

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 9:30pm.

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



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



04/2025

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

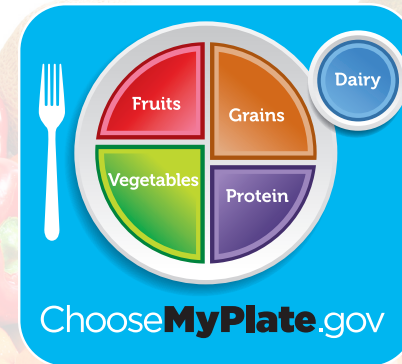
Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease.

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

Vary Your Veggies. Any vegetables or 100% vegetable juice counts as a member of the this group.

Fill half your plate with fruits and vegetables.

Fruits

Focus on Fruits, Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.

Grains

Make at least half your grains whole.

Read labels to find more whole grain foods.

Whole wheat, oatmeal and brown rice are all good.

Protein

Go lean with protein.

Keep portions on the plate small.

Nuts, beans, peas, seeds, poultry, lean meat, seafood soy and eggs are in this group

Dairy

Eat calcium-rich foods.

Remember to buy skim milk or 1% milk.

Go easy on cheese.

Skim-milk yogurt is a good choice, too.



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 Specials

French Toast

Buttermilk Pancakes

Hard-boiled Egg *(Chilled)*

Scrambled Eggs^{GF} Regular or Puréed

Island-Style Fried Rice

A local favorite.

Served between 6:00am-9:00am only.

Loco Moco

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

Breakfast Accompaniments

Bacon^{GF}

Veggie Sausage Patty^{GF}

Hashbrowns^{GF}

Link Sausage^{GF}

Portuguese Sausage^{GF}

Chicken Sausage Patty^{GF}

Turkey Sausage^{GF}

Steamed Rice^{GF} ^V: White or Brown

Chicken Jook

Add toppings to create your favorite comfort food. Choose from: Furikake, Green Onions, Kamaboko

Fruit/Hot Cereals

Fresh Fruits^{GF} ^V

Banana*, Pineapple*, Watermelon*, Papaya*^{GF}, Fresh Fruit Cup*

**All Fresh fruit selections subject to seasonal availability.*

^{GF} Papaya available from 6am-1pm.

Canned Fruits^{GF} ^V

Peaches, Mandarin Oranges, Prunes, Pears, Applesauce

Yogurts^{GF} *(All Light)*

Vanilla, Blueberry, Strawberry



Hot Cereals

Oatmeal or Cream of Wheat

Cold Cereals

Cheerios, Cornflakes, Raisin Bran

Bakery & Breads

Muffin of the Day

Bagel: Cream Cheese Available *(Untoasted)*



Sunrise
Breakfast



'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^{GF}

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

Grilled Chicken Breast^{GF}

Seasoned boneless, skinless chicken breast. Top with your choice of sauces: Asian Ginger, Orange Garlic, Herb, Teriyaki.

Roasted Turkey^{GF}

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

Pork Adobo^{GF}

Marinated and braised Pork cooked in a briny mixture of soy sauce, garlic, vinegar and aromatics.

Meatloaf—Beef

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

Kalua Pork^{GF}

An island favorite, smoke infused Kalua Pork.

Catch of the Day^{GF}

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.

Daily Specials

Homestyle Beef Macaroni

Monday | Saturday

Tender beef simmered in a tomato sauce.

Island Beef Stew^{GF}

Tuesday | Thursday | Sunday

Seasoned beef simmered with potatoes, carrots & peas. Hawai'i style comfort food!

Fish Doree

Wednesdays Only

Pork Guisantes^{GF}

Friday Only

Tender pork, sweet green peas and peppers in a rich tomato gravy. Another great comfort food.

Entrées By Design

Ramen *(No Half Size)*

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

Fresh Baked Pizza *(½ Pizza Portion Size Only)*

Starts with a Cheese Pizza plus three toppings.

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, Multigrain, Sourdough.

Extras^{GF} *(Choose Up to 3)*: 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

Teriyaki Chicken Salad*

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

Fresh Fruits & Cottage Cheese Plate*^{GF}

Cantaloupe, Pineapple, Strawberry, Grapes & Cottage Cheese.

Salad Dressings

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

Caesar Salad*

Plain ^V, Chicken^{GF} or Vegan Chicken ^V *(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: Vegan Chicken ^V, Bacon, or Herbed Chicken Breast

Somen Salad^{GF} *(No Half Size)*

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

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^{GF} ^V, Chicken^{GF}, Beef^{GF} or Miso^{GF}

Chicken Jook

Garden Salad^{GF} ^V

Small Spinach Salad *(No Protein)*

Small Caesar Salad *(No Protein)*

Baby Carrots

Accompaniments

Cottage Cheese^{GF} ^V

Tofu Cubes^{GF} ^V

Fresh Broccoli^{GF} ^V

Green Beans^{GF} ^V

Vegetable Blend^{GF} ^V

Potato Chips^{GF} ^V

Kim Chee ^V

Kernel Corn^{GF} ^V

Diced Carrots^{GF} ^V

Roasted Red Potatoes^{GF} ^V Soft Rice

Island Poi^{GF} ^V

Mashed Potatoes^{GF} ^V

Steamed Rice^{GF} ^V: White or Brown

Sautéed Fresh Zucchini^{GF} ^V

Sweet Treats (Choice of One)

Lilikoi Cheesecake on MacNut Crust

(Lunch and Dinner Only)

Chocolate Chip Cookie

Oatmeal Raisin Cookie

SF Cookie

Double Chocolate Brownie

Gelatin: Regular^{GF} or SF^{GF}

Haupia^{GF}

Popsicles^{GF}

Ice Cream^{GF}: Vanilla, Chocolate

Pudding: Vanilla, Chocolate: Regular^{GF} or SF

Fresh Fruits

Canned Fruits

Beverages

Coffee^{GF}: Regular or Decaf

Tea^{GF}: Black, Green, Decaf Black, Herbal

Hot Cocoa: Regular or Sugar Free

Cold^{GF}: Skim Milk, 1% Milk, Soy Milk, Iced Tea,

Raspberry Iced Tea, 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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