

Lunch Menu / Waku-Waku!

2019/3

|             |  |  |  |  |  |  |  |  |  | Fri.  |     |
|-------------|--|--|--|--|--|--|--|--|--|---|-----|
| Date        |  |  |  |  |  |  |  |  |  | 1   |     |
| Staple Food |  |  |  |  |  |  |  |  |  | Sushi in Scattered Style  |     |
| Main Dish   |  |  |  |  |  |  |  |  |  | A   | B   |
| Side Dishes |  |  |  |  |  |  |  |  |  | Pork Cutlet Breaded and Deep-Fried                                    |     |
| K. Calories |  |  |  |  |  |  |  |  |  | 855   | 848 |
|             |  |  |  |  |  |  |  |  |  | Fri.  |     |
| Date        |  |  |  |  |  |  |  |  |  | 8   |     |
| Staple Food |  |  |  |  |  |  |  |  |  | Rice Boiled   |     |
| Main Dish   |  |  |  |  |  |  |  |  |  | A   | B   |
| Side Dishes |  |  |  |  |  |  |  |  |  | Pork Sautéed and Flavored with Curry                                  |     |
| K. Calories |  |  |  |  |  |  |  |  |  | 665   | 622 |
|             |  |  |  |  |  |  |  |  |  | Fri.  |     |
| Date        |  |  |  |  |  |  |  |  |  | 15  |     |
| Staple Food |  |  |  |  |  |  |  |  |  | Rice Boiled   |     |
| Main Dish   |  |  |  |  |  |  |  |  |  | A   | B   |
| Side Dishes |  |  |  |  |  |  |  |  |  | Chicken Grilled with Rosemary   |     |
| K. Calories |  |  |  |  |  |  |  |  |  | 642   | 604 |
|             |  |  |  |  |  |  |  |  |  | Fri.  |     |
| Date        |  |  |  |  |  |  |  |  |  | 22  |     |
| Staple Food |  |  |  |  |  |  |  |  |  | Rice Boiled   |     |
| Main Dish   |  |  |  |  |  |  |  |  |  | A   | B   |
| Side Dishes |  |  |  |  |  |  |  |  |  | Meatball Stewed in Demi Glace Sauce; Spinach Stir-Fried with Cut Corn |     |
| K. Calories |  |  |  |  |  |  |  |  |  | 641   | 599 |
|             |  |  |  |  |  |  |  |  |  | Fri.  |     |
| Date        |  |  |  |  |  |  |  |  |  | 29  |     |
| Staple Food |  |  |  |  |  |  |  |  |  | Rice Boiled   |     |
| Main Dish   |  |  |  |  |  |  |  |  |  | A   | B   |
| Side Dishes |  |  |  |  |  |  |  |  |  | Pork Sautéed and Flavored with Curry                                  |     |
| K. Calories |  |  |  |  |  |  |  |  |  | 665   | 622 |

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.