DINNER						
Chicken Long Rice Rice or M Potato Namasu Pandesal Roll Mandarin Oranges Milk and/or Juice	Pork Tofu Brown Rice Mixed Vegetables Wheat Roll w/ Margarine Assorted Dessert Milk and/or Juice	Tuna Noodle Casserole Carrots, Beans & Squash Sweet Bread Roll Tropical Fruit Salad Milk and/or Juice	Char Su Pork Rice or M Potato Haricot Bean Blend Snowflake Roll Pumpkin Carrot Cupcake Milk and/or Juice	Chicken ala King Rice or M Potato Zucchini Biscuit Chocolate Cream Pie Milk and/or Juice	Hamburger Steak Rice or M Potato Soybean & Mixed Veg Sweet Bread Roll Honey Dew Melon Milk and/or Juice	Saucy Stir Fry Pork 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



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.*