

KEPAKEMAPA/SEPTEMBER

HUI NO KE  OLA PONO

SIMPLY HEALTHY CAFE



DAILY SPECIAL \$12.00

INCLUDES:

- STARCH
- VEGGIE/SALAD
- FRUIT

POI \$7.00 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

LĀ NUI = HOLIDAY

PŌ'AKAHI MON	PŌ'ALUA TUES	PŌ'AKOLU WED	PŌ'AHĀ THUR	PŌ'ALIMA FRI
	1 PORK LŪ'AU BROWN RICE STEAMED VEGGIES	2 'UALA BEEF STEW BROWN RICE MIXED GREENS	3 LASAGNA MIXED GREENS	4 BAKED SALMON BROWN RICE MISO RSTD VEGGIES
7 CLOSED LĀ NUI	8 SHOYU CHICKEN BROWN RICE STEAMED VEGGIES	9 BAKED SPAGHETTI GARLIC BREAD CAESAR SALAD	10 ROAST PORK & GRAVY MASHED POTATOES GARLIC GREEN BEANS	11 CHICKEN ALFREDO PASTA MIXED GREENS
14 CHICKEN LONG RICE BROWN RICE STEAMED VEGGIES	15 CHILI BROWN RICE MIXED GREENS	16 KALO BURGER PINEAPPLE COLESLAW	17 CHICKEN KATSU BROWN RICE MIXED GREENS	18 NO DAILY SPECIAL GRAB N GO'S ONLY 8AM - 11AM
21 KALUA PORK N CABBAGE BROWN RICE STEAMED VEGGIES	22 BEEF LŪ'AU BROWN RICE MIXED GREENS	23 BAKED CHICKEN BROWN RICE STEAMED VEGGIES	24 MEAT LOAF BROWN RICE STEAMED VEGGIES	25 CHOW FUN GARLIC GREEN BEANS
28 PORK + BOK CHOY BROWN RICE STEAMED VEGGIES	29 HONEY MUSTARD CHICKEN BROWN RICE CARROT STIR FRY	30 'CHICKEN LŪ'AU BROWN RICE MIXED GREENS	1 'UALA BEEF STEW BROWN RICE MIXED GREENS	2 SHOYU CHICKEN BROWN RICE STEAMED VEGGIES