

December 2021 Lunch Menu / Waku-Waku!

Date		Staple Food	Dishes	K.Calories	Meat
1	Wed.	Rice Boiled	White Flesh Fish Breaded and Deep-Fried Spinach Sautéed with Ham Pumpkin Glace Cut Corn and Green Soy Beans Salad	351	Chicken Pork
2	Thu.	Rice Boiled	Hamburg Steak Grilled, with Ketchup Spaghetti Boiled, and Sautéed with Mushroom Broccoli Stewed in Soup Potato Salad with Soybeans	316	Chicken Pork
3	Fri.	Rice Boiled	Chicken Fried Without Coating Rice Vermicelli Boiled and Sautéed in Chinese Taste Thick Omelet Rolled Cabbage Simmered and Left Soaked in Soy Broth	351	Chicken Pork
6	Mon.	Rice Boiled	Vienna Sausage Sautéed, Topped with Crème Sauce Potato Boiled and Stir-Fried, Dressed with Parsley Bok Choy Sautéed with Cut Corn Pineapple	350	Chicken Pork
7	Tue.	Rice Seasoned and Boiled with Salmon	Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce Bean Curd Deep-Fried and Simmered in Miso Broth Cheese Breaded and Deep-Fried Kidney Beans Parboiled, and Dressed with Boiled Tuna	339	
8	Wed.	Rice Boiled	Pork Chop Calamari Chopped into Ring Shape and Deep-Fried Corn Cut and Sautéed with Vienna Sausage Yellow Peach	334	Chicken Pork
9	Thu.	Rice Boiled	Chicken Stir-Fried with Bok Choy 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	345	Chicken Pork
10	Fri.	Rice Seasoned and Boiled with Greens	Pork and Cabbage Stir-Fried with Miso Sauce Coquille Deep-Fried Potato Salad of Chopped Grilled Salmon Mandarin Orange Jelly	359	Pork
13	Mon.	Rice Boiled	Ground Meat Cutlet Breaded and Deep-Fried Bean Curd Deep-Fried, and Braised with Tuna Potato Salad in Japanese Taste Green Soy Beans Boiled and Salted	348	Chicken Pork
14	Tue.	Carrot Bread	Hamburg Steak Grilled in Italian Taste Spaghetti Boiled, and Sautéed with Herbs Spinach Sautéed with Ham Snap Peas Boiled	223	Chicken Pork
15	Wed.	Rice Boiled	Chicken Sautéed and Flavored with Curry Turnip Stewed in Soup with Vienna Sausage Broccoli Parboiled and Marinated Corn Cut and Sautéed with Green Soy Beans	317	Chicken Pork
16	Thu.	Rice Boiled	Mackerel Marinated and Deep-Fried Fish Paste Tube and Taro Simmered in Soy Broth Brassica Campestris Parboiled, Chicken Steamed, and Dressed Together with Soy Broth Thick Omelet Rolled	343	Chicken
17	Fri.	Rice Boiled	Chicken and Vegetables Simmered in Soy Broth Fish Paste Shaped in Crab Meat, Steamed, and Deep-Fried with Dried Seaweed Wrapped Around Bean Curd Deep-Fried, Dressed with Cut Corn and Dried Bonito Flakes Small Cube Jellies of Peach or Apple Flavor	341	Chicken

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.