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 service 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. Ordering instructions are also available from your TV.

When you are ready to make your selections:

- **Call us at Extension 14331, 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 next day's meal order until 9:45pm.

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, sweet treats and a hot & cold beverage to complete your meal.

Guest meals are also available for visiting guests and family members.

Ohana Meals 2 Go available for purchase to make your homecoming stress-free.

We accept cash, credit or bank debit cards.
Please call extension 14331, option 1 for details.



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

COMPOSTABLE
Biodegradable Products Institute | US COMPOSTING COUNCIL

02/2023

Abbreviations
FF = Fat Free
LF = Low Fat
LS = Low Sodium
SF = Sugar Free
GF = Gluten Free
V = Vegetarian
V = Vegan

AT YOUR REQUEST Room Service Dining® by sodexo

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

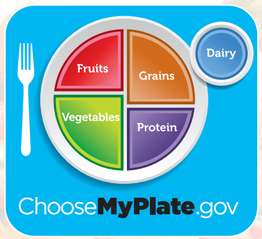
Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease.

Processed Foods

Contains high amounts of sodium, refined carbohydrates and unhealthy fats. For those with kidney disease, these foods may also contain excessive phosphorous and should be limited or avoided.

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.**

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.

Vegetables	Fruits	Grains	Protein	Dairy
Vary Your Veggies. Any vegetables or 100% vegetable juice counts as a member of the 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.

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Place orders between 6:30 a.m. - 6:15 p.m.
Dial 14331, Option 1 to place your order.

THE QUEEN'S MEDICAL CENTER

'Aina Kakahiaka BREAKFAST



Sunrise Breakfast

Sunrise Specials

French Toast

Buttermilk Pancakes

Hard-boiled Egg

Scrambled Eggs[GF] Regular or Puréed

Island-Style Fried Rice
A local favorite.
Served between 6:00-9:00am only.

Loco Moco
What's a Loco Moco? Angus hamburger patty topped with scrambled eggs, brown gravy over white or brown rice.

Tofu Scramble[GF][V]
Seasoned with Tumeric, Curry, Spinach, Bell Peppers, Onion & Tomatoes

Early Riser Breakfast Sandwich
Scrambled Eggs, Cheese & choice of Breakfast Meat on English Muffin.

Sunrise Breakfast[GF]
Scrambled Eggs, Cheese & choice of Breakfast Meat, Choice of Starch.

Breakfast Accompaniments

Bacon[GF]
Veggie Sausage[GF]
Hashbrowns[GF]
Link Sausage[GF]
Portuguese Sausage[GF]
Chicken Sausage Patty[GF]
Turkey Sausage[GF]
Steamed Rice[GF][V]: White or Brown

Jook it Your Way[GF]
Start with your choice of Okai or Chicken Jook. Add toppings to create your favorite comfort food.
Choose from: Furikake, Green Onions, Kamaboko, Kim Chee, and Hot Tea

Fruit/Hot Cereals



Fresh Fruits[GF][V]
Banana*, Pineapple*, Watermelon*, Papaya*, Fresh Fruit Cup*
**All Fresh fruit selections subject to seasonal availability.*

Canned Fruits[GF][V]
Peaches, Mandarin Oranges, Prunes, Pears, Applesauce

Yogurts[GF]
Vanilla, Blueberry, Strawberry

Hot Cereals
Oatmeal or Cream of Wheat

Cold Cereals
Cheerios, Cornflakes, Raisin Bran

Bakery & Breads
English Muffin
Blueberry Muffin
Bagel: Cream Cheese Available



'Aina Ahiahi SIGNATURE ENTRÉES

Entrées

Entrées include choice of Starch (Mashed or Red Roasted) Potato or (Brown or White) Rice, One (1) Lunch & Dinner Accompaniment

Teriyaki Chicken
Boneless chicken thighs in our chef's special marinade. Served charbroiled to build flavor Available as a sandwich, salad or entrée.

Grilled Chicken Breast
Seasoned boneless, skinless chicken breast. Top with your choice of sauces:
Asian Ginger, Orange Garlic, Herb, Teriyaki.
Feel free to mix your sauces.

Roasted Turkey[GF]
Traditional oven-roasted turkey breast in a reduced sodium preparation. A flavor so perfect you won't need the salt!

Seared Beef Pot Roast
Savory slow-roasted beef served with a rich brown gravy. Contains wheat, soy, gluten.

Meatloaf
Homemade with fresh spices & herbs, baked to perfection. Contains eggs, wheat, soy.

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

Catch of the Day
An Island favorite served with your choice of sauces: Asian Ginger, Orange Garlic, Teriyaki.

Punchbowl Signature Beef Chili
Ground beef, kidney beans and onions simmered in a chili and cayenne seasoned tomato sauce.

Island Beef Stew[GF]
Sunday | Tuesday | Thursday
Seasoned beef simmered with potatoes, carrots & peas. Hawai'i style comfort food!

Homestyle Macaroni & Cheese
Friday Only
Cheesy and delicious! Another great comfort food.

Homestyle Beef Macaroni
Monday | Wednesday | Saturday
Tender beef simmered in a tomato sauce.

Entrées By Design

Ramen
Ramen Noodles with Kamaboko (Fish cake), Eggs, Luncheon Meat, Green Onions.

Fresh Baked Pizza *(½ Pizza Portion Size)*
Starts with a Cheese Pizza.
Toppings: Pepperoni, Kalua Pork, Mushroom, Spinach Red Onions, Green & Red Peppers, Black Olives.

Deli
Build Your Own Sandwich.
Meat & Fillings[GF]: Turkey, Ham, Chicken Salad, Tuna Salad, Egg Salad, Hummus[V], Peanut Butter & Jelly[V].
Cheese[GF]: Cheddar, Provolone, Low Sodium Swiss.
Bread: Gluten Free, White, Wheat, Multigrain, Sourdough.
Extras[GF]: Lettuce Leaf, Tomato, Red Onions, Cucumber, Bacon, Pickles, Green Peppers, Mushrooms, Spinach.

Island Grill
Gluten Free Bread Available Upon Request.
Toppings Include Lettuce, Red Onions & Tomatoes, Swiss, Provolone or Cheddar Cheese and Choice of Bread.

- **Angus Hamburger**[GF]
- **Tuna Melt Sandwich**
- **Teriyaki Chicken Sandwich**
- **Turkey Melt Sandwich**
- **Ham & Cheese**[GF] **Sandwich**
- **Grilled Cheese**[GF] **Sandwich**
- **Veggie Burger**[GF][V] **Sandwich**

[GF] *– Gluten Free*

Pizza



If your doctor has prescribed a Special Diet, some items may not be available.

Fresh from the Garden

Entrée Salads

***Caesar Salad**
Plain[V], Tofu[V] or Chicken[GF]
(Gluten Free without Croutons)

*** Spinach Salad**
Fresh baby spinach topped with Red Onion, Mushrooms, Hard cooked egg, Grape Tomatoes & Croutons served with Dressing of your choice. Select your protein: Tofu[V], Bacon, or Herbed Chicken Breast

Somen Salad[GF]
Somen served on a bed of greens, garnished with Kamaboko, Green Onion, Luncheon Meat & Eggs with Asian Sesame Dressing

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

*** Fresh Fruits & Cottage Cheese Plate***[GF]
Watermelon, Honeydew, Cantaloupe, Seasonal Fruit & Cottage Cheese.

Salad Dressings
Italian[GF] (Regular & FF), Asian Sesame, French[GF] (Regular & FF), Caesar[GF] (FF), Ranch (Regular & FF), Balsamic Vinaigrette

Available as side salads without proteins. FF = Fat Free Substitutions & half servings allowed based on availability.*

Soups/Salads (Choice of One)

Garden Vegetable[GF][V]
Cream of Mushroom
Butternut Squash[V]
Miso Tofu with Wakame (Seaweed)
Chicken Noodle
Clear Broth: Vegetable[V], Chicken* or Beef*
Chicken Jook
Garden Salad[GF][V]
Small Spinach Salad
Small Ceasar Salad
Carrot Sticks

**Gluten-Free broths available upon request.*

Accompaniments

Cottage Cheese[GF][V]
Tofu Cubes[GF][V]
Fresh Broccoli[GF][V]
Green Beans[GF][V]
California Blend[GF][V]
Potato Chips[GF][V]
Kim Chee[V]
Kernel Corn[GF][V]
Diced Carrots[GF][V]
Roasted Red Potatoes[GF][V]
Island Poi[GF][V]
Mashed Potatoes[GF][V]
Steamed Rice[GF][V]: White or Brown
Sautéed Fresh Zucchini[GF][V]
Soft Rice

Sweet Treats (Choice of One)

Lilikoi Cheesecake on MacNut Crust
Chocolate Chip Cookie
Oatmeal Raisin Cookie
SF Lemon Cookie
Double Chocolate Brownie
Gelatin: Regular[GF] or SF[GF]
Haupia[GF]
Popsicles[GF]
Ice Cream[GF]: Lite Vanilla, Lite Chocolate
Pudding: Vanilla, Chocolate: Regular[GF] or SF
Fresh Fruits
Canned Fruits

Beverages

Coffee[GF]: Regular or Decaf
Tea: Black & Green[GF]: Decaf & Herbal
Hot Cocoa: Regular or Sugar Free
Cold[GF]: Skim Milk, 1% Milk, Soy Milk, Iced Tea, Sobe Life Water, Apple Juice, Orange Juice, Cranberry Juice, Passion-Orange Juice, Crystal Light

MENU KEY

SF – *Sugar-Free*
FF – *Fat-Free*
GF – *Gluten-Free*
[V] – *Vegan diet food item*
[V] – *Vegetarian diet food item*

Mahalo!

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