

# Hale Aina Dining Facility

Hickam Bldg. 1860

Phone #.....449-1666

Menu Line ....449-3357



November 2017  
JOINT BASE PEARL HARBOR-HICKAM

## GO FOR GREEN PERFORMANCE NUTRITION

- High Performance Foods - **EAT OFTEN**
- Moderate Performance Foods - **EAT OCCASIONALLY**
- Low Performance Foods - **EAT RARELY**

The food items in this facility are labeled green, yellow, and red for your convenience and to encourage you to eat healthy.

Menu Subject to Change.



DATE	LUNCH	DINNER	LUNCH SPECIAL
<b>WED 1</b>	<ul style="list-style-type: none"> <li>● Ginger BBQ Chicken</li> <li>● Baked Salmon</li> <li>● Sweet and Sour Spare ribs</li> </ul>	<ul style="list-style-type: none"> <li>● Mediterranean Salmon</li> <li>● BBQ Brisket</li> </ul>	<ul style="list-style-type: none"> <li>● Hot Italian Sausage Sandwich</li> <li>● Shrimp Salad Pita</li> <li>● Buffalo Wings</li> </ul>
<b>THU 2</b>	<ul style="list-style-type: none"> <li>● Baked Turkey Roulade Florentine</li> <li>● Shrimp Scampi</li> <li>● Teriyaki Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Chicken</li> <li>● Yankee Pot Roast</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Steak &amp; Cheese Sub</li> </ul>
<b>FRI 3</b>	<ul style="list-style-type: none"> <li>● Orzo, w/ Spinach, Tomato &amp; Onion</li> <li>● Savory Baked Chicken</li> <li>● Cantonese Spare ribs</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey Nuggets</li> <li>● Fiesta Fish</li> <li>● Chili Mac</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Cheese Fishwich Sandwich</li> </ul>
<b>SAT 4</b>	<ul style="list-style-type: none"> <li>● Grilled Salmon w/Citrus Butter</li> <li>● Teriyaki Chicken</li> <li>● BBQ Beef Cubes</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Stir Fry</li> <li>● Southern Fried Catfish</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Fried Chicken Nuggets</li> </ul>
<b>SUN 5</b>	<ul style="list-style-type: none"> <li>● Honey Ginger Chicken</li> <li>● Creole Shrimp</li> <li>● Beef Yakisoba</li> </ul>	<ul style="list-style-type: none"> <li>● Mexican Baked Chicken</li> <li>● Beef Fajitas</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Buffalo Wings</li> </ul>
<b>MON 6</b>	<ul style="list-style-type: none"> <li>● Baja Baked Cod</li> <li>● Pepper Steak</li> <li>● Mexican Baked Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Florentine</li> <li>● Baked Salmon</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Mozzarella Sticks /Jalapeno Poppers</li> </ul>
<b>TUE 7</b>	<ul style="list-style-type: none"> <li>● Lemon Basil Shrimp Pasta</li> <li>● Spicy Chicken Shawarma</li> <li>● Grilled Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Mexican Pork Chops</li> <li>● Fried Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Beef Tacos</li> </ul>
<b>WED 8</b>	<ul style="list-style-type: none"> <li>● Pork Roast Tenderloin</li> <li>● Lemon Pepper Baked Chicken</li> <li>● Mediterranean Salmon</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken a la King</li> <li>● Beef Bulgogi</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Buffalo Wings</li> </ul>
<b>THU 9</b>	<ul style="list-style-type: none"> <li>● Grilled Chicken w/ Mustard Sauce</li> <li>● Sweet and Sour Spare ribs</li> <li>● Steak Ranchero</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Shrimp Linguine</li> <li>● Mr. Z's Baked Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Steak &amp; Cheese Sub</li> </ul>
<b>FRI 10</b>	<ul style="list-style-type: none"> <li>● Fried Catfish</li> <li>● Beef Ball Stroganoff</li> <li>● Chicken Cordon Bleu</li> </ul>	<ul style="list-style-type: none"> <li>● Ginger BBQ Chicken</li> <li>● Beef &amp; Corn Pie</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Chinese Egg Rolls</li> </ul>
<b>SAT 11</b>	<ul style="list-style-type: none"> <li>● Lemon Pepper Baked Chicken</li> <li>● Grilled Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Zesty Pork Chops</li> <li>● Asian Bourbon Beef &amp; Vegetables over Noodles</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Fried Chicken Nuggets</li> </ul>
<b>SUN 12</b>	<ul style="list-style-type: none"> <li>● Baja Fish Tacos</li> <li>● Swiss Steak w/Brown Gravy</li> </ul>	<ul style="list-style-type: none"> <li>● Shrimp Chop Suey</li> <li>● Teriyaki Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Buffalo Wings</li> </ul>
<b>MON 13</b>	<ul style="list-style-type: none"> <li>● Grilled Salmon</li> <li>● Herbed Baked Chicken</li> <li>● Chili Mac</li> </ul>	<ul style="list-style-type: none"> <li>● Pepper Steak</li> <li>● Stuffed Baked Pork Chops</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Cuban Midnight Sandwich</li> <li>● Mozzarella Sticks /Jalapeno Poppers</li> </ul>

DATE	LUNCH	DINNER	LUNCH SPECIAL
<b>TUE 14</b>	<ul style="list-style-type: none"> <li>● Turkey Nuggets</li> <li>● Shrimp Jamalaya</li> <li>● Polish Sausage</li> </ul>	<ul style="list-style-type: none"> <li>● Shrimp Scampi</li> <li>● Ground Beef Enchiladas</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Cuban Midnight Sandwich</li> <li>● Beef Tacos</li> </ul>
<b>WED 15</b>	<ul style="list-style-type: none"> <li>● Cranberry Glazed Chicken</li> <li>● Southern Fried Catfish</li> <li>● BBQ Brisket</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Salmon w/Citrus Butter</li> <li>● Ground Turkey Lasagna</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Cuban Midnight Sandwich</li> <li>● Fried Chicken Nuggets</li> </ul>
<b>THU 16</b>	<ul style="list-style-type: none"> <li>● Southwestern Shrimp Linguine</li> <li>● Chicken Dijon</li> <li>● Cajun Meatloaf</li> </ul>	<ul style="list-style-type: none"> <li>● Pork Roast Tenderloin</li> <li>● Baja Baked Cod</li> <li>● BBQ Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Steak &amp; Cheese Sub</li> </ul>
<b>FRI 17</b>	<ul style="list-style-type: none"> <li>● Stuffed Green Peppers</li> <li>● Braised Beef &amp; Noodles</li> <li>● Bourbon Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Lemon Pepper Baked Chicken</li> <li>● Orange Rosemary Pork Chop</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Chinese Egg Rolls</li> </ul>
<b>SAT 18</b>	<ul style="list-style-type: none"> <li>● Baked Fish w/Lemon Garlic Butter</li> <li>● Grilled Pork Chops</li> </ul>	<ul style="list-style-type: none"> <li>● Lemon Basil Shrimp Pasta</li> <li>● Grilled Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Fried Chicken Nuggets</li> </ul>
<b>SUN 19</b>	<ul style="list-style-type: none"> <li>● Caribbean Catfish</li> <li>● Beef Brogud</li> </ul>	<ul style="list-style-type: none"> <li>● Baja Fish Tacos</li> <li>● Country Style Fried Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Chicken Wrap</li> <li>● Buffalo Wings</li> </ul>
<b>MON 20</b>	<ul style="list-style-type: none"> <li>● Spaghetti w/Meat Sauce</li> <li>● Fried Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>● Teriyaki Pork Steak</li> <li>● Chicken Cordon Bleu</li> </ul>	<ul style="list-style-type: none"> <li>● Shrimp Salad Pita</li> <li>● Mozzarella Sticks /Jalapeno Poppers</li> </ul>
<b>TUE 21</b>	<ul style="list-style-type: none"> <li>● Jamaican Chicken</li> <li>● Asian Bourbon Beef &amp; Vegetables over Noodles</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Stew</li> <li>● Southern Fried Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Shrimp Salad Pita</li> <li>● Beef Tacos</li> </ul>
<b>WED 22</b>	<ul style="list-style-type: none"> <li>● Ginger BBQ Chicken</li> <li>● Sweet and Sour Spareribs</li> </ul>	<ul style="list-style-type: none"> <li>● Mediterranean Salmon</li> <li>● BBQ Brisket</li> </ul>	<ul style="list-style-type: none"> <li>● Shrimp Salad Pita</li> <li>● Buffalo Wings</li> </ul>
<b>THU 23</b>	<ul style="list-style-type: none"> <li>● Roast Turkey</li> <li>● Baked Ham</li> <li>● Roast Beef</li> </ul>	<ul style="list-style-type: none"> <li>● Roast Turkey</li> <li>● Baked Ham</li> <li>● Roast Beef</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Steak &amp; Cheese Sub</li> </ul>
<b>FRI 24</b>	<ul style="list-style-type: none"> <li>● Savory Baked Chicken</li> <li>● Cantonese Spareribs</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey a la King</li> <li>● Chili Mac</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Cheese Fishwich Sandwich</li> </ul>
<b>SAT 25</b>	<ul style="list-style-type: none"> <li>● Grilled Salmon w/Citrus Butter</li> <li>● Teriyaki Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Stir Fry</li> <li>● Southern Fried Catfish</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Fried Chicken Nuggets</li> </ul>
<b>SUN 26</b>	<ul style="list-style-type: none"> <li>● Honey Ginger Chicken</li> <li>● Beef Yakisoba</li> </ul>	<ul style="list-style-type: none"> <li>● Mexican Baked Chicken</li> <li>● Beef Fajitas</li> </ul>	<ul style="list-style-type: none"> <li>● Open-Faced Chicken Caprese Sandwich</li> <li>● Buffalo Wings</li> </ul>
<b>MON 27</b>	<ul style="list-style-type: none"> <li>● Pepper Steak</li> <li>● Mexican Baked Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Florentine</li> <li>● Baked Salmon</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Mozzarella Sticks /Jalapeno Poppers</li> </ul>

DATE	LUNCH	DINNER	LUNCH SPECIAL
<b>TUE 28</b>	<ul style="list-style-type: none"> <li>● Spicy Chicken Shawarma</li> <li>● Grilled Steak</li> </ul>	<ul style="list-style-type: none"> <li>● Mexican Pork Chops</li> <li>● Fried Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled Beef &amp; Provolone</li> <li>● Beef Tacos</li> </ul>
<b>WED 29</b>	<ul style="list-style-type: none"> <li>● Lemon Pepper Baked Chicken</li> <li>● Mediterranean Salmon</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken a la King</li> <li>● Beef Bulgogi</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Buffalo Wings</li> </ul>
<b>THU 30</b>	<ul style="list-style-type: none"> <li>● Grilled Chicken w/ Mustard Sauce</li> <li>● Steak Ranchero</li> </ul>	<ul style="list-style-type: none"> <li>● Southwestern Shrimp Linguine</li> <li>● Mr. Z's Baked Chicken</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken BLT Wrap w/Aioli</li> <li>● Steak &amp; Cheese Sub</li> </ul>

## Vegetarian Meals

*Mondays* – Broccoli Quiche

*Tuesdays* – Spinach Lasagna

*Wednesdays* – Cheese Manicotti

*Thursdays* – Italian Broccoli Pasta

*Fridays* – Cheese Tortellini w/Marinara Sauce

**Nov 4 & 5 – UTA Reserves**  
**Nov 11 – Veterans Day**  
**Nov 23 – Thanksgiving Special Menu**

### MEMBERS AUTHORIZED TO EAT IN HALE AINA:

- Enlisted members on meal card.
- Enlisted members receiving basic allowance for subsistence.
- Active duty officers.
- TDY personnel (officers, enlisted, & civilians) directed to dine at the DFAC as stated on orders.
- Authorized guardsmen and reservists on UTA drills and IDT orders.
- Spouses and dependents accompanied by the military member.
- Authorized special groups and organization.