

# Hale Aina Dining Facility

Hickam Bldg. 1860

Phone #.....449-1666

Menu Line ....449-3357



## 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>MON 1</b>	● Grilled Salmon w/Citrus Butter (Green) ● Corned Beef (Yellow)	● Teriyaki Pork Steak ● Chicken Cordon Bleu	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Mozzarella Sticks /Jalapeno Poppers
<b>TUE 2</b>	● Jamaican Chicken ● Asian Bourbon Beef & Vegetables over Noodles	● Beef Stew ● Southern Fried Chicken	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Beef Tacos
<b>WED 3</b>	● Ginger BBQ Chicken ● Baked Salmon	● Turkey a la King ● Mediterranean Salmon	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Buffalo Wings
<b>THU 4</b>	● Baked Turkey Roulade Florentine ● Teriyaki Steak	● Baked Chicken ● Yankee Pot Roast	● Open-Faced Chicken Caprese Sandwich ● Steak & Cheese Sub ● Cheese Fishwich Sandwich
<b>FRI 5</b>	● Savory Baked Chicken ● Cantonese Spareribs	● Turkey Nuggets ● Chili Mac	● Open-Faced Chicken Caprese Sandwich ● Cheese Fishwich Sandwich
<b>SAT 6</b>	● Grilled Salmon w/Citrus Butter ● Teriyaki Chicken ● BBQ Beef Cubes	● Beef Stir Fry ● Southern Fried Catfish	● Open-Faced Chicken Caprese Sandwich ● Fried Chicken Nuggets
<b>SUN 7</b>	● Honey Ginger Chicken ● Creole Shrimp ● Beef Yakisoba	● Mexican Baked Chicken ● Beef Fajitas	● Open-Faced Chicken Caprese Sandwich ● Buffalo Wings
<b>MON 8</b>	● Baja Baked Cod ● Pepper Steak ● Hot & Spicy Chicken	● Chicken Florentine ● Baked Salmon	● Grilled Beef & Provolone ● Mozzarella Sticks /Jalapeno Poppers ● Cheese Fishwich Sandwich
<b>TUE 9</b>	● Lemon Basil Shrimp Pasta ● Spicy Chicken Shawarma ● Grilled Steak	● Mexican Pork Chops ● Fried Shrimp	● Grilled Beef & Provolone ● Beef Tacos ● Cheese Fishwich Sandwich
<b>WED 10</b>	● Pork Roast Tenderloin ● Lemon Pepper Baked Chicken ● Mediterranean Salmon	● Chicken a la King ● Beef Bulgogi	● Cheese Fishwich Sandwich ● Chicken BLT Wrap w/Aioli ● Buffalo Wings
<b>THU 11</b>	● Lemon Baked Fish (Cod) ● Grilled Chicken w/ Mustard Sauce ● Steak Ranchero	● Southwestern Shrimp Linguine ● Mr. Z's Baked Chicken	● Cheese Fishwich Sandwich ● Chicken BLT Wrap w/Aioli ● Steak & Cheese Sub
<b>FRI 12</b>	● Ginger BBQ Chicken ● Beef Ball Stroganoff ● Chicken Cordon Bleu ● Stuffed Baked Fish	● Shrimp Jambalaya ● Beef & Corn Pie	● Cheese Fishwich Sandwich ● Chicken BLT Wrap w/Aioli ● Chinese Egg Rolls
<b>SAT 13</b>	● Spinach Lasagna ● Southern Fried Chicken	● Zesty Pork Chops ● Asian Bourbon Beef & Vegetables over Noodles	● Grilled Beef & Provolone ● Chicken BLT Wrap w/Aioli ● Fried Chicken Nuggets

DATE	LUNCH	DINNER	LUNCH SPECIAL
<b>SUN</b> 14	● Baja Fish Tacos ● Swiss Steak w/Brown Gravy	● Cajun Chicken ● Teriyaki Steak	● Grilled Beef & Provolone ● Chicken BLT Wrap w/Aioli ● Buffalo Wings
<b>MON</b> 15	● Baked Chicken ● Southern Fried Catfish	● Pepper Steak ● Salmon w/Maple Ginger Glaze	● Cheese Fishwich Sandwich ● Cuban Midnight Sandwich ● Mozzarella Sticks /Jalapeno Poppers
<b>TUE</b> 16	● Turkey Nuggets ● Shrimp Jambalaya ● Polish Sausage	● Turkey Swedish Meatballs ● Ground Beef Enchiladas	● Cheese Fishwich Sandwich ● Cuban Midnight Sandwich ● Beef Tacos
<b>WED</b> 17	● Cranberry Glazed Chicken ● Southern Fried Catfish ● BBQ Brisket	● Grilled Salmon w/Citrus Butter ● Ground Turkey Lasagna	● Cheese Fishwich Sandwich ● Cuban Midnight Sandwich ● Fried Chicken Nuggets
<b>THU</b> 18	● Southwestern Shrimp Linguine ● Chicken Dijon ● Cajun Meatloaf	● Pork Roast Tenderloin ● Baja Baked Cod ● BBQ Chicken	● Cheese Fishwich Sandwich ● Steak & Cheese Sub
<b>FRI</b> 19	● Stuffed Green Peppers ● Bourbon Chicken ● Fried Fish	● Lemon Pepper Baked Chicken ● Braised Beef & Noodles	● Cheese Fishwich Sandwich ● Chinese Egg Rolls
<b>SAT</b> 20	● Baked Fish w/Lemon Garlic Butter ● Grilled Pork Chops ● Asian BBQ Turkey	● Lemon Basil Shrimp Pasta ● Zesty Pork Chops ● Grilled Steak	● Southwestern Chicken Wrap ● Fried Chicken Nuggets
<b>SUN</b> 21	● Roast Turkey ● Caribbean Catfish	● Baja Fish Tacos ● Country Style Fried Steak	● Southwestern Chicken Wrap ● Buffalo Wings
<b>MON</b> 22	● Santa Fe Glazed Chicken ● Spaghetti w/Meat Sauce ● Fried Shrimp	● Teriyaki Pork Steak ● Chicken Cordon Bleu	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Mozzarella Sticks /Jalapeno Poppers
<b>TUE</b> 23	● Onion-Lemon Baked Fish ● Jamaican Chicken ● Asian Bourbon Beef & Vegetables over Noodles	● Beef Stew ● Southern Fried Chicken	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Beef Tacos
<b>WED</b> 24	● Ginger BBQ Chicken ● Baked Salmon ● Sweet and Sour Spare ribs	● Turkey a la King ● BBQ Brisket	● Cheese Fishwich Sandwich ● Shrimp Salad Pita ● Buffalo Wings
<b>THU</b> 25	● Baked Turkey Roulade Florentine ● Shrimp Scampi ● Teriyaki Steak	● Baked Chicken ● Yankee Pot Roast	● Open-Faced Chicken Caprese Sandwich ● Steak & Cheese Sub ● Cheese Fishwich Sandwich
<b>FRI</b> 26	● Turkey Nuggets ● Savory Baked Chicken ● Cantonese Spare ribs ● Stuffed Baked fish	● Orzo, w/ Spinach, Tomato & Onion ● Chili Mac	● Open-Faced Chicken Caprese Sandwich ● Cheese Fishwich Sandwich

DATE	LUNCH	DINNER	LUNCH SPECIAL
<b>SAT</b> 27	● Grilled Salmon w/Citrus Butter ● Teriyaki Chicken	● Beef Stir Fry ● Southern Fried Catfish	● Open-Faced Chicken Caprese Sandwich ● Fried Chicken Nuggets
<b>SUN</b> 28	● Honey Ginger Chicken ● Beef Yakisoba	● Baked Fish w/Lemon Garlic Butter ● Mexican Baked Chicken	● Open-Faced Chicken Caprese Sandwich ● Buffalo Wings
<b>MON</b> 29	● Baja Baked Cod ● Pepper Steak ● Hot & Spicy Chicken	● Chicken Florentine ● Baked Salmon	● Grilled Beef & Provolone ● Mozzarella Sticks /Jalapeno Poppers ● Cheese Fishwich Sandwich
<b>TUE</b> 30	● Lemon Basil Shrimp Pasta ● Spicy Chicken Shawarma ● Grilled Steak	● Roast Turkey ● Mexican Pork Chops	● Grilled Beef & Provolone ● Beef Tacos ● Cheese Fishwich Sandwich
<b>WED</b> 31	● Park Roast Tenderloin ● Lemon Pepper Baked Chicken ● Mediterranean Salmon	● Chicken a la King ● Beef Bulgogi	● Cheese Fishwich Sandwich ● Chicken BLT Wrap w/Aioli ● Buffalo Wings

## Vegetarian Meals

*Mondays* – Broccoli Quiche

*Tuesdays* – Spinach Lasagna

*Wednesdays* – Cheese Manicotti

*Thursdays* – Italian Broccoli Pasta

*Fridays* – Cheese Tortellini w/Marinara Sauce

**Jan 1 - New Year's Day**

**Jan 6 & 7 - UTA Reserves**

**Jan 12 - PACAF Family Day**

**Jan 15 - Martin Luther King Day**

### 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.