

Lunch Menu / Waku-Waku!

2021/12

		Wed.		Thu.		Fri.					
Date		1		2		3					
Staple Food		Rice Boiled		Rice Boiled		Rice Boiled					
Main Dish		A	B	A	B	A	B				
		Pork Sautéed and Flavored with Curry	Seafood Sautéed and Flavored with Curry	Crème Croquette Deep-Fried	Shrimp Breaded and Deep-Fried	Pork Sautéed with Garlic	Seafood Fried, and Simmered with Various Kinds of Veg in Thick Sweet Sauce				
Side Dishes		White Flesh Fish Breaded and Deep-Fried; Spinach Sautéed with Ham		Hamburg Steak Grilled, with Ketchup; Potato Salad with Soybeans		Chicken Fried Without Coating; Rice Vermicelli Boiled and Sautéed in Chinese Taste					
K. Calories		633	583	584	568	646	587				
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date		6		7		8		9		10	
Staple Food		Rice Boiled		Rice Seasoned and Boiled with Salmon		Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Greens	
Main Dish		A	B	A	B	A	B	A	B	A	B
		Chicken Ball Grilled with Miso Sauce	Young Spanish Mackerel Grilled with Sweet Soy Sauce	Pork and Vegetables Dumpling Deep-Fried	Stir-Fried Dish in Chapchae Taste with Calamari and Glass Noodles	Chicken Fried, Dressed with Sweet and Spicy Sauce in Korean Taste	Codfish Sautéed with Herbs	Pork and Veg. Deep-Fried, Dressed with Sweet Sour Sauce	Flounder Deep-Fried, Topped with Thick Sweet Sour Sauce	Chicken Grilled with Spicy Sauce	Salmon Grilled with Sprinkled Salt
Side Dishes		Vienna Sausage Sautéed, Topped with Crème Sauce; Bok Choy Sautéed with Cut Corn		Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce; Kidney Beans Parboiled, and Dressed with Boiled Tuna		Pork Chop; Calamari Chopped into Ring Shape and Deep-Fried		Chicken Stir-Fried with Bok Choy in Chinese Taste; Green Soy Beans Boiled, and Simmered in Thick Sweet Soy Sauce with Steamed Fish Paste Tube		Pork and Cabbage Stir-Fried with Miso Sauce; Coquille Deep-Fried	
K. Calories		692	610	650	585	623	558	650	630	648	603
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date		13		14		15		16		17	
Staple Food		Rice Boiled		Carrot Bread		Rice Boiled		Rice Boiled		Rice Boiled	
Main Dish		A	B	A	B	A	B	A	B	A	B
		Chicken Sautéed with Ketchup	Japanese Radish Simmered with Calamari in Sweet Soy Broth	Pork Grilled, Topped with Mayonnaise and Sour Citrus Soy Sauce	Saurel Grilled and Soaked in Spicy Soy Sauce	Ham Cutlet Breaded and Deep-Fried	Salmon Breaded and Deep-Fried	Pork Stir-Fried with Mushroom	Seafood Sautéed with Egg	Pork Grilled with Sweet Soy Sauce and Dried Green Seaweed	Yellowtail Grilled with Sweet Soy Sauce and Black/White Sesame
Side Dishes		Ground Meat Cutlet Breaded and Deep-Fried; Bean Curd Deep-Fried, and Braised with Tuna		Hamburg Steak Grilled in Italian Taste; Spaghetti Boiled, and Sautéed with Herbs		Chicken Sautéed and Flavored with Curry; Turnip Stewed in Soup with Vienna Sausage		Mackerel Marinated and Deep-Fried; Brassica Campestris Parboiled, Chicken Steamed, and Dressed Together with Soy Broth		Chicken and Vegetables Simmered in Soy Broth; Fish Paste Shaped in Crab Meat, Steamed, and Deep-Fried with Dried Seaweed Wrapped Around	
K. Calories		660	574	592	541	627	605	643	610	599	635
Date											
Staple Food											
Main Dish											
Side Dishes											
K. Calories											
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Main Dish											
Side Dishes											
K. Calories											

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. When eating, teachers and parents are encouraged to ask the children to chew their food well.