

March 2019 Lunch Menu / Waku-Waku!					
Date		Staple Food	Dishes	K.Calories	Meat
1	Fri.	Sushi in Scattered Style	*Bean Curd Deep-Fried and Simmered with Japanese Radish in Plenty Soy Broth *Chicken Grilled and Flavored with Curry *Bok Choy Sautéed with Vienna Sausage *Strawberry Petit Cake	504	Chicken Pork
4	Mon.	Rice Boiled	*Salmon Breaded and Deep-Fried *Mandarin Orange *Spinach Sautéed with Ham *Potato Boiled and Topped with Dried Seaweed Powder *Cut Corn and Green Soy Beans Salad	337	Pork
5	Tue.	Rice Boiled	*Meat and Potato Simmered in Sweet Soy Sauce *Yellow Peach *Vienna Sausage Sautéed, with Ketchup *Pumpkin Tempura *Kidney Beans Parboiled and Dressed with Sesame	350	Beef Chicken Pork
6	Wed.	Rice Boiled	*Chicken Sautéed *Mandarin Orange *Chili Con Carne *Broccoli Boiled *Japanese Cabbage with Tuna Simmered and Left Soaked in Soy Broth	352	Chicken Pork
7	Thu.	Rice Boiled	*Hamburg Steak Grilled, with Ketchup Sauce *White Peach *Spaghetti Boiled, and Sautéed with Parsley *Broccoli Stewed in Soup *Beans Salad	409	Beef Chicken Pork
8	Fri.	Rice Boiled	*Chicken Fried without Coating *Apple *Thick Omelet Rolled *Cabbage Sautéed and Flavored with Curry *Brassica Campestris Simmered and Left Soaked in Soy Broth	346	Chicken
11	Mon.	Wheat Germ Bread	*Meatball Stewed in Demi Glace Sauce *White Peach *Potato Boiled and Stir-Fried, Dressed with Parsley *Carrot Stewed in Soup *Spinach Stir-Fried with Cut Corn	317	Beef Chicken Pork
12	Tue.	Rice Boiled	*Japanese Pizza of Veg. and Meat Pan-Fried, Topped with Spicy Sauce *Bite-Sized Fish Paste of Yam with Cheese Grated and Boiled *Japanese Radish Simmered in Miso Broth *Mandarin Orange *Kidney Beans Parboiled and Dressed with Tuna	299	Chicken Pork
13	Wed.	Rice Boiled	*Pork Chop *Croquette Deep-Fried *Corn Cut and Sautéed with Vienna Sausage *Yellow Peach	401	Pork
14	Thu.	Rice Boiled	*Bok Choy Stir-Fried with Pork in Chinese Taste *Egg Roll Deep-Fried *Green Soy Beans Boiled, and Simmered in Thick Sweet Soy Sauce with Steamed Fish Paste Tube *Mango Pudding	380	Beef Chicken Pork
15	Fri.	Rice Boiled	*Chicken Simmered in Sweet Soy Sauce with Veg. *Fish Paste Shaped in Crab Meat, Steamed, and Deep-Fried with Dried Seaweed Wrapped Around *Broccoli Parboiled, and Dressed with Dried Bonito Flakes *Mandarin Orange	329	Chicken

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.