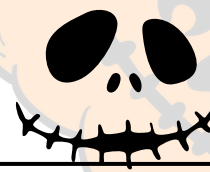


OCTOBER / 'OKAKOPA



HUI NO KE  **OLA PONO**
SIMPLY HEALTHY CAFE



DAILY SPECIAL \$10.00

INCLUDES:


- STARCH
- VEGGIE/SALAD
- FRUIT

POI \$6.00 HALF LB.

AVAILABLE TUES. & THURS.

HOURS OF OPERATION

MONDAY - FRIDAY
11AM - 1:30PM

 808-442-6816

 WWW.HNKOP.ORG

 @HUINOKEOLAPONO

CONSUMING RAW OR UNDERCOOKED FOODS
CAN INCREASE THE RISK OF ILLNESS

**PŌ'AKAHI
MON**

**PŌ'ALUA
TUES**

**PŌ'AKOLU
WED**

**PŌ'AHĀ
THUR**

**PŌ'ALIMA
FRI**

1
PORK LU'AU
BROWN RICE
STEAMED VEGGIES

2
LASAGNA
MIXED GREENS &
DRESSING

3
BAKED SALMON
BROWN RICE
MISO RSTD VEGGIES

6
KĀLUA PORK N
CABBAGE
BROWN RICE
STEAMED VEGGIES

7
BAKED CHICKEN
MASHED POTATO
CORN + MIXED
VEGGIES

8
ROAST PORK
BROWN RICE
CORN + MIXED
VEGGIES

9
FLORENTINE
MEATBALLS
NOODLES
STEAMED VEGGIES

10
SHOYU CHICKEN
BROWN RICE
GARLIC GREEN
BEANS

13
CHICKEN LONG RICE
BROWN RICE
STEAMED VEGGIES

14 FIRECRACKER
CHICKEN
BROWN RICE
MIXED GREENS +
DRESSING

15
'UALA BEEF STEW
BROWN RICE
CORN + MIXED
VEGGIES

16
ITALIAN CHICKEN
W/ NOODLES
MIXED GREENS +
DRESSING

17
CLOSED

20
BEEF TOMATO
BROWN RICE
STEAMED VEGGIES

21
HONEY MUSTARD
CHICKEN
BROWN RICE
CARROT STIR FRY

22
TURKEY PATTY +
GRAVY
MASHED POTATO
GARLIC GREEN
BEANS

23
CHICKEN & SPINACH
PHYLLO WRAPS
STEAMED VEGGIES

24
MEATLOAF
BROWN RICE
MIXED GREENS +
DRESSING

27
BEEF BROCCOLI
BROWN RICE
MIXED GREENS +
DRESSING

28
MEDITERRANEAN
CHICKEN
BROWN RICE
CARROT STIR FRY

29
PORK N PEAS
BROWN RICE
STEAMED VEGGIES

30
'UALA BEEF STEW
BROWN RICE
STEAMED VEGGIES

31
PORK + PUMPKIN
BROWN RICE
MISO RSTD
VEGGIES