



Arin A. Antonio
Executive Chef
Queen's Medical Center, West O'ahu

Aloha!

Food & Nutrition Services would like to extend to you 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

We are pleased to offer **At Your Request Room Service Dining®** to you. This innovative program allows you to select meals from a wide variety of menus designed to enhance your experience as though you were dining at your favorite restaurant.

When you are ready to make your selections:

- Call us at Extension 4331, Option 1.
- Your family can also call in your order from home by dialing 691-4331, option 1.

Orders can be taken right before you'd like to eat or up to a day in advance. For your convenience, we suggest ordering your breakfast the night before. Representatives are available to take your order until 10:30pm. Not sure what to eat? Ask our friendly customer service representatives for today's specials.

Lunch & Dinner Meal Suggestion:

Select an entrée with choice of starch and choice of hot vegetables. Add a soup or salad, dessert and a hot & cold beverage to complete your meal.

Guest meals are also available for visiting guests and family members. Guest trays can be purchased for \$10.

We accept cash, credit or bank debit cards. Please call extension 4331, option 1 for details.

All disposable containers used for carry out menu items are now 100% compostable and biodegradable to help protect our environment.



Abbreviations

- FF = Fat Free
- LF = Low Fat
- LS = Low Sodium
- SF = Sugar Free
- GF = Gluten Free
- ✓ = Vegetarian
- ✓ = Vegan



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

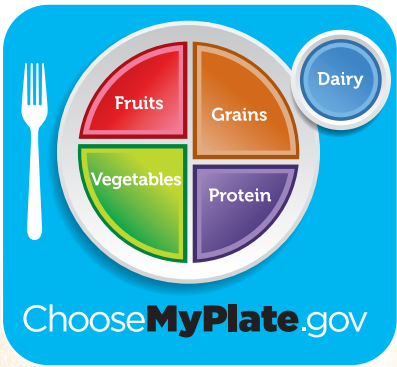
Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

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.



CONSUMER ADVISORY
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

*All fruits and vegetables pictured may not be available.

Vegetables	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.



Place orders between 6:30 a.m. - 6:00 p.m.
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THE QUEEN'S
MEDICAL CENTER
WEST O'AHU

Hō'omaha Hōu

FRESH START

Sunrise Specials

Hawaiian Style French Toast
Made to order.

Pancakes
Buttermilk flavor. Made to order.

Tofu Scramble ^{GF} ^V
Seasoned Tofu with Spinach,
Mushrooms, Onions & Peppers

Paniolo Vegetable Omelette ^V
Spinach, Kale, Mushrooms, Red Onion,
Red & Green Bell Peppers

Fruit/Hot Cereals

Fresh Fruits ^{GF} ^V
Banana*, **Grapes***, **Papaya***, **Pineapple***
**All Fresh fruit selections subject
to seasonal availability.*

Canned Fruits ^{GF} ^V
Applesauce, **Mandarin Oranges**,
Peaches, **Pears**, **Prunes**

Yogurts ^{GF}
Vanilla, **Peach Light**

Breakfast Accompaniments

Bacon ^{GF}
Hamburger Patty ^{GF}
Link Sausage ^{GF}
Portuguese Sausage ^{GF}
Turkey Bacon ^{GF}
Spam® (Reduced Sodium) ^{GF}

Sunrise Bowl ^{GF}
Eggs, Cheese & Choice of Breakfast Meat and Starch

Cooked to Order Eggs ^{GF}
Regular or Egg Whites

Hot Cereals
Cream of Wheat or **Oatmeal**

Cold Cereals
Cornflakes, **Cheerios**, **Raisin Bran**

Muffins
Blueberry or **Bran**

Veggie Breakfast Sausage ^V
Steamed Rice ^{GF} ^V: **White**, **Brown** or **Hapa**
Soft Rice ^{GF} ^V (**Okai**)
Denver Potatoes ^{GF} ^V
Hash Brown Potatoes ^{GF} ^V

Beverages

Coffee ^{GF}: Regular or Decaf

Tea ^{GF}: Black: Regular or Decaf, Green & Herbal

Hot Cocoa: Regular or No Sugar Added

Cold ^{GF}: Skim Milk, 1% Milk, Chocolate Milk, Soy Milk, Iced Tea, Apple Juice,
Orange Juice, Cranberry Juice, Passion-Orange Juice

'Aina Ahiahi

SIGNATURE ENTRÉES

Entrées Include Choice of Potatoes, Rice, One Accompaniment, Beverage & Dessert

Seared Beef Pot Roast
Savory slow-roasted beef served with a rich
brown gravy.

Roasted Turkey ^{GF}
Traditional oven-roasted turkey breast
with poultry gravy.



Featured Catch ^{GF}
A West signature favorite served pan seared
plain ^{GF}, furikake, garlic herb or blackened ^{GF}.

Rosemary & Garlic Chicken Breast
Roasted boneless, skinless chicken breast
marinated in garlic, rosemary, basil,
thyme and lemon.

Best in the West Meatloaf
Homemade with fresh herbs and spices, baked
to perfection. Contains eggs, wheat.

Kalua Pork
An island favorite, smoke infused Kalua Pork.
Contains wheat, soybean, gluten.

By Design

Pasta
Spaghetti noodles, sautéed with choice of
Broccoli, Zucchini or Mushrooms. **Choice of**
one Sauce: Alfredo, Pesto Marinara or Teriyaki.
Choice of one Protein: Meatballs (2),
Grilled Chicken, Tofu or Vegan Chicken

Ramen
Ramen Noodles in a Shoyu Broth with: **Choice**
of Toppings: Kamaboko (Fish Cake), Hard
Boiled Eggs, Char Siu (roast pork), Green Onions
Jook
Start with your choice of Chicken Jook or Okai
(Vegetarian soft rice) then add:
Toppings: Kamaboko (Fish Cake), Green Onions,
Furikake, Kim Chee

**Substitutions & half servings allowed based on availability.
Don't forget to order your condiments.



Chicken Adobo
Slow-braised chicken in traditional soy, vinegar
and garlic.

House-made Chili
Ground Beef, Kidney beans and spices.

Island Beef Stew
Sunday / Tuesday / Thursday
Seasoned beef braised in tomato sauce,
potatoes, carrots and aromatic vegetables.

Loco Moco
Angus beef patty topped with an egg of your
choice, brown gravy, and served with white,
brown or hapa rice.

Korean Style BBQ Chicken
Boneless chicken thighs in our chef's special
marinade. Served grilled to build flavor.
Available as an entrée or salad.

Asian Bowl
Start with White, Brown or Hapa rice and add:
Choice of one Protein: Chicken, Featured Catch,
Tofu or Vegan Chicken. **Choice of one Vegetable:**
Broccoli, Green Beans, Corn, Carrots, Spinach &
Kale or Zucchini & Squash. **Choice of One Sauce:**
Orange Garlic, Teriyaki or Ginger Sauce

Deli – Build Your Own Sandwich
Choice of one Meat or Filling ^{GF}: Turkey, Ham,
Tuna Salad, Egg Salad, Hummus, Peanut Butter
& Jelly **Choice of one Cheese** ^{GF}: Cheddar,
Provolone, LS Swiss.

Choice of one Bread: White, Wheat, Multigrain,
Sourdough, Pita, Gluten-Free Bread **Extras** ^{GF}:
Lettuce Leaf, Tomato, Red Onions, Cucumber,
Bacon, Pickles, Green Peppers, Mushrooms

Pizza
Meat: Pepperoni or Kalua Pork **Extras:**
Spinach, Mushrooms, Peppers or Red Onion

Fresh from the Garden

Caesar Salad
Plain ^V, Chicken, Tofu ^V or
Vegan Chicken ^V (without croutons ^{GF})

Kale, Cranberry & Walnut Salad
Cranberries, walnuts, bleu cheese on a
bed of spinach & kale. Plain ^V, Chicken,
Tofu ^V or Vegan Chicken ^V
Asian Noodle Salad ^V
Carrots, green onions, red bell pepper,
cucumber, edamame, red cabbage on a bed
of Asian noodles served with Sesame Dressing

BBQ Chicken Salad
with Sesame Dressing
BBQ chicken, red onions, carrots & Mandarin
oranges on a bed of fresh island greens

Vegetables and Hummus ^V
Cucumbers, carrots, celery, tomatoes,
pita bread and hummus

Salad Dressings: Asian Sesame, Balsamic
Vinaigrette ^{GF}, Caesar ^{GF}, French ^{GF} (Regular & FF),
Italian ^{GF} (Regular & FF), Ranch

Featured Soups

• Garden Vegetable ^{GF} ^V Clear Broths:
• Chicken Noodle • Chicken
• Chicken Jook • Beef
• Miso Tofu • Vegetable ^V
• Cream of Corn & Potato ^V • Miso
• Cream of Mushroom ^V
• Broccoli Cheddar

Accompaniments

• Garden Salad ^{GF} ^V • Kim Chee ^V
• Corn ^{GF} ^V • Rice ^{GF} ^V: White,
Hapa, Brown
• Sautéed Spinach
& Kale ^{GF} ^V • Roasted Red Potatoes ^{GF} ^V
• Sautéed Zucchini
& Yellow Squash ^{GF} ^V • Mashed Potato ^{GF} ^V
• Broccoli ^{GF} ^V • Island Poi ^{GF} ^V
• Carrots ^{GF} ^V • Cottage Cheese ^{GF} ^V
• Tofu ^{GF} ^V
• Green Beans ^{GF} ^V

Off the Grill

Gluten Free Bread Available upon request.
Toppings include Lettuce, Red Onions,
Tomatoes, Swiss, Provolone, or
Cheddar Cheese and Choice of Bread.

• Angus Hamburger
• Tuna Melt
• Korean BBQ Chicken
• Grilled Featured Catch
• Ham & Cheese
• Grilled Cheese
• Veggie Burger ^V
• Vegan Chicken ^V
• Bread Pudding ^{SF}
• Chocolate Chip
Cookie
• Oatmeal Raisin
Cookie
• Lemon Cookie ^{SF}
• Double Chocolate
Brownie
• Gelatin: Rainbow
or Sugar-Free
• Haupia ^{GF}

Sweet Treats

• Popsicles: Vanilla,
Strawberry or
Sugar-Free ^V
• Ice Cream ^{GF}: Lite
Vanilla, Lite Chocolate,
• Pudding: Vanilla,
Chocolate: Regular ^{GF}
or Sugar-Free

Menu Key

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^V – Vegan diet food item
^V – Vegetarian diet food item

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