

Lunch Menu / Waku-Waku!

2022/9

							Thu.		Fri.	
Date							1		2	
Staple Food							Popeye Bread		Rice Boiled	
Main Dish							A	B	A	B
							Crème Croquette Deep Fried	Shrimp Breaded and Deep-Fried	Pork Sautéed and Flavored with Curry	Seafood Sautéed and Flavored with Curry
Side Dishes							Hamburg Steak Grilled, with Ketchup; Spaghetti Boiled and Dressed in Japanese Taste		Codfish Grilled with Miso and Mayonnaise; Brassica Campestris Sautéed with Ham	
K. Calories							619	594	599	549
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	5		6		7		8		9	
Staple Food	Rice Boiled		Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Greens		Rice Boiled	
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 Veg. Deep-Fried, Dressed with Sweet Sour Sauce	Flounder Deep-Fried, Topped with Thick Sweet Sour Sauce	Chicken Fried, Dressed with Sweet and Spicy Sauce in Korean Taste	Codfish Grilled with Herbs	Pork and Vegetables Dumpling Deep-Fried	Stir-Fried Dish in Chapchae Taste with Calamari and Glass Noodles	Pork Grilled with Garlic Sauce	Seafood Fried, and Simmered with Various Kinds of Veg in Thick Sweet Sauce
Side Dishes	Fish Nugget Deep-Fried; Pumpkin Salad		Chicken Sautéed with Scallions and Salt; Egg Roll Deep-Fried		Pork Chop; Calamari and Edible Brown Algae Boiled and Marinated in Japanese Taste		Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce; Kidney Beans Sautéed with Cut Corn		Beef Steak Diced and Grilled; Rice Vermicelli Boiled and Sautéed in Chinese Taste	
K. Calories	701	619	656	636	603	574	607	542	651	592
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	12		13		14		15		16	
Staple Food	Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed		Pumpkin 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	Hamburg Steak Grilled with Steak Sauce	Codfish Grilled with Steak Sauce	Rolling Scotch Egg	Calamari Breaded and Deep-Fried	Pork Grilled with Spicy Sauce	Salmon Grilled with Sprinkled Salt	Pork Stir-Fried with Eggs	Seafood Sautéed with Eggs
Side Dishes	Bean Curd of Various Veg Deep-Fried and Simmered in Soy Broth; Fish Paste Shaped in Carrot, Steamed, and Deep-Fried		Sautéed Dish in Tandoori Chicken Flavor; Turnip Simmered with Tuna in Tomato Sauce		Pork and Mushroom Stir-Fried with Worcester Sauce; Chicken Nugget Deep-Fried		Chicken and Asparagus Stir-Fried with Miso; Coquille Deep-Fried		Mackerel Marinated and Deep-Fried; Fish Paste Tube Steamed, and Simmered with Taro in Soy Broth	
K. Calories	644	552	658	605	658	633	647	597	597	583
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date			20		21		22			
Staple Food			Rice Boiled		Rice Boiled		Rice Boiled			
Main Dish	A	B	A	B	A	B	A	B	A	B
			Soybeans and Ground Meat Stir-Fried, Flavored with Curry	Calamari Stir-Fried with Bok Choy	Pork Grilled, Topped with Mayonnaise and Sour Citrus Soy Sauce	Saurel Grilled and Soaked in Spicy Soy Sauce	Chinese Meat Dumpling Deep-Fried	Calamari Chopped into Ring Shape, Breaded, and Deep-Fried		
Side Dishes			Chicken Fried Without Coating; Macaroni Napolitano		Hamburg Steak Grilled, Topped with Mushroom Sauce; Spaghetti Boiled, and Sautéed with Herbs		Young Spanish Mackerel Grilled with Sweet Soy Sauce; Soybeans Simmered in Sweet Soy Broth with Edible Brown Algae			
K. Calories			731	642	729	678	623	610		
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	26		27		28		29		30	
Staple Food	Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Salmon		Rice Boiled		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Grilled with Spicy Miso Sauce	Mackerel Grilled with Spicy Miso Sauce	Meat Grilled in Korean Taste	Shrimp Stir-Fried with Garlic Sprouts	Bell Pepper Stuffed with Ground Meat and Deep-Fried	Fish Paste with Grated Yam Boiled, and Deep-Fried with Cheese	Chicken Grilled with Ketchup	Codfish Grilled with Ketchup	Ham Cutlet Breaded and Deep-Fried	Fish Paste Shaped in Crab Meat, Steamed, Breaded, and Deep-Fried
Side Dishes	Pork and Veg Dumpling Fried, Topped with Chinese Thick Sauce; Taro Salad Dressed with Ham and Mayonnaise		Mackerel Wrapped Around with Dried Seaweed and Grilled; Potato Salad in Japanese Taste with Boiled Green Soy Beans		Omelet with Chopped Carrot and Chive; Pumpkin Boiled, Topped with Sweetened Ground Meat in Thick Western Sauce		Pork Cutlet Simmered in Sweet Soy Sauce with Beaten Egg; Thick Bean Curd Deep-Fried, Parboiled, and Stir-Fried with Carrot in Sweetened Miso		Chicken Grilled with Sweet Soy Sauce; Fish Paste Deep-Fried, and Simmered with Carrot	
K. Calories	607	614	581	521	649	648	674	620	648	603

★ The special ingredient of the month ★ Shimeji

9/21
(Wed.)

It is available in stores all year round, but its original season is from September to November. This month, fresh buna shimeji mushrooms are cooked together



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.