


# November 2023

## Live Well Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Black Bean Spare Ribs	2 Corned Beef & Cabbage	3 Lau Lau	4
5	6 Local Style Beef Stew	7 Pork Guisantes	8 BBQ Korean Chicken	9 Beef Stir Fry	10 Chicken Pasta	11
12	13 Chicken Curry	14 Teriyaki Beef	15 Teriyaki Chicken	16 Pot Roast w/Vegetables	17 Chinese Style Fish	18
19	20 Meatloaf Wrapped w/Bacon	21 Chicken Katsu	22 Roast Turkey, Mashed Potatoes & Pumpkin Pie	23  We will be closed today. <i>Happy Thanksgiving!</i>	24 Kalua Pork & Cabbage	25
26	27 Pork Adobo	28 Chicken Marsala	29 Stuffed Cabbage	30 Beef Chili	1	2
3	4	Menu items are subject to change without notice				