

February 2022 Lunch Menu / Waku-Waku!

Date		Staple Food	Dishes	K.Calories	Meat
1	Tue.	Rice Boiled	Bean Curd Deep-Fried, and Stir-Fried with Pork and Miso Sauce Broccoli and Lotus Root Simmered, Dressed with Dried Bonito Flakes Potato Hashed and Browned Mandarin Orange	340	Pork
2	Wed.	Rice Boiled	Chicken Grilled with Basil Oil Pear Carrot Shredded and Stir-Fried with Tuna Sweet Potato Salad Dressed with Potato and Mayonnaise Shrimps Boiled, and Dressed with Ketchup	342	Chicken Pork
3	Thu.	Sushi in Scattered Style	Fish Ball Stewed in Tomato Sauce Chicken Nugget Deep-Fried Fish Paste Tube Steamed, Tuna Boiled, Stir-Fried Together and Flavored with Curry Mandarin Orange Jelly	296	Chicken
4	Fri.	Rice Boiled	Mackerel Marinated and Deep-Fried Pumpkin Simmered in Sweet Soy Sauce Bean Sprouts Parboiled and Cooled, Dressed with Ham and Mayonnaise Pineapple	353	Chicken Pork
7	Mon.	Rice Boiled	Chicken Fried Without Coating White Peach Macaroni Boiled, Sautéed and Flavored with Curry Thick Omelet Rolled Brassica Campestris Parboiled, with Soy Broth	330	Chicken Pork
8	Tue.	Rice Boiled	Beef Thin Sliced and Simmered with Veg in Sweet Soy sauce Young Spanish Mackerel Grilled with Sprinkled Salt Potato Fried Pear	384	Beef
9	Wed.	Rice Boiled	Pork Chop Small Cube Jellies of Peach or Apple Flavor Pumpkin Glace Japanese Radish Simmered with Short-Neck Clams in Western Taste Broccoli Parboiled	301	Chicken Pork
10	Thu.	Rice Seasoned and Boiled with Salmon	Pork and Eggplant Stir-Fried with Miso Sauce Egg Roll Deep-Fried in Triangle Shape Fish Paste Tube Steamed, and Simmered with Cut Corn in Curry Pineapple	352	Chicken Pork
14	Mon.	Rice Boiled	Croquette Deep-Fried in Heart Shape Mandarin Orange Keema Curry Macaroni Napolitano Green Soy Beans Parboiled, Cooled, and Dressed with Chinese Cabbage in Japanese Taste	342	Chicken Pork
15	Tue.	Rice Boiled	Chicken Sautéed and Topped with Ratatouille Sauce Potato Boiled and Stir-Fried, Dressed with Parsley Grape Jelly	282	Chicken Pork
16	Wed.	Carrot Bread	Baked Egg Cabbage and Pork Sautéed, Flavored with Curry Macaroni and Tuna Boiled, Drained and Cooled, with Dressing Yellow Peach	289	Chicken Pork
17	Thu.	Rice Seasoned and Boiled with Chicken & Green Soy Beans	Codfish Pickled in White Miso and Grilled Apple Freeze-Dried Bean Curd Soaked in Hot Water, and Simmered in Soy Broth with Carrot Sweet Potato Tempura Corn Cut and Parboiled, Dressed with Ham and Mayonnaise	413	Chicken Pork
18	Fri.	Rice Boiled	Glass Noodles Soaked in Hot Water, and Stir-Fried with Pork Shrimp Breaded and Deep-Fried Potato Diced and Stir-Fried with Sweet Soy Sauce Mandarin Orange	326	Beef Pork
21	Mon.	Rice Boiled	Bean Curd Sautéed with Ground Meat in Thick Chili Sauce Taro Salad Dressed with Ham and Mayonnaise Pineapple	346	Chicken Pork
22	Tue.	Rice Boiled	Simmered Dish in Oden Flavor Calamari Breaded and Deep-Fried Apple	345	Pork
24	Thu.	Rice Boiled	Chicken Breast Wrapped Around with Dried Seaweed and Deep-Fried Macaroni Boiled and Sautéed Mandarin Orange Chinese Cabbage Stewed in Creamy Corn Soup Potato Stewed in Consommé	314	Beef Chicken Pork
25	Fri.	Rice Boiled	Pork Marinated in Ginger Soy Sauce, and Stir-Fried with Onion Fish Paste Tube Steamed, Deep-Fried, and Flavored with Curry Bok Choy Parboiled, and Dressed with Sesame White Peach	314	Pork
28	Mon.	Hot Dog Bun	Chicken Cutlet Breaded and Deep-Fried Mandarin Orange Jelly Chili Con Carne Tuna Simmered in Consommé with Chinese Cabbage Fish Paste in Carrot Shape Steamed and Deep-Fried	339	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.

To teachers and parents: Please encourage your children to chew their food well at mealtime.