

September 2022 Lunch Menu / Waku-Waku!

Date		Staple Food	Dishes	K.Calories	Meat
1	Thu.	Popeye Bread	Hamburg Steak Grilled, with Ketchup Spaghetti Boiled and Dressed in Japanese Taste Broccoli Stewed in Soup Potato Salad with Soybeans	352	Chicken Pork
2	Fri.	Rice Boiled	Codfish Grilled with Miso and Mayonnaise Brassica Campestris Sautéed with Ham Pumpkin Glacé Cut Corn and Green Soy Beans Salad	317	Chicken Pork
5	Mon.	Rice Boiled	Fish Nugget Deep-Fried Bok Choy Sautéed with Cut Corn Pumpkin Salad Pineapple	354	Chicken Pork
6	Tue.	Rice Boiled	Chicken Sautéed with Scallions and Salt Egg Roll Deep-Fried Fish Paste Tube Steamed, and Simmered with Green Soy Beans in Thick Sweet Soy Sauce Mango Pudding	351	Chicken Pork
7	Wed.	Rice Boiled	Pork Chop Cabbage Sautéed and Flavored with Curry Calamari and Edible Brown Algae Boiled, Marinated in Japanese Taste Yellow Peach	314	Chicken Pork
8	Thu.	Rice Seasoned and Boiled with Greens	Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce Fish Paste Tube Steamed, and Simmered with Edible Brown Algae Kidney Beans Sautéed with Cut Corn Potato Boiled, Dressed with Ketchup	296	
9	Fri.	Rice Boiled	Beef Steak Diced and Grilled Rice Vermicelli Boiled and Sautéed in Chinese Taste Thick Omelet Rolled Green Soy Beans Boiled, Dressed with Chinese Sauce	356	Beef Chicken Pork
12	Mon.	Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed	Bean Curd of Various Veg Deep-Fried and Simmered in Soy Broth Brassica Campestris Sautéed Potato Salad in Japanese Taste Fish Paste Shaped in Carrot, Steamed, and Deep-Fried	326	
13	Tue.	Pumpkin Bread	Sautéed Dish in Tandoori Chicken Flavor Turnip Simmered with Tuna in Tomato Sauce Broccoli Parboiled Corn Cut and Sautéed	278	Chicken Pork
14	Wed.	Rice Boiled	Pork and Mushroom Stir-Fried with Worcester Sauce Chicken Nugget Deep-Fried Kidney Beans and Carrot Glacé Apple	345	Chicken Pork
15	Thu.	Rice Boiled	Chicken and Asparagus Stir-Fried with Miso Coquille Deep-Fried Potato Salad with Chopped Grilled Salmon Mandarin Orange Jelly	362	Chicken
16	Fri.	Rice Boiled	Mackerel Marinated and Deep-Fried Fish Paste Tube Steamed, and Simmered with Taro in Soy Broth Brassica Campestris Parboiled, Carrot Boiled, and Dressed Together with Soy Broth Yellow Peach	316	
20	Tue.	Rice Boiled	Chicken Fried Without Coating Macaroni Napolitano Cheese Asparagus Sautéed with Tuna	408	Chicken Pork
21	Wed.	Rice Boiled	Hamburg Steak Grilled, Topped with Mushroom Sauce Spaghetti Boiled, and Sautéed with Herbs Spinach Sautéed with Ham Pineapple	360	Beef Chicken Pork
22	Thu.	Rice Boiled	Young Spanish Mackerel Grilled with Sweet Soy Sauce Soybeans Simmered in Sweet Soy Broth with Edible Brown Algae Fish Paste Tube Steamed, Sliced and Dressed with Mayonnaise Sweet Potato Fritto	343	
26	Mon.	Rice Boiled	Pork and Veg Dumpling Fried, Topped with Chinese Thick Sauce Taro Salad Dressed with Ham and Mayonnaise Mandarin Orange	334	Chicken Pork
27	Tue.	Rice Boiled	Mackerel Wrapped Around with Dried Seaweed and Grilled Carrot Sautéed with Cut Corn Potato Salad in Japanese Taste with Green Soy Beans Apple	285	
28	Wed.	Rice Seasoned and Boiled with Salmon	Omelet with Chopped Carrot and Chive Pumpkin Boiled, Topped with Sweetened Ground Meat in Thick Western Sauce Fish Paste Deep-Fried, and Sautéed with Spinach Mandarin Orange Jelly	324	Chicken Pork
29	Thu.	Rice Boiled	Pork Cutlet Simmered in Sweet Soy Sauce with Beaten Egg Thick Bean Curd Deep-Fried, Parboiled, and Stir-Fried with Carrot in Sweetened Miso Pear	386	Pork
30	Fri.	Rice Boiled	Chicken Grilled with Sweet Soy Sauce Fish Paste Deep-Fried, and Simmered with Carrot Potato Star-Shaped and Deep-Fried Spinach Sautéed with Short-Neck Clams	338	Chicken

★ 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 with demi-glace sauce to make hamburg. Enjoy with a flavorful shimeji



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.

