

## July 2022 Lunch Menu / Waku-Waku!

| Date |      | Staple Food                          | Dishes   | K.Calories | Meat            |
|------|------|--------------------------------------|--|------------|-----------------|
| 1    | Fri. | Rice Boiled                          | Bean Curd Hamburg Steak Grilled<br>White Peach<br>Kidney Beans Sautéed with Carrot<br>Fish Paste Shaped in Carrot, Steamed, and Deep-Fried<br>Egg Salad with Tuna  | 334        | Chicken<br>Pork |
| 4    | Mon. | Rice Boiled                          | Pork Cutlet Breaded and Deep-Fried, Topped with Tomato Sauce<br>Sweet Potato Salad Dressed with Potato and Mayonnaise<br>Mandarin Orange   | 338        | Chicken<br>Pork |
| 5    | Tue. | Rice Boiled                          | Mackerel Stir-Fried with Mayonnaise and Soy Sauce<br>Pear<br>Green Peas Sautéed with Cut Corn<br>Vienna Sausage Sautéed<br>Thick Bean Curd Deep-Fried and Simmered in Sweet Soy Sauce                    | 359        | Chicken<br>Pork |
| 6    | Wed. | Carrot Bread                         | Baked Egg, Topped with Green Soy Beans Sauce<br>Macaroni in Various Colors Boiled and Sautéed<br>Sausage Stir-Fried<br>Yellow Peach  | 274        | Chicken<br>Pork |
| 7    | Thu. | Rice Boiled                          | Hamburg Steak Grilled, with Onion Sauce<br>Spaghetti Boiled, and Sautéed with Tuna and Cut Corn<br>Okra Parboiled, with Soy Broth<br>Small Cube Jellies of Peach or Apple Flavor                         | 348        | Chicken<br>Pork |
| 8    | Fri. | Rice Boiled                          | Chicken Grilled with Sweet Soy Sauce<br>Potato Boiled, Dressed with Ham and Dried Seaweed Powder<br>Dried Strips of Japanese Radish Soaked in Water and Drained, with Japanese Dressing<br>Apple         | 342        | Chicken<br>Pork |
| 11   | Mon. | Rice Boiled                          | Bok Choy and Chicken Stir-Fried with Oyster Sauce<br>Chinese Meat Dumpling Deep-Fried<br>Sweet Potato Diced, Steamed and Dressed with Deep-Fried Fish Paste and Sweet Soy Sauce<br>Mandarin Orange Jelly | 348        | Chicken         |
| 12   | Tue. | Rice Seasoned and Boiled with Greens | Braised Dish in Acquapazza Flavor<br>Green Soy Beans Boiled, Chicken Steamed, Dressed Together with Mayonnaise and Ketchup<br>Pineapple  | 275        | Chicken<br>Pork |
| 13   | Wed. | Rice Boiled                          | Meatball Grilled, Topped with Tomato Sauce<br>Macaroni Boiled and Sautéed<br>Broccoli Stewed in Soup<br>Apple  | 329        | Chicken<br>Pork |
| 14   | Thu. | Rice Boiled                          | Chicken Fried Without Coating<br>Mandarin Orange<br>Spinach Braised with Steamed Fish Paste Tube<br>Thick Omelet Rolled<br>Pumpkin Salad   | 347        | Chicken<br>Pork |
| 15   | Fri. | Hot Dog Bun                          | Shrimp and Scallop Sautéed in Peppercino Flavor<br>Spaghetti Boiled, and Sautéed with Mushroom<br>Meatball with Cheese Grilled<br>Small Cube Jellies of Peach or Apple Flavor                            | 302        | Chicken<br>Pork |

### ★ The special ingredient of the month ★ Green Soy Beans

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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.