

December 3 - 9

Please turn in menu selections to Food and Nutrition Services by **12PM on Thursday, Mahalo!**

SUNDAY 12/3	MONDAY 12/4	TUESDAY 12/5	WEDNESDAY 12/6	THURSDAY 12/7	FRIDAY 12/8	SATURDAY 12/9
Cheesey Omelette w/ Rice Oatmeal Banana	Bacon & French Toast Cream of Wheat Papaya	Chicken Sausage & Toast Oatmeal Banana	Portuguese Sausage w/ Rice Cream of Wheat Papaya	Vegetable Quiche Oatmeal Banana	SPAM w/ Rice Cream of Wheat Papaya	Egg Casserole & Muffin Oatmeal Banana
Chicken Stir Fry or Seafood Bake or Ham & Provolone Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Tossed Salad Green Beans Oatmeal Raisin Cookie	Lemon & Basil Baked Fish or Sweet & Sour Meatballs or Tuna Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Italian Vegetable Mix Custard Pie	Chicken & Egg Donburi or Beef Stir Fry or Roast Beef Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Lomi Tomato Salad Carrots Pineapple Chunks	Chicken Parmesan w/ Pasta or Baked Fish w/ Lemon Wedge or Chicken Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Broccoli Cherry Pie	Somen Salad or Beef Creole Macaroni or Turkey & Swiss Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Asparagus Tropical Fruit	Hamburger Steak or Fried Rice or Egg Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Mixed Green Salad Spring Vegetable Mix Orange Wedges	Portuguese Bean Stew or Salmon Burger w/ Lettuce & Tomato or Ham & Swiss Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Sweet Corn Salad Pacific Vegetable Mix Mandarin Oranges
Pork Cutlet Curry or Shepherds Pie or Ham & Provolone Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Black Bean Soup Asparagus Diced Pears	Korean Chicken or Meat Lasagna or Tuna Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Spring Vegetable Mix Fruit Cocktail	Battered Pollock w/ Lemon Wedge or Pork & Choi Sum or Roast Beef Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Pacific Vegetable Mix Berry Gelatin	Chili w/ Beans or Kalua Pig w/ Cabbage or Chicken Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Chunky Potato Soup Green Beans Fresh Cantaloupe	Pork Stew or Cajun Roasted Chicken or Turkey & Swiss Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Korean Tofu Cabbage Soup Italian Vegetable Mix Chocolate Chip Cookie	Baked Ziti w/ Italian Sausage or Steamed Black Bean Fish or Egg Salad Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Jook Carrots Vanilla Pudding	Chicken Curry or Meatloaf w/ Tomato Sauce or Ham & Swiss Sandwich or Santa Fe Salad Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Soup Broccoli Chocolate Cake

Disclaimer: Menu subject to last minute changes due to supplier stock, recalls, and / or weather.

Always Available: Baked Chicken / Fish, Yogurt, House Salad, Fruits, Bread / Toast (Diet Permitting)

Dietician Approval:

 

WEEK 2

updated: 12/7/22