

April 2020 Lunch Menu / Waku-Waku!					
Date		Staple Food	Dishes	K.Calories	Meat
2	Thu.	Rice Boiled	Chicken Grilled with Sweet Soy Sauce Spinach Stir-Fried with Vienna Sausage Potato Deep-Fried in Star Shape Dried Strips of Radish Soaked in Water and Drained, with Japanese Dressing White Peach	356	Chicken Pork
3	Fri.	Rice Boiled	Fish Paste Deep-Fried, and Deep-Fried Pumpkin Boiled, Topped with Crème Sauce Bean Sprouts and Scallions Sautéed Snap Peas Boiled Apple	327	Chicken Pork
6	Mon.	Rice Boiled	Croquette Deep-Fried Pork Stir-Fried and Flavored with Curry Tuna and Corn Boiled and Cooled, with Mayonnaise Green Soy Beans Boiled and Salted Mandarin Orange	389	Pork
7	Tue.	Pumpkin Bread	Meatball Grilled, Topped with Tomato Sauce Macaroni Boiled and Sautéed Carrot Glacé Broccoli Stewed in Soup Pear	318	Beef Chicken Pork
8	Wed.	Rice Boiled	White Flesh Fish Breaded and Deep-Fried Burdock Root Chopped and Stir-Fried with Ground Meat in Western Taste Cabbage Salad with French Dressing Vienna Sausage Sautéed, with Ketchup Yellow Peach	366	Beef Chicken Pork
9	Thu.	Rice Seasoned and Boiled with Tuna & Edible Brown Algae	Chicken Grilled, Dressed with BBQ Sauce French Fries Spinach Sautéed with Ham Green Asparagus Boiled Pineapple	432	Chicken Pork
10	Fri.	Rice Boiled	Chicken Fried Without Coating Bean Sprouts Stir-Fried and Flavored with Curry Chicken Ball Wrapped in Cabbage and Stewed in Bouillon Soup Taro Boiled, Dressed with Dried Green Seaweed Powder White Peach	334	Beef Chicken
13	Mon.	Rice Boiled	Pork Grilled in Korean Taste Fish with Veg. Chopped, Wrapped in Deep-Fried Bean Curd, and Simmered Broccoli and Lotus Root Boiled, Dressed with Dried Bonito Flakes Mandarin Orange	319	Pork
14	Tue.	Rice Boiled	Chicken Grilled with Basil Oil Fish Paste Ball Flavored with Curry and Deep-Fried Carrot Shredded and Stir-Fried with Tuna Sweet Potato Salad Apple	392	Beef Chicken Pork
15	Wed.	Rice Boiled	Ground Meat Cutlet Breaded and Deep-Fried Bean Sprouts Sautéed Burdock Root Shredded and Boiled, with Japanese Dressing Green Soy Beans Boiled and Salted Yellow Peach	337	Chicken Pork
16	Thu.	Rice Boiled	Pot-au-Feu Calamari Breaded and Deep-Fried Spinach Sautéed with Cut Corn Mandarin Orange	352	Beef Chicken Pork
17	Fri.	Rice Boiled	Chicken Fried Without Coating Pumpkin Simmered in Thick Sweet Soy Sauce Soy Beans Boiled, Dressed with Ham and Mayonnaise Broccoli Boiled Pineapple	397	Chicken Pork
20	Mon.	Rice Boiled	Hamburg Steak Grilled in Japanese Taste Macaroni Boiled, Sautéed and Flavored with Curry Lotus Root Simmered in Sweet Soy Sauce Brassica Campestris Parboiled, with Soy Broth White Peach	360	Beef Chicken Pork
21	Tue.	Rice Boiled	Simmered Dish in Sukiyaki Taste Codfish Grilled with Sprinkled Salt Carrot Boiled, Dressed with Dried Bonito Flakes Potato Fried Apricot	308	Pork
22	Wed.	Hot Dog Bun	Pork Chop Pumpkin Croquette Deep-Fried Japanese Radish Simmered with Short-Neck Clams in Western Taste Mandarin Orange	320	Beef Pork
23	Thu.	Rice Seasoned and Boiled with Chicken & Burdock Root	Pork and Cabbage Stir-Fried with Miso Sauce Egg Roll Deep-Fried Fish Paste Tube Steamed, and Simmered with Chinese Cabbage in Curry Soup Pineapple	356	Beef Chicken Pork
24	Fri.	Rice Boiled	Spanish Mackerel Grilled with Steak Sauce Spinach Stewed in Crème Bean Sprouts and Scallions Sautéed Yellow Peach	328	Beef Pork
27	Mon.	Rice Boiled	Chicken Ball Grilled with Sweet Soy Sauce Bean Curd Deep-Fried and Simmered in Plenty Soy Broth Cauliflower Parboiled and Marinated with Curry Broth Green Soy Beans Boiled and Salted Mandarin Orange	333	Chicken Pork
28	Tue.	Rice Boiled	Chicken Sautéed Spinach Stir-Fried with Bacon Ratatouille Potato Boiled and Stir-Fried, Dressed with Parsley Apple	325	Beef Chicken Pork
30	Thu.	Rice Boiled	Young Spanish Mackerel Pickled in White Miso and Grilled Freeze-Dried Bean Curd Soaked in Hot Water, and Simmered in Soy Broth with Carrot Sweet Potato Tempura Chicken Steamed, Cooled, and Dressed with Boiled Green Soy Beans and Mayonnaise Almond Jelly and Cherry	453	Chicken Pork

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.