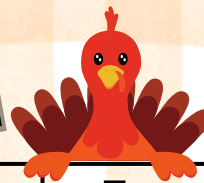


NOVEMBER/NOWEMAPA



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
3 KĀLUA PORK N CABBAGE BROWN RICE STEAMED VEGGIES	4 WHITE SAUCE CHCKN PASTA GARLIC BREAD MIXED GREENS	5 PORK N PEAS BROWN RICE STEAMED VEGGIES	6 ROAST PORK N GRAVY MASHED POTATOES GARLIC GREEN BEANS	7 CHCKN + 'UALA LAULAU BROWN RICE LOMI SALMON
10 SHOYU CHICKEN BROWN RICE STEAMED VEGGIES	11 CLOSED LĀ NUI	12 TURKEY PATTY W/ GRAVY & ONIONS BROWN RICE CORN & VEGGIES	13 KALO BURGER ON A KALO BUN CARAMELIZED ONIONS W/ TOMATO & LETTUCE	14 'UALA BEEF STEW BROWN RICE MIXED GREENS
17 CHICKEN LONG RICE BROWN RICE STEAMED VEGGIES	18 BAKED SPAGHETTI MIXED GREENS & DRESSING	19 MEATLOAF BROWN RICE MIXED GREENS	20 BAKED SALMON BROWN RICE STEAMED VEGGIES	21 CLOSED
24 BEEF LŪ'AU BROWN RICE STEAMED VEGGIES	25 'ULU CHCKN BURGER ON A KALO BUN CARAMELIZED ONIONS W/ TOMATO & LETTUCE	26 BAKED CHICKEN BROWN RICE MISO RSTD VEGGIES	27 CLOSED LĀ HO'OMAIKA'I	28 CLOSED
				