



## **KAPI'OLANI MEDICAL CENTER- WOMEN'S & CHILDREN**

### **Monday 8/10**

**Breakfast:** Belgian Waffle, Tater Tots, Portuguese Sausage, Bacon, Corned Beef Hash

**Breakfast Special:** Breakfast Burrito

**Chef's Healthy & Hearty Soup:** Chicken Noodle, Vegetarian Tortilla Soup

**Lunch Salad Special:** Chef Salad

**Lunch Sandwich Special:** Caprese Panini

**Chef's Daily Lunch Bar:** Taco & Burrito

**Lunch & Dinner special:** Herb Crusted Roast Beef, Teriyaki Tofu & Broccoli  
Stir Fry Veggies, House Fried Rice, Garlic Mashed Potatoes

**Healthy Special:** Hawaiian Catch

### **Tuesday 8/11**

**Breakfast:** Mochi Pancakes, Breakfast Potatoes, Pork Sausage Patty, Bacon, Loco Moco

**Breakfast Special:** Three Cheese Omelet

**Chef's Healthy & Hearty Soup:** Mediterranean seafood & orzo, Tom Yum

**Lunch Salad Special:** Blackened Chicken Caesar

**Lunch Sandwich Special:** Monte Cristo

**Chef's Daily Lunch Bar:** Saimin Bar

**Lunch & Dinner special:** Eggplant Parmesan, Teriyaki Pulled Pork  
Steamed Broccoli, Garlic Fried Rice

**Healthy Special:** Korean Chicken Breast

### **Wednesday 8/12**

**Breakfast:** Fried Rice, Grilled Ham, Bacon, Corned Beef Hash

**Breakfast Special:** Jumbo Belgian Waffle Wednesday with berry compote!

**Chef's Healthy & Hearty Soup:** Portuguese Bean, Cauliflower Cheese

**Lunch Salad Special:** Tomato Feta and Dill

**Lunch Sandwich Special:** Kalua Pork and Black bean quesadilla

**Chef's Daily Lunch Bar:** Nacho Bar

**Lunch & Dinner special:** Bayou Salmon, Chicken Adobo  
Veggie Spring Rolls, House Fried Rice, Farmer's Market Vegetable Medley

**Healthy Special:** Mushroom Stroganoff

### Thursday 8/13

**Breakfast:** Tater Tots, Belgian Waffle, Pork Link Sausage, Bacon, Loco Moco

**Breakfast Special:** Breakfast Sandwich

**Chef's Healthy & Hearty Soup:** Seafood Chowder, butternut Squash & sweet potato

**Lunch Salad Special:** Farro, chickpea, Chicken, and Kale

**Lunch Sandwich Special:** Southwestern Grilled Chicken Cutlet Sandwich

**Chef's Action Station:** Sautéed Fresh Fish

**Lunch & Dinner special:** Portabella Picatta, Jerk Pork Loin

Pesto Linguine, House Fried Rice, Roasted Eggplant with Pepper & Carrots

**Healthy Special:** Garlic & Rosemary Roast Chicken

### Friday 8/14

**Breakfast:** Country potatoes, Banana Pancakes, Portuguese Sausage, Bacon, Corned Beef Hash

**Breakfast Special:** Ham Mushroom Cheddar

**Chef's Healthy & Hearty Soup:** Crab Jambalaya, Potato Kale

**Lunch Salad Special:** Southwest Cobb

**Lunch Sandwich Special:** The Falafel

**Chef's Daily Lunch Bar:** Southern BBQ

**Lunch & Dinner special:** Penne with Broccoli, Corned Beef & Cabbage

Red Roasted Potatoes, Fried Rice, Balsamic Herb Roasted Vegetables

**Healthy Special:** Citrus Herb Catch

### Saturday 8/15

**Breakfast:** Fried Rice, French Toast, Country Potatoes, Pork Sausage Patty, Bacon, Loco Moco

**Breakfast Special:** Bacon Egg and Cheese sandwich

**Chef's Healthy & Hearty Soup:** Egg Drop, Cream of Broccoli

**Lunch Sandwich Special:** Tuna Melt

**Lunch & Dinner special:** Vegetarian Sloppy Joes, Grilled Pork Chop with Caramelized Onions

Italian Roasted Vegetables, Cilantro Lime Rice

**Healthy Special:** Ancho Lime Chicken

### Sunday 8/16

**Breakfast:** Tater Tots, Belgian Waffle, Grilled Ham, Bacon, Corned Beef Hash

**Breakfast Special:** Kalua Pork Omelet

**Chef's Healthy & Hearty Soup:** Artichoke & spinach, Potato Cheddar

**Lunch Sandwich Special:** Veggie Banh Mi

**Lunch & Dinner special:** Beef Pot Roast, Baked Chicken Penne

Gratin potatoes, Sautéed Vegetable Blend

**Healthy Special:** Cauliflower Tofu Curry