

# WEEK 1

name/room: \_\_\_\_\_

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Bacon &amp; Pancakes</b></p> <p>Cream of Wheat Banana</p>	<p><b>Scrambled Eggs w/ Potatoes O'Brien</b></p> <p>Oatmeal Honey Dew</p>	<p><b>Sausage Patty &amp; Waffle</b></p> <p>Cream of Wheat Papaya</p>	<p><b>Spinach &amp; Tomato Scramble w/ Rice</b></p> <p>Oatmeal Cantaloupe</p>	<p><b>Portuguese Sausage &amp; French Toast</b></p> <p>Cream of Wheat Banana</p>	<p><b>Skillet Scramble w/ Rice</b></p> <p>Oatmeal Honeydew</p>	<p><b>Sausage Links w/ Biscuit</b></p> <p>Cream of Wheat Cantaloupe</p>
<p><b>Beef Tomato</b></p> <p>or</p> <p><b>Baked Chicken</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Green Beans Cherry Pie</p>	<p><b>Pork &amp; Choi Sum</b></p> <p>or</p> <p><b>Sweet &amp; Sour Meatballs</b></p> <p>or</p> <p><b>Ham &amp; Cheddar Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Spinach Salad Italian Vegetable Mix Orange Wedges</p>	<p><b>Chinese Style Steamed Fish</b></p> <p>or</p> <p><b>Burgundy Beef Stew</b></p> <p>or</p> <p><b>Tuna Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Carrots Vanilla Pudding</p>	<p><b>Chicken Nishime</b></p> <p>or</p> <p><b>Spaghetti &amp; Meatballs</b></p> <p>or</p> <p><b>Roast Beef Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Cole Slaw Broccoli Apple Pie</p>	<p><b>Pork Guisantes</b></p> <p>or</p> <p><b>Beef Broccoli</b></p> <p>or</p> <p><b>Chicken Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup mixed vegetables Chocolate Chip Cookie</p>	<p><b>Baked Ziti w/ Italian Sausage</b></p> <p>or</p> <p><b>Huli Huli Chicken</b></p> <p>or</p> <p><b>Turkey &amp; Swiss Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Fruit Cocktail</p>	<p><b>Shrimp Pesto Primavera Pasta</b></p> <p>or</p> <p><b>Chicken Long Rice</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Pacific Vegetable Mix Pineapple</p>
<p><b>Pork Tofu</b></p> <p>or</p> <p><b>Beef Stroganoff w/ Pasta</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Lentil Soup mixed vegetables Fresh Cantaloupe</p>	<p><b>Chicken Tenders</b></p> <p>or</p> <p><b>Pork Adobo</b></p> <p>or</p> <p><b>Ham &amp; Cheddar Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Spring Vegetable Mix Brownies</p>	<p><b>Thai Ground Pork Noodles</b></p> <p>or</p> <p><b>Lemongrass Chicken</b></p> <p>or</p> <p><b>Tuna Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Jook Pacific Vegetable Mix Tropical Fruit</p>	<p><b>Mapo Tofu</b></p> <p>or</p> <p><b>Baked Fish w/ Lemon Wedge</b></p> <p>or</p> <p><b>Roast Beef Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Vegetable Soup Green Beans Fresh Honeydew</p>	<p><b>Baked Honey Mustard Chicken</b></p> <p>or</p> <p><b>Supreme Pizza</b></p> <p>or</p> <p><b>Chicken Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Potato and Corn Chowder Italian Vegetable Mix Strawberry Gelatin</p>	<p><b>Roast Pork w/ Gravy</b></p> <p>or</p> <p><b>Mushroom Chicken Stir Fry</b></p> <p>or</p> <p><b>Turkey &amp; Swiss Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Carrots Mandarin Oranges</p>	<p><b>Pork &amp; Long Bean</b></p> <p>or</p> <p><b>Spanish Rice</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Mandarin Chicken Spring Mix Salad w/ Fried Wontons</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Broccoli Cinnamon Apple Slices</p>

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: \_\_\_\_\_

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updated 11/12/24

# WEEK 2

name/room: \_\_\_\_\_

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cheesy Omelette w/ Rice</b>  Oatmeal Banana	<b>Bacon &amp; French Toast</b>  Cream of Wheat Honey Dew	<b>Chicken Sausage &amp; Toast</b>  Oatmeal Banana	<b>Portuguese Sausage w/ Rice</b>  Cream of Wheat Papaya	<b>Vegetable Quiche</b>  Oatmeal Cantaloupe	<b>SPAM w/ Rice</b>  Cream of Wheat Honey Dew	<b>Egg Casserole &amp; Muffin</b>  Oatmeal Banana
<b>Chicken Stir Fry</b> or <b>Seafood Bake</b> or <b>Ham &amp; Provolone Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes House Salad Green Beans Oatmeal Raisin Cookie	<b>Lemon &amp; Basil Baked Fish</b> or <b>Sweet &amp; Sour Meatballs</b> or <b>Tuna Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Italian Vegetable Mix Lemon Meringue Pie	<b>Chicken &amp; Egg Donburi</b> or <b>Beef Stir Fry</b> or <b>Roast Beef Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Lomi Tomato Salad Carrots Pineapple Chunks	<b>Chicken Parmesan w/ Pasta</b> or <b>Baked Fish w/ Lemon Wedge</b> or <b>Chicken Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Broccoli Cherry Pie	<b>Somen Salad</b> or <b>Beef Creole Macaroni</b> or <b>Turkey &amp; Swiss Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup mixed vegetables Tropical Fruit	<b>Grilled Chicken Sandwich w/ Tator Tots</b> or <b>Fried Rice</b> or <b>Egg Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Orange Wedges	<b>Portuguese Bean Stew</b> or <b>Salmon Burger w/ Lettuce &amp; Tomato</b> or <b>Ham &amp; Swiss Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Sweet Corn Salad Pacific Vegetable Mix Mandarin Oranges
<b>Pork Cutlet Curry</b> or <b>Shepherds Pie</b> or <b>Ham &amp; Provolone Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Black Bean Soup mixed vegetables Diced Pears	<b>Korean Chicken</b> or <b>Meat Lasagna</b> or <b>Tuna Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Spring Vegetable Mix Fruit Cocktail	<b>Meatloaf w/ Tomato Sauce</b> or <b>Pork &amp; Choi Sum</b> or <b>Roast Beef Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Pacific Vegetable Mix Berry Gelatin	<b>Chili w/ Beans</b> or <b>Kalua Pig w/ Cabbage</b> or <b>Chicken Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Chunky Potato Soup Green Beans Fresh Cantaloupe	<b>Pork Stew</b> or <b>Cajun Roasted Chicken</b> or <b>Turkey &amp; Swiss Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Korean Tofu Soup Italian Vegetable Mix Chocolate Chip Cookie	<b>Sundried Tomato &amp; Garlic Bowtie w/ Mushrooms</b> or <b>Steamed Black Bean Fish</b> or <b>Egg Salad Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  Regular Entrees Served with: Rice or Mashed Potatoes Jook Carrots Vanilla Pudding	<b>Chicken Curry</b> or <b>Grilled Teriyaki Calamari Steak</b> or <b>Ham &amp; Swiss Sandwich</b> or <b>Spinach &amp; Shrimp Salad w/ Papaya Seed Dressing</b>  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: \_\_\_\_\_

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updated 11/12/24

# WEEK 3

name/room:

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Spinach &amp; Paprika Frittata w/ Potatoes</b>  Cream of Wheat Cantaloupe	<b>Apple Chicken Sausage &amp; French Toast</b>  Oatmeal Honey Dew	<b>Western Scramble &amp; Rice</b>  Cream of Wheat Papaya	<b>Sausage Patty &amp; Waffle</b>  Oatmeal Banana	<b>Portuguese Sausage w/ Rice</b>  Cream of Wheat Honeydew	<b>Kamaboko Quiche</b>  Oatmeal Cantaloupe	<b>Biscuit w/ Sausage &amp; Gravy</b>  Cream of Wheat Banana
<b>Baked Ham</b>  or  <b>Tofu Sukiyaki</b>  or  <b>Tuna Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes House Salad Green Beans Cinnamon Apples	<b>Beef Tomato</b>  or  <b>Mediterranean Turkey Burger w/ Tator Tots</b>  or  <b>Roast Beef Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Bean Sprout Salad Italian Vegetable Mix Mandarin Oranges	<b>Pork Guisantes</b>  or  <b>Mushroom Chicken Stir Fry</b>  or  <b>Chicken Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Carrots Lemon Meringue Pie	<b>Beef Broccoli</b>  or  <b>Teriyaki Burger w/ Grilled Pineapple &amp; Carmelized Onions</b>  or  <b>Turkey &amp; Swiss Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Broccoli Diced Pears	<b>Lime &amp; Cilantro Baked Cod</b>  or  <b>Spanish Rice</b>  or  <b>Egg Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup mixed vegetables Chocolate Chip Cookie	<b>Baked Beef Spaghetti</b>  or  <b>Baked Fish w/ Lemon Wedge</b>  or  <b>Ham &amp; Cheddar Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Soup Spring Vegetable Mix Fruit Cocktail	<b>Seared Salmon w/ Lemon Dill Sauce</b>  or  <b>Pork &amp; Choi Sum</b>  or  <b>Tuna Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Tofu Salad Pacific Vegetable Mix Fresh Honeydew
<b>Korean BBQ Pork</b>  or  <b>Moroccan Stew</b>  or  <b>Tuna Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Onion Soup mixed vegetables Chocolate Pudding	<b>Grilled Teriyaki Chicken</b>  or  <b>Pork Adobo</b>  or  <b>Roast Beef Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Spring Vegetable Mix Diced Peaches	<b>Italian Baked Chicken</b>  or  <b>Furikake Fish w/ Sweet Chili Aioli</b>  or  <b>Chicken Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Cannellini Bean Soup Pacific Vegetable Mix Tropical Fruit	<b>Roasted Pork Loin w/ Gravy</b>  or  <b>Beef Curry</b>  or  <b>Turkey &amp; Swiss Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Beef and Barley Soup Green Beans White Cake	<b>Mongolian Beef</b>  or  <b>Mapo Tofu</b>  or  <b>Egg Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Jook Italian Vegetable Mix Fresh Cantaloupe	<b>Teriyaki Beef</b>  or  <b>Portuguese Bean Stew</b>  or  <b>Ham &amp; Cheddar Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Carrots Lime Gelatin	<b>Chinese Style Steamed Fish</b>  or  <b>Chicken Burger w/ Lettuce and Tomato</b>  or  <b>Tuna Salad Sandwich</b>  or  <b>Chef Salad</b>  Regular Entrees Served with: Rice or Mashed Potatoes Lentil Soup Broccoli Orange Wedges

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: \_\_\_\_\_

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updated 11/12/24

# WEEK 4

name/room:

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Skillet Scramble w/ Toast</b>  Oatmeal Cantaloupe	<b>Cheesey Quiche</b>  Cream of Wheat Honey Dew	<b>Chicken Sausage w/ Rice</b>  Oatmeal Banana	<b>Bacon Strips &amp; Muffin</b>  Cream of Wheat Honey Dew	<b>Spanish Potato Scramble w/ Rice</b>  Oatmeal Cantaloupe	<b>Portuguese Sausage &amp; Waffle</b>  Cream of Wheat Papaya	<b>Chicken Apple Sausage &amp; Banana Bread</b>  Oatmeal Banana
<b>Baked Ham</b> or <b>Beef Stir Fry</b> or <b>Roast Beef Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Korean Salad Green Beans Chocolate Chip Cookie	<b>Beef &amp; Bean Burrito w/ Salsa</b> or <b>Citrus Baked Fish w/ Lemon Wedge</b> or <b>Chicken Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Tomato Salad Italian Vegetable Mix Orange Wedges	<b>Steamed Ginger Fish w/ Shoyu</b> or <b>BBQ Chicken Pizza</b> or <b>Turkey &amp; Cheddar Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Black Bean Salad Carrots Apple Pie	<b>Country Fried Steak</b> or <b>Pork Guisantes</b> or <b>Egg Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Bean Sprout Salad Broccoli Fruit Cocktail	<b>Beef Stew</b> or <b>Seafood Bake</b> or <b>Ham &amp; Swiss Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Macaroni Salad mixed vegetables Brownies	<b>Kalua Pork &amp; Spinach</b> or <b>Cajun Chicken Burger w/ Guac &amp; Tater Tots</b> or <b>Tuna Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Mandarin Oranges	<b>Sweet &amp; Sour Meatballs</b> or <b>Creamy Parmesan Shrimp Pasta</b> or <b>Roast Beef Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Cucumber Salad Pacific Vegetable Mix Pumpkin Pie
<b>Italian Baked Chicken</b> or <b>Tofu Sukiyaki</b> or <b>Roast Beef Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Tuscan Bean Soup mixed vegetables Diced Peaches	<b>Thai Ground Pork Noodles</b> or <b>Sundried Tomato &amp; Garlic Bowtie w/ Mushrooms</b> or <b>Chicken Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Hot & Sour Soup Spring Vegetable Mix Diced Peas	<b>Shepherd's Pie</b> or <b>Won Ton Soup w/ Mustard Cabbage</b> or <b>Turkey &amp; Cheddar Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Pacific Vegetable Mix Tropical Fruit	<b>Chicken Stir Fry</b> or <b>Pork Cutlet Curry</b> or <b>Egg Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Chicken and Rice Soup Green Beans Strawberry Gelatin	<b>Teriyaki Baked Chicken</b> or <b>Furikake Fish w/ Sweet Chili Aioli</b> or <b>Ham &amp; Swiss Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Cream of Mushroom Soup Italian Vegetable Mix Mixed Berries	<b>Shoyu Chicken</b> or <b>Fried Rice</b> or <b>Tuna Salad Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Carrots Haupia Cake	<b>Tofu Stir Fry</b> or <b>Roasted Salmon w/ Fresh Tomato Basil Topping</b> or <b>Roast Beef Sandwich</b> or <b>Chicken Caesar Salad w/ Tomatoes</b> Regular Entrees Served with: Rice or Mashed Potatoes Black Bean Vegetable Soup Broccoli Fresh Cantaloupe

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

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

Dietician Approval: \_\_\_\_\_

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updated 11/12/24

# WEEK 5

name/room: \_\_\_\_\_

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Kamaboko Green Onion Egg w/ Rice</b> Cream of Wheat Honey Dew	<b>Sausage Patty &amp; French Toast</b> Oatmeal Cantaloupe	<b>Spinach Frittata w/ Rice</b> Cream of Wheat Banana	<b>Sausage Links &amp; Croissant</b> Oatmeal Honey Dew	<b>Scrambled Eggs &amp; Pancake</b> Cream of Wheat Papaya	<b>SPAM &amp; Rice</b> Oatmeal Banana	<b>Bacon w/ Toast</b> Cream of Wheat Cataloupe
<b>Baked Fish w/ Lemon Wedge</b> or <b>Turkey Ala King</b> or <b>Chicken Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes House Salad Green Beans Blueberry Pie	<b>Pork &amp; Kobocho</b> or <b>Lemon &amp; Basil Baked Fish</b> or <b>Turkey &amp; Swiss Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Italian Vegetable Mix Fruit Cocktail	<b>Portuguese Bean Stew</b> or <b>Grilled Chicken Sandwich w/ Sundried Tomato Aioli &amp; Tater Tots</b> or <b>Ham &amp; Cheddar Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Kale Slaw Carrots Tropical Fruit	<b>Pork &amp; Choi Sum</b> or <b>Turkey Burger w/ Basil Pesto Aioli &amp; Tater Tots</b> or <b>Egg Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Broccoli Banana Pudding	<b>Hamburger w/ Lettuce and Tomato</b> or <b>Cod Piccata</b> or <b>Tuna Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup mixed vegetables Fresh Cantaloupe	<b>Buffalo Chicken Tenders w/ Blue Cheese Dressing</b> or <b>Beef Creole Macaroni</b> or <b>Roast Beef Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Cauliflower Salad Spring Vegetable Mix Mixed Berries	<b>Chinese Style Steamed Fish</b> or <b>Beef &amp; Bean Burrito w/ Guacamole &amp; Sour Cream</b> or <b>Chicken Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Three Bean Salad Pacific Vegetable Mix Apple Pie
<b>Hawaiian Chop Steak w/ Peppers &amp; Onions</b> or <b>Cajun Roasted Chicken</b> or <b>Chicken Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Korean Tofu Soup mixed vegetables Diced Pears	<b>Spaghetti &amp; Meatballs</b> or <b>Chicken Tenders w/ Tater Tots</b> or <b>Turkey &amp; Swiss Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Egg Drop Soup Spring Vegetable Mix Apple Pie	<b>Chicken Linguine</b> or <b>Meatloaf w/ Tomato Sauce</b> or <b>Ham &amp; Cheddar Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Corn Chowder Pacific Vegetable Mix Oatmeal Raisin Cookie	<b>Chili w/ Beans</b> or <b>Tofu Stir Fry</b> or <b>Egg Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Green Beans Diced Peaches	<b>Lemongrass Chicken</b> or <b>Pork Adobo</b> or <b>Tuna Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Italian Vegetable Mix Fresh Honeydew	<b>Roasted Pork Loin w/ Gravy</b> or <b>Beef Stroganoff w/ Pasta</b> or <b>Roast Beef Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Carrots White Cake	<b>Pork Stew</b> or <b>Tofu Sukiyaki</b> or <b>Chicken Salad Sandwich</b> or <b>Grilled Chicken Spinach Salad w/ Strawberries &amp; Feta Cheese</b> Regular Entrees Served with: Rice or Mashed Potatoes Jook Broccoli Mandarin Oranges

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

Dietician Approval:  \_\_\_\_\_

# WEEK 6

name/room:

Please turn in menu selections to Food and Nutrition Services by 12PM on Tuesday. Mahalo!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Apple Chicken Sausage &amp; Waffle</b></p> <p>Oatmeal Banana</p>	<p><b>Skillet Scrambled Eggs &amp; Croissant</b></p> <p>Cream of Wheat Honey Dew</p>	<p><b>Portuguese Sausage w/ Rice</b></p> <p>Oatmeal Banana</p>	<p><b>Cheesy Omelette w/ Rice</b></p> <p>Cream of Wheat Papaya</p>	<p><b>Chicken Sausage &amp; Pancake</b></p> <p>Oatmeal Cantaloupe</p>	<p><b>Sausage Links &amp; French Toast</b></p> <p>Cream of Wheat Honey Dew</p>	<p><b>Egg Fu Yung w/ Rice</b></p> <p>Oatmeal Banana</p>
<p><b>Pepperoni Pizza</b></p> <p>or</p> <p><b>Pot Roast w/ Gravy</b></p> <p>or</p> <p><b>Turkey &amp; Cheddar Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Asian Slaw Green Beans Fresh Honeydew</p>	<p><b>Pork &amp; Long Bean</b></p> <p>or</p> <p><b>Fajita Burger w/ Sweet Pepper, Guac &amp; Tater Tots</b></p> <p>or</p> <p><b>Ham &amp; Swiss Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Chicken Noodle Soup Italian Vegetable Mix Lime Gelatin</p>	<p><b>Beef Curry</b></p> <p>or</p> <p><b>Steamed Ginger Fish w/ Shoyu</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Bean Salad Carrots Applesauce</p>	<p><b>Mediterranean Turkey Burger w/ Tator Tots</b></p> <p>or</p> <p><b>Chicken Stir Fry</b></p> <p>or</p> <p><b>Tuna Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Minestrone Soup Broccoli Pumpkin Pie</p>	<p><b>Chicken &amp; Egg Donburi</b></p> <p>or</p> <p><b>Somen Salad</b></p> <p>or</p> <p><b>Roast Beef Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Kale Salad mixed vegetables Tropical Fruit</p>	<p><b>Seared Salmon w/ Pineapple &amp; Sweet Pepper Salsa</b></p> <p>or</p> <p><b>Shoyu Chicken</b></p> <p>or</p> <p><b>Chicken Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes House Salad Spring Vegetable Mix Blueberry Pie</p>	<p><b>Korean BBQ Pork</b></p> <p>or</p> <p><b>Steamed Black Bean Fish</b></p> <p>or</p> <p><b>Turkey &amp; Provolone Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Pacific Vegetable Mix Pineapple</p>
<p><b>Moroccan Stew</b></p> <p>or</p> <p><b>Baked Fish w/ Lemon Wedge</b></p> <p>or</p> <p><b>Turkey &amp; Cheddar Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tuscan Bean Soup mixed vegetables Chocolate Chip Cookie</p>	<p><b>Mongolian Beef</b></p> <p>or</p> <p><b>Seafood Bake</b></p> <p>or</p> <p><b>Ham &amp; Swiss Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Onion Soup Spring Vegetable Mix Tropical Fruit</p>	<p><b>Tofu Stir Fry</b></p> <p>or</p> <p><b>Baked Chicken</b></p> <p>or</p> <p><b>Egg Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Vegetable Soup Pacific Vegetable Mix Carrot Cake</p>	<p><b>Meatloaf w/ Gravy</b></p> <p>or</p> <p><b>Baked Glazed Ham</b></p> <p>or</p> <p><b>Tuna Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Miso Soup Green Beans Mandarin Oranges</p>	<p><b>Hawaiian Stew</b></p> <p>or</p> <p><b>Chipotle Plum Grilled Chicken</b></p> <p>or</p> <p><b>Roast Beef Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Split Pea Soup Italian Vegetable Mix Chocolate Cake</p>	<p><b>Chicken Piccata w/ Pasta</b></p> <p>or</p> <p><b>Spanish Rice</b></p> <p>or</p> <p><b>Chicken Salad Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Three Bean Soup Carrots Apple Slices</p>	<p><b>Pork &amp; Kabocha</b></p> <p>or</p> <p><b>Salisbury Steak</b></p> <p>or</p> <p><b>Turkey &amp; Provolone Sandwich</b></p> <p>or</p> <p><b>Cobb Salad</b></p> <p>Regular Entrees Served with: Rice or Mashed Potatoes Tomato Soup Broccoli Orange Wedges</p>

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:    *mk ro*

updated 11/12/24