

WEEK AT A GLANCE FOR HALE MAKUA

Week 5

For the week of July 12, 2026

Menu, especially fresh fruits, subject to change, based on availability

 Food Item lower in Fat,
Saturated Fat and Sodium

*Soups, Salads and Sandwich of the Day - please order 1 day in advance

	12-Jul Sunday	13-Jul Monday	14-Jul Tuesday	15-Jul Wednesday	16-Jul Thursday	17-Jul Friday	18-Jul Saturday
B R E A K F A S T	Juice Prunes  Cream of Wheat  Omelet Fried Spam Milk Coffee	Juice Papaya w/ Lemon  Cornflakes Fried Egg Patty Portuguese Sausage Milk Coffee	Juice Banana  Oatmeal  French Toast Bake Hard Boiled Egg Milk Coffee	Juice Honey Dew Melon  Honey Nut Cheerios  Scrambled Egg Hash Brown Scramble Milk Coffee	Juice Papaya w/ Lemon  Cream of Wheat Hard Boiled Egg  Old Fashioned Pancake Syrup and Margarine Milk Coffee	Juice Grapes  Fruit Loops Scrambled Egg Croissant Milk Coffee	Juice Banana  Oatmeal  Spinach Quiche Corned Beef Hash Milk Coffee
L U N C H	Crunchy Teri Chicken Rice or M Potatoes Peas & Carrots  Roll w/Margarine Tropical Fruit Salad  Milk &/or Juice or Breaded Fish Rice or M Potatoes Green Beans 	Cheeseburger on Bun Lettuce & Tomato Tater Tots Strawberry Shortcake Milk &/or Juice or Sliced Turkey w/Gravy Rice or M Potato Spinach 	Sweet & Sour Pork Rice or M Potato Confetti Coleslaw  Sweet Roll  Applesauce w/Cinnamon Milk &/or Juice or Chicken Tenders Creamed Corn 	Chicken Hekka Rice or M Potato Ceasar Salad  Roll w/Margarine Jello Cake  Milk &/or Juice or Breaded Fish Rice or M Potato Broccoli 	Turkey Tofu Stir Fry Rice or M Potato Beets w/Mayo Roll w/Margarine Island Fruit Salad  Milk &/or Juice or Baked Ham Rice or M Potato Carrots 	Parmasan Chicken Rice or M Potato Garden Salad w/Ranch Dsg. Roll w/Margarine Tapioca Fruit Cocktail Milk &/or Juice or Salisbury Steak Rice or M Potato Carrots 	Crispy Dijon Fish Rice or M Potato Cucumber w/ Ranch Drsg  Roll w/Margarine Li Hing Pineapple Milk &/or Juice or Slice Turkey w/ Gravy Rice or M Potato Beets 
D I N N E R	Homestyle Meatloaf Rice Pilaf Winter Blend Roll w/Margarine Brownie Milk &/or Juice or Mesquite Chicken Rice or M Potato Corn 	BBQ Pork Rice or M Potato Succotash  Sweet Bread Roll Assorted Dessert Milk &/or Juice or Egg Salad on Wheat Green Beans 	Beef Mac Casserole Meadow Blend  Garlic Bread Sugar Cookie Milk &/or Juice or Boca Patty Rice or M Potato Peas 	Okinawan Miso Pork Rice or M Potatoes  Mixed Vegetables  Sweet Roll Peaches  Milk &/or Juice or Salisbury Steak Rice or M Potatoes Spinach 	Oyster Sauce Chicken Rice or M Potato  Catalina Blend  Roll w/Margarine Mandarin Orange w/Cherry  Milk &/or Juice or Macaroni & Cheese Rice or M Potato Cauliflower 	Smothered Pork Chops Rice or M Potato California Blend  Roll w/ Margarine Apple Pie Milk &/or Juice or Sliced Turkey w/Gravy Rice or M Potato Green Beans 	Beef Curry Stew Rice or M Potato Green Beans w/Bacon Bits Roll w/ Margarine Bread Pudding Milk &/or Juice or Mesquite Chicken Rice or M Potato Cauliflower 