

December 2022 Lunch Menu / Waku-Waku!					
Date	Staple Food	Dishes	K.Calories	Meat	
1	Thu.	Rice Boiled	Pork and Veg Dumpling Fried, Topped with Chinese Thick Sauce Taro Salad Dressed with Ham and Mayonnaise Mandarin Orange	328	Chicken Pork
2	Fri.	Rice Boiled	Codfish Grilled with Miso and Mayonnaise Brassica Campestris Sautéed with Ham Cut Corn and Green Soy Beans Salad Apple	300	Chicken Pork
5	Mon.	Popeye Bread	Fish Nugget Deep-Fried Bok Choy Cut and Parboiled, Dressed with Shredded Dried Seaweed and Soy Broth Potato Salad Pineapple	343	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 Together in Japanese Taste Yellow Peach	315	Chicken Pork
8	Thu.	Rice Seasoned and Boiled with Chicken & Burdock Root	Japanese Pizza of Veg and Meat Pan-Fried, Topped with Spicy Sauce Fish Paste Tube Steamed and Dressed with Dried Seaweed Powder and Mayonnaise Kidney Beans Sautéed with Cut Corn                      Mandarin Orange Potatoes Boiled, Dressed with Ketchup Sauce	312	Chicken
9	Fri.	Rice Boiled	Beef Steak Diced and Grilled                                      Apple Rice Vermicelli Boiled and Sautéed in Chinese Taste Thick Omelet Rolled Green Soy Beans Boiled, Dressed with Chinese Sauce	357	Beef Chicken Pork
12	Mon.	Rice Boiled	Shrimps Parboiled and Stir-Fried with Beaten Eggs                      Grape Jelly Potato Peeled, Boiled and Drained Edible Brown Algae Simmered in Western Taste Snap Peas Boiled	292	Chicken Pork
13	Tue.	Rice Boiled	Chicken Marinated with Orange Juice and Soy Broth, then Grilled Tuna Boiled, and Stewed in Crème with Turnip                      White Peach Broccoli Parboiled Corn Cut and Sautéed	302	Chicken Pork
14	Wed.	Rice Seasoned and Boiled with Tuna & Edible Brown Algae	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 Grilled with Ketchup Fish Paste Tube Steamed, and Simmered with Taro in Soy Broth Brassica Campestris Parboiled, Carrot Boiled, and Dressed Together with Soy Broth Yellow Peach	306	
19	Mon.	Rice Boiled	Chicken Fried Without Coating                                      Grape Jelly Macaroni Napolitana Cheese Tuna Braised with Asparagus	408	Chicken Pork
20	Tue.	Rice Boiled	Thick Bean Curd Deep-Fried and Simmered with Sweetened Ground Meat Bok Choy Stir-Fried Mandarin Orange Jelly	311	Chicken

★ The special ingredient of the month ★ Mandarin Orange

Dec.13  
(Tue.)

It is 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 orange.



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.