


September 2024 Live Well Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 Pork Nishime	4 Shoyu Chicken	5 Baked Spaghetti	6 Steamed Fish w/ Black Bean Sauce	7
9	10 Oven Baked Chicken	11 Chili Spaghetti	12 Pork Adobo	13 Teriyaki Chicken	14 Stuffed Cabbage	15
15	16 Baked Beef and Macaroni	17 Pork Cutlet	18 Chicken Katsu	19 Beef Broccoli	20 Chinese Style Steamed Fish	21
22	23 Sweet Sour Pork	24 BBQ Chicken	25 Pepper Steak	26 Breaded Hoki	27 Kalua Pork and Cabbage	28
29	30 Chicken Hekka	1	2	3	4	5
6	7	Menu items are subject to change without notice				