

# Hale Ola Kino

## The Health Center at One Kalakaua

### Sample Menu

**Meal Serving Times:**  
**Breakfast - 7:30-8 A.M.**  
**Lunch -12-12:30**  
**Dinner - 5:30-6 P.M.**

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	Papaya Oatmeal Cold Cereal Danish/Toast Scrambled Eggs Bacon Rice/Potato/Jook	Papaya Cream of Wheat Cold Cereal Muffin/Toast Poached Egg Ham Rice/Potato/Jook	Papaya Oatmeal Cold Cereal Danish/Toast Fried Eggs Sausage Rice/Potato/Jook	Papaya Cream of Wheat Cold Cereal Muffin/Toast Waffle Corned Beef Hash Rice/Potato/Jook	Papaya Oatmeal Cold Cereal Danish/Toast Scrambled Eggs Bacon Rice/Potato/Jook	Papaya Cream of Wheat Cold Cereal Muffin/Toast Poached Egg Ham Rice/Potato/Jook	Papaya Oatmeal Cold Cereal Danish/Toast French Toast Sausage Rice/Potato/Jook
LUNCH	Navy Bean Soup Fruit Salad Deli sandwich Catch of the Day or Prime rib Spinach Baked Potato/ Rice/Jook Roll/Cracker Jello	Boston Fish Chowder Fruit Salad Deli Sandwich One Kalakaua Burger or Catch of the Day Green beans Oven Baked Potato/Rice/Jook Roll/Cracker Pudding	Miso soup Fruit Salad Deli Sandwich Chicken with Miso or Catch of the Day Steamed peas Mashed Potato/ Rice/Jook Roll/Cracker Ice Cream	Sumashi wan Fruit Salad Deli Sandwich Catch of the Day or Beef Stroganoff Asparagus Brown or White Rice/Jook Roll/Cracker Graham Crackers	Smoked Corn Chowder Seasonal Fresh Fruit; Roast Turkey with Chestnut Stuffing; Smoked Ham. Fresh Asparagus Sweet Potato/ Rice/Jook Pie	Beef Barley with mushroom Fruit salad Southern fried chicken or Catch of the Day Steamed Carrots Rice/Jook/French Fries Roll/Cracker Pudding	Beef & Veggie Soup Fruit Salad Deli Sandwich Spaghetti w/ meatballs or Catch of the Day Steamed peas Mashed Potato/ Rice/Jook Roll/Cracker Ice cream
DINNER	Corn Chowder Garden Salad Veal roast w/ sauce or Catch of the Day Asparagus Baked Potato/ Rice/Jook Roll/Crackers Cake or Pie	Sweet & Sour Cabbage Soup Garden Salad Catch of the Day or Fried Shrimp Carrots Oven Baked Potato/Rice/Jook Roll/Crackers Cake or Pie	Potato & Leek Soup Garden Salad Corned beef & cabbage or Catch of the Day Broccoli Mashed Potato/ Rice/Jook Roll/Crackers Cake or Pie	Fish Chowder Garden Salad Catch of the Day or Calamari Steak Cauliflower Brown or white rice/Jook/Baked Potato Roll/Crackers Cake or Pie	Smoked Corn Chowder Organic Baby Green; Poached Salmon/Prime Rib of Beef; Green Beans; Garlic Smashed Potatoes Sweet Potatoes/ Rice/Jook Pie	Manhattan clam chowder Garden salad Catch of the Day or Braised Oxtails Spinach Brown or White Rice/Jook Roll/Crackers Cake or Pie	Cream of Tomato Soup Garden Salad Catch or Pork Chop with gravy Beets Mashed Potato/ Rice/Jook Roll/Crackers Cake or Pie