

Lunch Menu / Waku-Waku!

2022/10

	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	3		4		5		6		7	
Staple Food	Rice Boiled		Rice Boiled		Rice Boiled		Carrot Bread		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Meat Ball Grilled	Codfish Grilled with Basil	Beef Grilled in Korean Taste	Calamari Stir-Fried with Garlic Sprouts	Pork and Spinach Stir-Fried, Flavored with Curry	Shrimp and Spinach Stir-Fried, Flavored with Curry	Hamburg Steak Grilled with Grated Radish in Japanese Taste	Young Spanish Mackerel Sautéed with Garlic	Chicken Stir-fried with Ketchup	Calamari Stir-Fried with Mayonnaise and Soy Sauce
Side Dishes	Pork Cutlet Breaded and Deep-Fried, Topped with Tomato Sauce and Grated Cheese; Sweet Potato Boiled, Diced, and Dressed with Cabbage, Crazy Salt, and Sweet Vinegar		Mackerel Grilled with Dried Seaweed Powder and Mayonnaise; Thick Bean Curd Deep-Fried and Simmered in Ketchup		Hamburg Steak Grilled with Sweet Soy Sauce; Spaghetti Napolitano		Omelet in Fish Shape; Sausage Stir-Fried		Fish Flesh and Bean Curd Ground, Balled with Grated Yam, Boiled, and Simmered; Bok Choy Sautéed with Carrots	
K.Calories	658	540	634	597	612	588	579	506	569	525
Date	10		11		12		13		14	
Staple Food										
Main Dish										
Side Dishes										
K.Calories										
Date	17		18		19		20		21	
Staple Food	Rice Boiled		Rice Boiled		Rice Boiled		Rice Boiled		Hot Dog Bun	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Piccata	Mackerel Marinated with Dried Sea Lettuce Powder and Deep-Fried	Pork Grilled with Sweet Soy Sauce	Salmon Grilled with Sprinkled Salt	Rolling Scotch Egg	Salmon Breaded and Deep-Fried	Meat Omelet	Sauere Breaded with Green Perilla Leaf and Deep-Fried	Pork Cutlet Breaded and Deep-Fried	Baked Egg
Side Dishes	Ground Meat Cutlet Breaded and Deep-Fried; Chinese Cabbage Stewed in Soup with Cut Corn		Chicken and Egg Simmered Together in Soy Broth; Edible Brown Algae and Tuna Boiled, Dressed Together with Soy Broth		Codfish Grilled with Basil; Cabbage Stir-Fried with Sesame		Chicken Grilled with Sweet Soy Sauce; Potato Boiled, Dressed with Ham and Dried Seaweed Powder		Shrimp and Scallop Sautéed in Peperoncino Flavor; Spaghetti Boiled, and Sautéed with Mushroom	
K.Calories	572	600	639	596	537	506	600	618	643	592
Date	24		25		26		27		28	
Staple Food	Rice Boiled		Rice Boiled		Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed		Rice Boiled		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Lotus Root Sandwich with Ground Meat and Veg, Deep-Fried	Shrimp Cutlet Breaded and Deep-Fried	Chicken Cutlet with Cheese Breaded and Deep-Fried	White Flesh Fish Breaded and Deep-Fried	Chicken Grilled with Black Pepper	Codfish Grilled with Black Pepper	Sautéed Dish in Tandoori Chicken Flavor	Spanish Mackerel Grilled and Flavored with Curry	Chicken Breast Wrapped Around with Dried Seaweed, Breaded, and Deep-Fried	Shrimp Tempura
Side Dishes	Chicken Fried Without Coating; Asparagus Stir-Fried and Flavored with Consommé		Spanish Mackerel Grilled, Topped with Creamy Curry Sauce; Spinach Sautéed with Ham		Feijoada: Brazilian Stew of Beans with Meat, Veg, etc.; Brassica Campestris Parboiled, Tuna Boiled, and Dressed Together with Soy Broth		Shrimp Steamed, Topped with Thick Ketchup; Bok Choy Salad in Chinese Taste		Bean Curd Hamburg Steak Grilled; Egg Salad with Boiled Tuna	
K.Calories	595	580	637	640	575	540	602	573	587	596
Date	31									
Staple Food	Rice Boiled									
Main Dish	A	B								
	Meatball with Cheese Grilled	White Flesh Fish Breaded and Deep-Fried, Topped with Thick Miso Sauce								
Side Dishes	Baked Dish in Pumpkin Gratin Flavor; Calamari Breaded and Deep-Fried									
K.Calories	613	616								

★ The special ingredient of the month ★ Pumpkin

Oct.31
(Mon.)

Although the pumpkin season is often associated with autumn, the harvest is from summer to early fall. The sweetness of the pumpkin becomes stronger and tastier by letting the pumpkin ripen for a month. This month's dish features Hokkaido pumpkin in a gratin style. Enjoy the sweet taste of seasonal pumpkin.



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.