

JANUARY/IANUALI

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
CLOSED
LĀ NUI

2
CLOSED

5
SHOYU CHICKEN
BROWN RICE
STEAMED VEGGIES

6
BEEF BROCCOLI
BROWN RICE
MIXED GREENS +
DRESSING

7
MEATLOAF
BROWN RICE
MIXED GREENS

8
PORK & PUMPKIN
BROWN RICE
MISO RSTD VEGGIES

9
'UALA BEEF STEW
BROWN RICE
MIXED GREENS

12
CHICKEN LONG RICE
BROWN RICE
MIXED VEGGIES

13
ROAST PORK N
GRAVY
MASH POTATOES
CORN + VEGGIES

14
PORK TOFU + BOK
CHOY
BROWN RICE
MIXED GREENS +
DRESSING

15
TURKEY PATTY
WITH GRAVY +
SAUTEED ONIONS
BROWN RICE +
CORN

16
BAKED SALMON
BROWN RICE
MIXED GREENS

19
CLOSED
LĀ NUI

20
CHOW FUN
GARLIC GREEN
BEANS

21
BAKED CHICKEN
BROWN RICE
MISO RSTD VEGGIES

22
PARMESAN
CRUSTED CHICKEN
W/ ITALIAN
NOODLES
CEASAR SALAD

23 \$7 BREAKFAST
RICE, EGGS,
BACON + SAUSAGE
NO LUNCH

26
PORK N PEAS
BROWN RICE
MIXED GREENS +
DRESSIN

27
HONEY MUSTARD
CHICKEN
BROWN RICE
MISO ROASTED
TOFU VEGGIE

28
BAKED SPAGHETTI
MIXED GREENS +
DRESSING

29
KALUA PORK N
CABBAGE
BROWN RICE
STEAMED VEGGIES

30
CHICKEN LAULAU
BROWN RICE
LOMI SALMON