



Fruit plate



Penne Marinara with meatballs

Menu Key

- FF = Fat-Free
- LF = Low Fat
- LS = Low Sodium
- SF = Sugar-Free
- GF = Gluten-Free
- D = Contains Dairy
- v = Vegan
- V = Vegetarian



Healthy Eating Guidelines

Emphasize fruits, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

Make Your Calories Count

Think nutrient-rich rather than 'good' or 'bad' foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

Focus On Variety

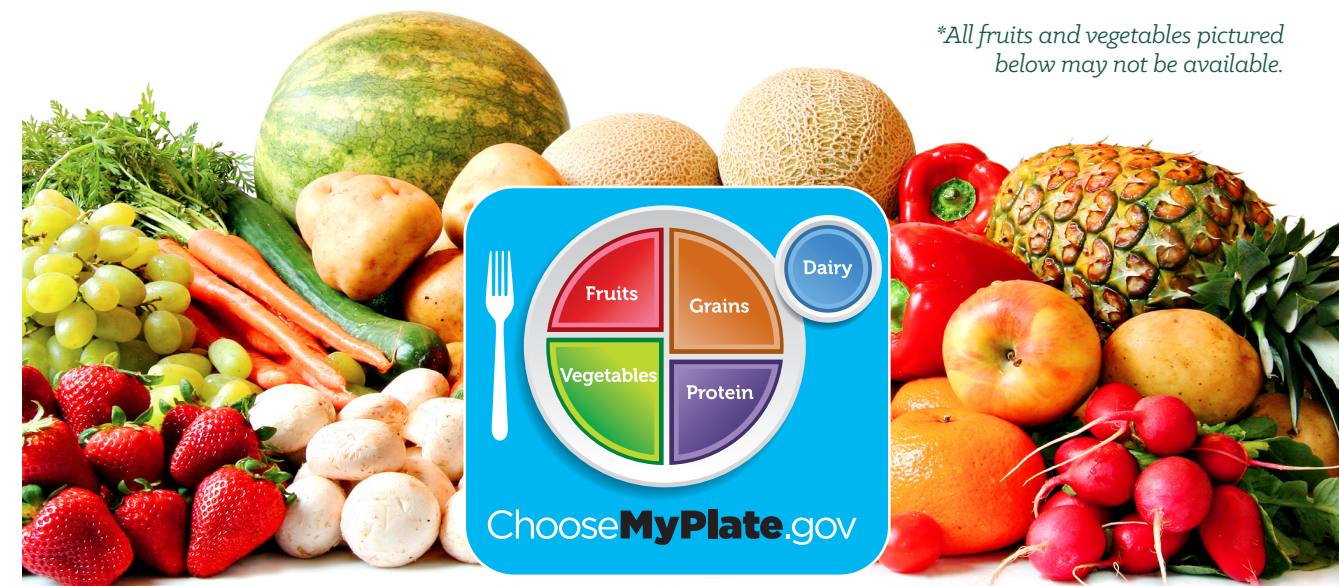
Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all food groups to get the nutrients your body needs.

Know Your Fats

Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

For Diabetes Management

Please notify the nursing staff when you order your meal so we can best help you manage your diabetes. Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible. *We appreciate your assistance with your medical treatment.*



*All fruits and vegetables pictured below may not be available.

Aloha!

Food & Nutrition Services would like to extend our warmest aloha. Our mission is to make your stay comfortable and pleasant with healthy, nutritious meals. We are committed to delivering the best service and making sure you're very satisfied with your eating choices.

How to Place Your Order

Sodexo's Expressly For You – Personal Service Dining (EFY) program is an innovative, concept of meal order and delivery for you based on the long standing practice of side service in restaurants. For this "Bedside" style personal service, your host arrives to your room in the morning and takes your meal order for lunch. After lunch, your host will take your order for dinner and tomorrow's breakfast. Your menu selections will be based on your physician prescribed diet.

Your meals will be prepared by our chefs and delivered to your bedside during the meal service times listed below:

- Breakfast served at 7:00am (Available only until 10:30am)
- Lunch served at 11:30am
- Dinner served at 5:15pm

Your meal tray will be picked up by your host at the end of the meal service. Should you have any questions about your meals, feel free to ask your host.



Vegetable	Fruits	Grains	Protein	Dairy
Vary Your Veggies. Any vegetables or 100% vegetable juice counts as a member of this group.	Focus on Fruits, Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice or dried.	Make at least half your grains whole.	Go lean with protein.	Eat calcium-rich foods.
Fill half your plate with fruits and vegetables.	Fill half your plate with fruits and vegetables.	Read labels to find more whole grain foods.	Keep portions on the plate small.	Remember to buy skim milk or 1% milk.
		Whole wheat, oatmeal and brown rice are all good.	Nuts, beans, peas, seeds, poultry, lean meat, seafood soy and eggs are in this group	Go easy on cheese.
				Skim-milk yogurt is a good choice, too.

Expressly for You® MENU

- Breakfast served at 7:00am
- Lunch served at 11:30am
- Dinner served at 5:15pm



Hō'omaka Hou FRESH START

Fresh Fruits^{GF} ✓

Banana*, Grapes*, Papaya*,
Fresh Fruit Cup*

Canned Fruits^{GF} ✓

Applesauce, Mandarin Oranges,
Peaches, Fruit Cocktail

Muffins & Breads ✓

Blueberry, English Muffin,
Whole Wheat, White,
Gluten-Free Bread or Dinner Roll,
Cappucino Chocolate Chip Muffin

Yogurts^{GF} ✓ ^D

Assorted flavors (Ask server)

Hot Cereals ✓

Cream of Wheat or Oatmeal
Toppings: Raisins, cranberries,
sliced almonds, cinnamon
and/or brown sugar

Cold Cereals ✓

Cornflakes or Rice Krispies

Breakfast Accompaniments

Bacon^{GF}

Sausage Patty^{GF}
Turkey Link Sausage^{GF}
Steamed White Rice^{GF} ✓

Hashbrown ✓

Hard Boiled Egg^{GF}

Sunrise Specials

French Toast^D ✓

Buttermilk Pancakes^D ✓

Egg or Tofu Scramble^{GF} ✓

With spinach, mushrooms,
tomato, with or without cheese

Greek Yogurt Parfait^D ✓

Topped with fresh berries and granola

Scrambled Eggs^{GF} ✓

Chicken Jook

Garlic, ginger, rice, chicken



French
Toast



Breakfast
Sandwich

Breakfast Sandwich^D

Scrambled egg, bacon, and cheddar cheese on a
toasted English muffin with lettuce and tomato

Beverages

Coffee^{GF} ✓: Regular or Decaf, **Tea^{GF} ✓**: Black: Regular or Decaf, Green & Herbal
Hot Cocoa^D ✓: Regular

Cold^{GF} ✓: 1% Milk^D, Soy Milk, SF Black Iced Tea, Apple Juice, Orange Juice,
Cranberry Juice, Passion-Orange Guava Juice, SF Vitamin Water, Prune Juice,
SF Cranberry Juice

Fruit Smoothies^{GF} ✓ ^D: Tropical or Wild Berry

*All fresh fruit selections subject to seasonal availability.

'Aina Ahiahi SIGNATURE ENTRÉES

Entrées Include Choice of Soup, Starch, (1) Accompaniment, Beverage & Dessert[†]

Island Beef Stew



Grass-Fed Meatloaf^{GF}

Homemade with fresh herbs and spices,
baked to perfection. Contains eggs & oats

Roasted Turkey with Gravy^{GF}

Kalua Pork and Cabbage^{GF}

An island favorite, smoke
infused Kalua pork over a bed
of sautéed cabbage

Island Beef Stew^{GF}

Seasoned beef braised in tomato
sauce, carrots & celery

Penne Marinara

With or without meatballs

Mahi Mahi Filet^{GF}

A North Hawaii signature favorite served
seared with furikake or garlic herb

Lemon Garlic Chicken Breast^{GF} or Tofu

Roasted boneless, skinless chicken
breast or Grilled Tofu marinated with
garlic, basil, thyme & lemon



Grass-Fed
Meatloaf

Fresh from the Garden

Salads to include choice of protein:
Tofu^{GF}, Tuna^{GF}, Hard Boiled Egg^{GF},
Grilled Mahi Mahi^{GF}, Chicken^{GF},
Sliced Turkey, Sliced Ham

Large Garden Salad

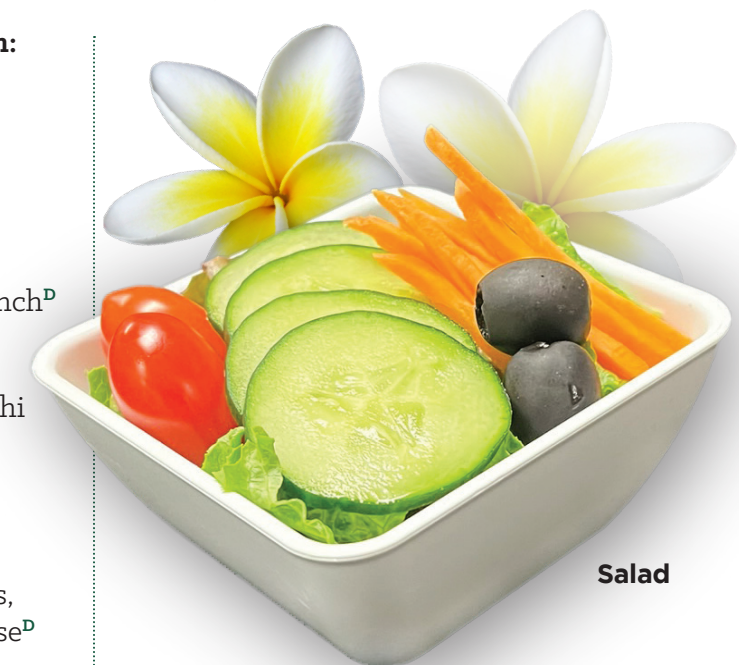
Salad Dressings^{GF} ✓: Asian Sesame,
Balsamic Vinaigrette, Caesar^D or Ranch^D

Caesar Salad

Plain[✓], Chicken, Tofu[✓], or Mahi Mahi
(without croutons ^{GF})

Fruit Plate & Cottage Cheese^{*GF} ✓ ^D

Seasonal fresh melon, berries, grapes,
and tropical fruits with cottage cheese^D



Salad

Featured Soups

- Soup of the Day
 - Chicken Noodle
 - Miso Tofu^{GF} ✓
 - Carrot Ginger^{GF} ✓
 - Tomato Basil^{GF, D}
 - Cream of Mushroom
- Clear Broths:**
- Chicken
 - Beef
 - Vegetable[✓]
 - Miso[✓]

Accompaniments

- Tofu^{GF} ✓
- Garden Salad^{GF} ✓
- Mac Salad[✓]
- Vegetable of the Day^{GF} ✓
- Cottage Cheese^{GF} ✓ ^D

Starches

- White Rice^{GF} ✓
- Potatoes: Roasted^{GF} ✓ or Mashed^{GF} ✓
- Island Poi^{GF} ✓
- Baked Lays^{GF} ✓

Deli

Build Your Own Sandwich

Meat & Fillings^{GF}: Turkey, Ham, Tuna
Salad, Egg Salad or Peanut Butter & Jelly[✓]
Cheese^{GF} ✓ ^D: Cheddar, Swiss
Bread: White, Wheat, Gluten-Free Bread
or Whole Wheat Wrap (Tortilla)
Extras^{GF}: Lettuce Leaf, Tomato,
Red Onions, Pickles, Mayo, Mustard



Deli Egg
Sandwich

Menu Key

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- FF – Fat-Free
- D – Contains Dairy
- ✓ – Vegan
- ✓ – Vegetarian

Don't forget to order your condiments.
Provided upon request. Please inquire with
your host not staff.

[†]Substitutions & half servings allowed based on availability. ^{*}GF pasta available upon request.

Mahalo!