

October 2022 Lunch Menu / Waku-Waku!					
Date	Staple Food	Dishes	K.Calories	Meat	
3	Mon.	Rice Boiled	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 Mandarin Orange	323	Chicken Pork
4	Tue.	Rice Boiled	Mackerel Grilled with Dried Seaweed Powder and Mayonnaise Green Peas Sautéed with Cut Corn Pear Vienna Sausage Sautéed Thick Bean Curd Deep-Fried and Simmered in Ketchup	361	Chicken Pork
5	Wed.	Rice Boiled	Hamburg Steak Grilled with Sweet Soy Sauce Spaghetti Napolitano Salad with French Dressing Mandarin Orange Jelly	346	Chicken Pork
6	Thu.	Carrot Bread	Omelet in Fish Shape Bean Sprouts Sautéed Sausage Stir-Fried Yellow Peach	259	Chicken Pork
7	Fri.	Rice Boiled	Fish Flesh and Bean Curd Ground, Balled with Grated Yam, Boiled, and Simmered Japanese Radish Boiled, Topped with Sweetened Ground Meat Sweet Potato Simmered in Thick Sweet Soy Sauce Pear Bok Choy Sautéed with Carrots	259	Chicken
17	Mon.	Rice Boiled	Ground Meat Cutlet Breaded and Deep-Fried Sausage Sautéed with Ketchup Chinese Cabbage Stewed in Soup with Cut Corn Apple	311	Beef Chicken Pork
18	Tue.	Rice Boiled	Chicken and Egg Simmered Together in Soy Broth Edible Brown Algae and Tuna Boiled, Dressed Together with Soy Broth White Peach	355	Chicken
19	Wed.	Rice Boiled	Codfish Grilled with Basil Turnip Boiled, Topped with Sweetened Ground Meat in Thick Western Sauce Cabbage Stir-Fried with Sesame Yellow Peach	248	Chicken Pork
20	Thu.	Rice Boiled	Chicken Grilled with Sweet Soy Sauce Potato Boiled, Dressed with Ham and Dried Seaweed Powder Dried Strips of Japanese Radish Soaked in Water and Drained, with Japanese Dressing Apple	342	Chicken Pork
21	Fri.	Hot Dog Bun	Shrimp and Scallop Sautéed in Peperoncino Flavor Spaghetti Boiled, and Sautéed with Mushroom Brassica Campestris Sautéed Small Cube Jellies of Peach or Apple Flavor	289	
24	Mon.	Rice Boiled	Chicken Fried Without Coating Asparagus Stir-Fried and Flavored with Consommé Taro Boiled, Covered with Salt and Dried Green Seaweed Powder Mandarin Orange Jelly	306	Chicken Pork
25	Tue.	Rice Boiled	Spanish Mackerel Grilled, Topped with Creamy Curry Sauce French Fries Spinach Sautéed with Ham Pineapple	368	Chicken Pork
26	Wed.	Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed	Feijoada: Brazilian Stew of Beans with Meat, Veg, etc. Coquille Deep-Fried Brassica Campestris Parboiled, Tuna Boiled, and Dressed Together with Soy Broth Mandarin Orange	313	Beef Chicken Pork
27	Thu.	Rice Boiled	Shrimp Boiled, Topped with Thick Ketchup Bok Choy Salad in Chinese Taste Yellow Peach	318	Chicken
28	Fri.	Rice Boiled	Bean Curd Hamburg Steak Grilled Apple Kidney Beans Sautéed with Carrot Fish Paste Shaped in Carrot, Steamed, and Deep-Fried Egg Salad with Boiled Tuna	334	Chicken Pork
31	Mon.	Rice Boiled	Baked Dish in Pumpkin Gratin Flavor Calamari Breaded and Deep-Fried Dried Edible Brown Algae Soaked in Water and Drained, Dressed with Brassica Campestris and Sauce Pear	347	

★ 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.