

October 2025

Live Well Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Hamburger Steak	2 Shoyu Chicken	3 Kalua Pork and Cabbage	4
5	6 Teriyaki Chicken	7 Beef Stew	8 Pork Adobo	9 Baked Spaghetti	10 Chinese Style Steamed Fish	11
12	13 Tonkatsu	14 Beef Broccoli	15 Chicken Stir Fry	16 Roast Pork with Gravy	17 Teriyaki Beef	18
19	20 Orange Chicken	21 Sweet and Sour Pork	22 Beef Tomato	23 Oven Baked Chicken	24 Breaded Hoki w/ Tartar Sauce	25
26	27 Pork Guisantes	28 Korean Garlic Chicken	29 Roast Beef with Gravy	30 Baked Ham with Pineapple	31 Mushroom Chicken	1
2	3	Notes Menu items are subject to change without notice.				