



June 25 - July 1, 2017

Palolo Chinese Home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast						
Papaya Oatmeal	Banana Cream of Wheat	Papaya Oatmeal	Banana Cream of Wheat	Papaya Oatmeal	Banana Cream of Wheat	Papaya Cream of Wheat
Egg Casserole	Veggie Omelet	Pumpkin Spiced Muffin	Waffles and Pork Patty Sausage	Swiss Frittata & Rice	French Toast & Portuguese Sausage	Scramble Egg & Rice
Wheat Toast	Croissant	Bacon				
Lunch						
Mixed Green Salad	Bean Salad	Kale Salad	Mixed Green Salad w/ Garbanzo Beans	Bean Sprout Salad	Mixed Green Salad	Sweet Corn & Kidney Bean Salad
Shrimp Tempura	Spanish Pork	Korean Chicken	Crispy Baked Fish w/ Lemon Ledge	Ground Pork Chow Fun	Pan Lau Lau w/ Poi	Shoyu Chicken
Steamed Rice Normandy Blend Chocolate Cake	Steamed Rice Capri Vegetables Almond Float	Steamed Rice Malibu Blend Vegetables Fruited Gelatin	Mashed Potato Yellow Squash Orange Wedges	Asian Vegetables Mixed Berries	Steamed Rice Pineapple	Steamed Rice Peas & Carrots Mandarin Orange
Alt: Country Style Chicken, Veg & Mashed Potato	Alt: Chicken Curry w/ Rice	Alt: Veal Patty, Rice & Veg	Alt: Pork & Long Beans w/ Rice	Alt: Battered Fish, Mashed Potato, & Veg	Alt: Roast Turkey, Rice & Veg	Alt: Steamed Fish, Veg & Rice
Dinner						
Southwest Black Bean Soup	Chicken Soup	Minestrone Soup w/ Beans	Chucky Potato Soup	Korean Tofu & Cabbage Soup	Portuguese Bean Soup	Jook
Pork Guisantes	Beef Broccoli over Noodles	Pork Stew	Spaghetti w/ Meatballs	Chicken Hekka	Texas Ranch Chicken	Beef Tomato
Rice		Rice		Steamed Rice	Mashed Potato	Steamed Rice
Pears	Honey Dew Melon	Fresh Cantaloupe	Zucchini Custard Pie	Tropical Fruit	Succotash Fresh Honey Dew	Fruit Cocktail
Alt: Beef Lasagna & Veg	Alt: Baked Fish w/ Lemon Wedge, Mashed Potato, Veg	Alt: Steamed Ginger Mahi, Rice, & Veg	Alt: Chicken Stir Fry w/ Rice	Alt: Portuguese Bean Stew w/ Rice	Alt: Garlic Baked Fish, Rice & Veg	Alt: Pork & Choi Sum w/ Rice
Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day -Roast Beef on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day - Ham & Swiss on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day -Turkey & Cheddar on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day -Egg Salad on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day Tuna Salad on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the Day or Sandwich of the Day -Egg Salad on 9 grain bread with lettuce & tomato	Residents Only for Lunch or Dinner: Soup of the day or Sandwich of the Day -Turkey & Swiss Salad on 9 grain bread with lettuce & tomato

Menu Is Subject to Resident Diet Order and Production Changes if Needed

Please Return By Thursday

Dietician Approved: _____