



Live Well Menu September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31 	1 Irish Lamb Stew	2 Herb Chicken	3
4	5 	6 Hamburger Steak	7 Black Bean Spare Ribs	8 Corned Beef and Cabbage	9 Chicken Long Rice	10
11	12 Local Style Beef Stew	13 Roast Chicken	14 Korean Chicken	15 Chinese Style Fish	16 Beef Chili	17
18	19 Chicken Curry	20 Baked Fish	21 Teriyaki Chicken	22 Pot Roast w/Vegetables	23 Kalua Pork	24
25	26 Pork Hekka	27 Sweet & Sour Fish	28 Kalbi Beef	29 Shoyu Chicken	30 Kalua Pork & Cabbage	1 
2	3	Menu items are subject to change without notice				