

Lunch Menu / Waku-Waku!

2022/12

						Thu.		Fri.			
Date						1		2			
Staple Food						Rice Boiled		Rice Boiled			
Main Dish						A	B	A	B		
Side Dishes						Pork and Veg Dumpling Fried, Topped with Chinese Thick Sauce; Taro Salad Dressed with Ham and Mayonnaise		Codfish Grilled with Miso and Mayonnaise; Cut Corn and Green Soy Beans Salad			
K.Calories						611	608	582	532		
Date		Mon. 5		Tue. 6		Wed. 7		Thu. 8		Fri. 9	
Staple Food		Popeye Bread		Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Chicken & Burdock Root		Rice Boiled	
Main Dish		A	B	A	B	A	B	A	B	A	B
Side Dishes		Fish Nugget Deep-Fried; Bok Choy Cut and Parboiled, Dressed with Shredded Dried Seaweed and Soy Broth		Chicken Sautéed with Scallions and Salt; Egg Roll Deep-Fried		Pork Chop; Cabbage Sautéed and Flavored with Curry		Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce; Potatoes Boiled, Dressed with Ketchup Sauce		Beef Steak Diced and Grilled; Rice Vermicelli Boiled and Sautéed in Chinese Taste	
K.Calories		690	606	656	636	648	575	623	558	652	593
Date		Mon. 12		Tue. 13		Wed. 14		Thu. 15		Fri. 16	
Staple Food		Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Tuna & Edible Brown Algae		Rice Boiled		Rice Boiled	
Main Dish		A	B	A	B	A	B	A	B	A	B
Side Dishes		Shrimps Parboiled and Stir-Fried with Beaten Eggs; Edible Brown Algae Simmered in Western Taste		Chicken Marinated with Orange Juice and Soy Broth, then Grilled; Tuna Boiled, and Stewed in Crème with Turnip		Pork and Mushroom Stir-Fried with Worcester Sauce; Chicken Nugget Deep-Fried		Chicken and Asparagus Stir-Fried with Miso; Potato Salad with Chopped Grilled Salmon		Mackerel Grilled with Ketchup; Brassica Campestris Parboiled, Carrot Boiled, and Dressed Together with Soy Broth	
K.Calories		553	540	682	629	658	630	618	614	587	573
Date		Mon. 19		Tue. 20		Wed. 21		Thu. 22		Fri. 23	
Staple Food		Rice Boiled		Rice Boiled							
Main Dish		A	B	A	B						
Side Dishes		Chicken Fried Without Coating; Macaroni Napolitana		Thick Bean Curd Deep-Fried and Simmered with Sweetened Ground Meat; Bok Choy Stir-Fried							
K.Calories		731	642	582	635						
Date		Mon. 26		Tue. 27		Wed. 28		Thu. 29		Fri. 30	
Staple Food											
Main Dish											
Side Dishes											
K.Calories											

★ The special ingredient of the month ★ Mandarin Oranges

Dec.13 (Tue.)

They are in season from fall to winter, becoming more flavorful and tasty as the weather gets colder. This month we made mandarin orange juice into sweet and spicy orange chicken. Enjoy the slight flavor of mandarin oranges.



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.