

Lunch Menu / Waku-Waku!

2022/7

|             |   |   |  |   |   |   |   |  |   |   |
|-------------|---|---|--|---|---|---|---|--|---|---|
|             |   |   |  |   |   |   |   |  |   | Fri.  |
| Date        |   |   |  |   |   |   |   |  | 1   |   |
| Staple Food | Rice Boiled   |   | Rice Boiled  |   | Carrot Bread  |   | Rice Boiled   |  | Rice Boiled   |   |
| Main Dish   | A   | B   | A  | B                                       | A   | B   | A   | B  | A   | B   |
|             | Chicken Meat Ball Grilled   | Fried Bean Curd Pouch of Various Veg                    | Beef Grilled in Korean Taste   | Calamari Stir-Fried with Garlic Sprouts | Beef Croquette Deep-Fried   | Young Spanish Mackerel Simmered in Ginger Broth | Pork and Spinach Stir-Fried, Flavored with Curry                        | Shrimp and Spinach Stir-Fried, Flavored with Curry | Chicken Breast Wrapped Around with Dried Seaweed, Breaded, and Deep-Fried   | Shrimp Tempura  |
| Side Dishes | Pork Cutlet Breaded and Deep-Fried, Topped with Tomato Sauce; Sweet Potato Salad Dressed with Potato and Mayonnaise                       |   | Mackerel Stir-Fried with Mayonnaise and Soy Sauce; Green Peas Sautéed with Cut Corn                                      |   | Baked Egg, Topped with Green Soy Beans Sauce; Macaroni in Various Colors Boiled and Sautéed |   | Hamburg Steak Grilled, with Onion Sauce; Okra Parboiled, with Soy Broth |  | Bean Curd Hamburg Steak Grilled; Egg Salad with Tuna  |   |
| K.Calories  | 679   | 567   | 628  | 599                                     | 550   | 525   | 614   | 590  | 614   | 596   |
|             | Mon.  |   | Tue.   |   | Wed.  |   | Thu.  |  | Fri.  |   |
| Date        | 4   |   | 5  |   | 6   |   | 7   |  | 8   |   |
| Staple Food | Rice Boiled   |   | Rice Boiled  |   | Carrot Bread  |   | Rice Boiled   |  | Rice Boiled   |   |
| Main Dish   | A   | B   | A  | B                                       | A   | B   | A   | B  | A   | B   |
|             | Chicken Meat Ball Grilled   | Fried Bean Curd Pouch of Various Veg                    | Beef Grilled in Korean Taste   | Calamari Stir-Fried with Garlic Sprouts | Beef Croquette Deep-Fried   | Young Spanish Mackerel Simmered in Ginger Broth | Pork and Spinach Stir-Fried, Flavored with Curry                        | Shrimp and Spinach Stir-Fried, Flavored with Curry | Meat Omelet   | Saurel Breaded with Green Perilla Leaf and Deep-Fried |
| Side Dishes | Pork Cutlet Breaded and Deep-Fried, Topped with Tomato Sauce; Sweet Potato Salad Dressed with Potato and Mayonnaise                       |   | Mackerel Stir-Fried with Mayonnaise and Soy Sauce; Green Peas Sautéed with Cut Corn                                      |   | Baked Egg, Topped with Green Soy Beans Sauce; Macaroni in Various Colors Boiled and Sautéed |   | Hamburg Steak Grilled, with Onion Sauce; Okra Parboiled, with Soy Broth |  | Chicken Grilled with Sweet Soy Sauce; Dried Strips of Japanese Radish Soaked in Water and Drained, with Japanese Dressing |   |
| K.Calories  | 679   | 567   | 628  | 599                                     | 550   | 525   | 614   | 590  | 600   | 602   |
|             | Mon.  |   | Tue.   |   | Wed.  |   | Thu.  |  | Fri.  |   |
| Date        | 11  |   | 12   |   | 13  |   | 14  |  | 15  |   |
| Staple Food | Rice Boiled   |   | Rice Seasoned and Boiled with Greens   |   | Rice Boiled   |   | Rice Boiled   |  | Hot Dog Bun   |   |
| Main Dish   | A   | B   | A  | B                                       | A   | B   | A   | B  | A   | B   |
|             | Pork and Veg. Deep-Fried, Dressed with Sweet Sour Sauce   | Flounder Deep-Fried, Topped with Thick Sweet Sour Sauce | Bell Pepper Stuffed with Ground Meat and Sautéed   | Saurel Breaded and Deep-Fried           | Pork Stir-Fried with Asparagus  | Seafood and Asparagus Stir-Fried with Garlic    | Hamburg Steak Grilled with Grated Radish in Japanese Taste              | Calamari Breaded and Deep-Fried                    | Pork Cutlet Breaded and Deep-Fried  | Baked Egg   |
| Side Dishes | Bok Choy and Chicken Stir-Fried with Oyster Sauce; Sweet Potato Diced, Steamed and Dressed with Deep-Fried Fish Paste and Sweet Soy Sauce |   | Braised Dish in Acquapazza Flavor; Green Soy Beans Boiled, Chicken Steamed, Dressed together with Mayonnaise and Ketchup |   | Meatball Grilled, Topped with Tomato Sauce; Broccoli Stewed in Soup                         |   | Chicken Fried Without Coating; Pumpkin Salad                            |  | Shrimp and Scallop Sautéed in Peppercino Flavor; Meatball with Cheese Grilled   |   |
| K.Calories  | 653   | 633   | 584  | 603                                     | 587   | 559   | 631   | 627  | 633   | 592   |
|             | Mon.  |   | Tue.   |   | Wed.  |   | Thu.  |  | Fri.  |   |
| Date        |   |   |  |   |   |   |   |  |   |   |
| Staple Food |   |   |  |   |   |   |   |  |   |   |
| Main Dish   |   |   |  |   |   |   |   |  |   |   |
|             |   |   |  |   |   |   |   |  |   |   |
| Side Dishes |   |   |  |   |   |   |   |  |   |   |
| K.Calories  |   |   |  |   |   |   |   |  |   |   |
|             | Mon.  |   | Tue.   |   | Wed.  |   | Thu.  |  | Fri.  |   |
| Date        |   |   |  |   |   |   |   |  |   |   |
| Staple Food |   |   |  |   |   |   |   |  |   |   |
| Main Dish   |   |   |  |   |   |   |   |  |   |   |
|             |   |   |  |   |   |   |   |  |   |   |
| Side Dishes |   |   |  |   |   |   |   |  |   |   |
| K.Calories  |   |   |  |   |   |   |   |  |   |   |

★ The special ingredient of the month ★ Green Soy Beans 

7 / 6  
Wed.

Green Soy Beans are the offspring of soybeans, and shipments are at their peak from July to August. This month, we made green soy beans puree into a consommé-flavored sauce that is easy to eat and refreshing to the eye. Enjoy the bright color and sweetness of green soy beans.

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.