

Lunch Menu / Waku-Waku

2020/4

					Wed.		Thu.		Fri.	
Date					1		2		3	
Staple Food							Rice Boiled		Rice Boiled	
Main Dish							A	B	A	B
							Ham Cutlet Breaded and Deep-Fried	Saurel Breaded with Green Perilla Leaf and Deep-Fried	Hamburg Steak Grilled, with Grated Radish in Japanese Taste	Young Spanish Mackerel Simmered in Ginger Broth
Side Dishes							Chicken Grilled with Sweet Soy Sauce; Dried Strips of Radish Soaked in Water and Drained, with Japanese Dressing		Fish Paste Deep-Fried, and Deep-Fried; Pumpkin Boiled, Topped with Crème Sauce	
K.Calories							646	607	636	580
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	6		7		8		9		10	
Staple Food	Rice Boiled		Pumpkin Bread		Rice Boiled		Rice Seasoned and Boiled with Tuna & Edible Brown Algae		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Grilled with Black Pepper	Codfish Grilled with Basil	Pork Stir-Fried with Asparagus	Seafood and Asparagus Stir-Fried with Garlic	Sautéed Dish in Tandoori Chicken Taste	Chicken Grilled and Flavored with Curry	Pork Cutlet Breaded and Deep-Fried	Shrimp Breaded and Deep-Fried	Lotus Root Sandwich with Ground Meat and Veg., Deep-Fried	Salmon Breaded and Deep-Fried
Side Dishes	Croquette Deep-Fried; Tuna and Corn Boiled and Cooled, with Mayonnaise		Meatball Grilled, Topped with Tomato Sauce; Broccoli Stewed in Soup		White Flesh Fish Breaded and Deep-Fried; Cabbage Salad with French Dressing		Chicken Grilled, Dressed with BBQ Sauce; Cauliflower Stewed in Soup		Chicken Fried Without Coating; Taro Boiled, Dressed with Dried Green Seaweed Powder	
K.Calories	642	604	582	549	729	677	723	692	623	598
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	13		14		15		16		17	
Staple Food	Rice Boiled		Rice Boiled		Rice Boiled		Rice Boiled		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Pork and Vegetables Dumpling Deep-Fried	Calamari Tempura	Ham Cutlet Breaded and Deep-Fried	Crab and Crème Croquette Deep-Fried	Omelet	Young Spanish Mackerel Stewed in Tomato Sauce	Meatball Stewed in Tomato Sauce	Baked Egg	Pork Stir-Fried with Garlic Shoots	Seafood Fried, and Simmered with 7 Kinds of Veg. in Thick Sweet Sauce
Side Dishes	Pork Grilled in Korean Taste; Bok Choy Namul		Chicken Grilled with Basil Oil; Sweet Potato Salad		Ground Meat Cutlet Breaded and Deep-Fried; Burdock Root Shredded and Boiled, with Japanese Dressing		Pot-au-feu; Spinach Sautéed with Cut Corn		Pumpkin Simmered in Sweet Soy Sauce; Soy Beans Boiled, Dressed with Ham and Mayonnaise	
K.Calories	626	578	668	660	560	590	675	626	653	639
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	20		21		22		23		24	
Staple Food	Rice Boiled		Rice Boiled		Hot Dog Bun		Rice Seasoned and Boiled with Chicken & Burdock Root		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Pork Stir-Fried with Ginger Soy Sauce	Fish Paste with Soy Milk in It, Shaped in Bamboo Leaf and Steamed	Chicken Deep-Fried, Dressed with Spicy Sauce	Shrimp Fritter Dressed with Ketchup	Chicken Sautéed with Mushrooms	Codfish Sautéed with Herbs	Chicken Piccata	Egg and Crab Meat Scrambled	Pork Stir-Fried with Mayonnaise and Soy Sauce	Croquette Flavored with Curry and Deep-Fried
Side Dishes	Macaroni Boiled, Sautéed and Flavored with Curry; Brassica Campestris Parboiled, with Soy Broth		Simmered Dish in Sukiyaki Taste; Carrot Boiled, Dressed with Dried Bonito Flakes		Pork Chop; Japanese Radish Simmered with Short-Neck Clams in Western Taste		Pork and Cabbage Stir-Fried with Miso; Fish Paste Tube Steamed, and Simmered with Chinese Cabbage in Curry Soup		Spanish Mackerel Grilled with Steak Sauce; Bean Sprouts and Scallions Sautéed	
K.Calories	644	581	589	597	589	541	733	652	620	647
	Mon.		Tue.		Wed.		Thu.			
Date	27		28		29		30			
Staple Food	Rice Boiled		Rice Boiled				Rice Boiled			
Main Dish	A	B	A	B	A	B	A	B		
	Chicken Breast Breaded and Deep-Fried	White Flesh Fish Breaded and Deep-Fried	Pork Cutlet Breaded and Deep-Fried, Covered with Miso Sauce	Calamari Breaded and Deep-Fried, Covered with Miso Sauce			Pork Sautéed in Chinese Taste	Glass Noodles Soaked in Hot Water, and Stir-Fried with Calamari		
Side Dishes	Chicken Ball Grilled with Sweet Soy Sauce; Cauliflower Parboiled and Marinated with Curry Broth		Chicken Sautéed; Ratatouille				Young Spanish Mackerel Pickled in White Miso and Grilled; Freeze-Dried Bean Curd Soaked in Hot Water, and Simmered in Soy Broth with Carrot			
K.Calories	655	650	617	591			713	706		

NOTE: Before 1:00 p.m. each day, please finish eating Waku-Waku's lunches. The above menu may change without notice due to the condition of food materials.

Please be careful when eating fish because the piece may have bones.