

February 2019

Lunch Menu / Waku-Waku !

<i>Date</i>		<i>Staple Food</i>	<i>Dishes</i>	<i>K.Calories</i>	<i>Meat</i>
1	Fri.	Rice Boiled	* Chicken Fried without Coating * White Peach * Bean Sprouts Stir-Fried and Flavored with Curry * Broccoli Stewed in Soup * Potato Peeled, Boiled and Drained	329	Beef Chicken
4	Mon.	Rice Boiled	* Pork Grilled in Korean Taste * Mandarin Orange * Fish with Veg. Chopped, Wrapped in Deep-Fried Bean Curd and Simmered * Taro Simmered Only with Salt * Lotus Root Parboiled and Dressed with Dried Bonito Flakes	337	Pork
5	Tue.	Rice Boiled	* Chicken Grilled with Sweet Soy Sauce * Apple * Carrot Shredded and Stir-Fried with Tuna * Sweet Potato Salad * Green Soy Beans Boiled and Salted	370	Chicken
6	Wed.	Rice Boiled	* Pork Chop * Pumpkin Croquette Deep-Fried * Japanese Radish Simmered with Short Neck Clams in Western Taste * Yellow Peach	378	Beef Pork
7	Thu.	Rice Boiled	* Pot-au-Feu * Calamari Breaded and Deep-Fried * Steamed Chicken Salad with Burdock Root * Mandarin Orange	362	Beef Chicken Pork
8	Fri.	Rice Boiled	* Mackerel Marinated and Deep-Fried * Pear * Thick Omelet Rolled * Lotus Root Simmered in Sweet Soy Sauce * Brassica Campestris Parboiled, with Soy Broth	396	
12	Tue.	Rice Boiled	* Pork and Eggplant Stir-Fried with Miso * Egg Roll Deep-Fried * Cut Corn and Green Soy Beans Salad * White Peach	389	Pork
13	Wed.	Rice Boiled	* Ground Meat Cutlet Breaded and Deep-Fried * Mandarin Orange * Cabbage Sautéed * Burdock Root Boiled and Cooled, with Japanese Dressing * Green Soy Beans Boiled and Salted	366	Chicken Pork
14	Thu.	Rice Boiled	* Shrimp Breaded and Deep-Fried * Almond Jelly and Cherry in Heart Shape * Macaroni Boiled, Sautéed and Flavored with Curry * French Fries in Heart Shape * Spinach and Cut Corn Parboiled, and Dressed with Mayonnaise	324	
15	Fri.	Pumpkin Bread	* Hamburg Steak Grilled, with Demi Glace Sauce * Apple * Spaghetti Boiled, and Sautéed with Parsley * Carrot Glace * Cabbage Salad with French Dressing	334	Beef Chicken Pork
18	Mon.	Rice Boiled	* Salmon Breaded and Deep-Fried * Mandarin Orange * Thick Omelet Rolled * Lotus Root Simmered in Dried Bonito Broth * Brassica Campestris Parboiled, and Dressed with Sesame	368	
19	Tue.	Rice Boiled, with Salmon Flakes	* Chicken Sautéed * Apple * Spinach Stir-Fried with Bacon * Potato Boiled and Stir-Fried, Dressed with Parsley * Freeze-Dried Bean Curd Soaked in Hot Water and Simmered in Sweet Soy Broth with Carrot	393	Chicken Pork
20	Wed.	Rice Boiled	* Baked Egg * Yellow Peach * Cabbage and Pork Stir-Fried, Flavored with Curry * Broccoli Sautéed * Macaroni Salad in Italian Taste	345	Beef Chicken Pork
21	Thu.	Rice Boiled	* Young Spanish Mackerel Pickled in Light Miso and Grilled * Bean Curd in Flower Shape Deep-Fried, and Simmered in Soy Broth with Japanese Butterbur * Sweet Potato Tempura * Mandarin Orange * Chicken Steamed, Cooled, and Dressed with Cut Corn and Mayonnaise	411	Chicken
22	Fri.	Rice Boiled	* Glass Noodles Soaked in Hot Water, and Stir-Fried with Pork * Shrimp Breaded and Deep-Fried * Beans Salad * Pear	355	Pork
25	Mon.	Popeye Bread	* Crème and Cut Corn Croquette Deep-Fried * Mandarin Orange * Meatball Sautéed with Ketchup * Macaroni Sautéed, in Colors * Green Soy Beans Boiled, and Marinated with Red Bell Pepper	321	Chicken Pork
26	Tue.	Rice Boiled	* Mackerel Stewed in Tomato Sauce * White Peach * Thick Omelet Rolled * Green Soy Beans Boiled and Salted * Burdock Root Chopped and Stir-Fried in Sweet Soy Sauce	362	
27	Wed.	Rice Boiled	* Chicken Fried without Coating * Apple * Japanese Radish Simmered with Tuna in Western Taste * Broccoli Sautéed * Cabbage Parboiled, and Dressed with Perilla Leaf Seasoning	308	Beef Chicken
28	Thu.	Rice Seasoned and Boiled in Chinese Taste	* Pork Fried, and Simmered with 7 Kinds of Veg. in Thick Sweet Sauce * Pork and Vegetables Dumpling Deep-Fried * Potato Boiled and Topped with Dried Seaweed Powder * Mandarin Orange	343	Beef Chicken Pork

NOTE: Please finish eating before 1:00 p.m. each day in point of hygiene. Rest assured we always prepare your lunch with the utmost care. The above menu may change without notice due to the condition of food materials.