

Lunch Menu / Waku-Waku!

2023/6

						Thu.		Fri.			
Date							1	2			
Staple Food							Rice Boiled		Rice Boiled		
Main Dish	A	B	A	B	A	B	A	B			
Other Dishes							Pork and Spinach Stir-Fried, Flavored with Curry	Shrimp and Spinach Stir-Fried, Flavored with Curry	Beef Grilled in Korean Taste	Calamari Stir-Fried with Garlic Sprouts	
K.Calories							636	599	632	605	
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date	5		6		7		8		9		
Staple Food	Rice Boiled		Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed		Rice Boiled		Rice Boiled		Rice Boiled		
Main Dish	A	B	A	B	A	B	A	B	A	B	
Other Dishes	Chicken Fried Without Coating; Pumpkin Salad		Fish Flesh and Bean Curd Ground, Balled with Grated Yam, Boiled, and Simmered; Bok Choy and Carrot Parboiled, Dressed with Sesame		Pork cutlet Breaded and Deep-Fried, Topped with Tomato Sauce in Milanese Style; Salad with Italian Dressing		Mackerel Marinated and Deep-Fried; Broad Beans Sautéed with Cut Corn		Meatball Grilled, Topped with Onion Sauce; Cauliflower Stewed in Soup		
K.Calories	619	625	626	610	620	505	568	541	561	510	
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date	12		13		14		15		16		
Staple Food	Pumpkin Bread		Rice Boiled		Rice Boiled		Rice Boiled		Rice Boiled		
Main Dish	A	B	A	B	A	B	A	B	A	B	
Other Dishes	Ground Meat Cutlet Breaded and Deep-Fried; Chinese Cabbage Stewed in Consommé with Cut Corn		Bok Choy and Chicken Stir-Fried with Oyster Sauce; Chinese Meat Dumpling Deep-Fried		Codfish Grilled with Mayonnaise; Chicken Nugget Deep-Fried		Pork Grilled in Korean Taste; Brassica Campestris Parboiled, and Dressed with Boiled Cut Corn		Chicken Grilled with Sweet Soy Sauce; Potato Boiled, Dressed with Ham and Dried Seaweed Powder		
K.Calories	623	603	640	622	573	566	536	542	685	612	
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date	19		20		21		22		23		
Staple Food	Rice Boiled		Rice Seasoned and Boiled with Salmon		Rice Boiled		Rice Seasoned and Boiled with Greens		Rice Boiled		
Main Dish	A	B	A	B	A	B	A	B	A	B	
Other Dishes	Chicken Fried Without Coating; Asparagus Stir-Fried and Flavored with Consommé		Pot-au-feu; Mini-Sized Calamari Breaded and Deep-Fried		Feijoada: Brazilian Stew of Beans with Meat, Veg, etc.; Coquille Deep-Fried		Spanish Mackerel Grilled, Topped with Creamy Curry Sauce; Spinach Sautéed with Ham		Shrimp Boiled, Topped with Thick Ketchup; Bok Choy Salad in Chinese Taste		
K.Calories	597	566	655	637	542	507	564	564	554	535	
		Mon.		Tue.		Wed.		Thu.		Fri.	
Date	26		27		28		29		30		
Staple Food	Rice Boiled		Hot Dog Bun		Rice Boiled		Rice Boiled		Rice Boiled		
Main Dish	A	B	A	B	A	B	A	B	A	B	
Other Dishes	Scallop Wrapped Around with Dried Seaweed, Breaded, and Deep-Fried; Tuna Salad, Flavored with Curry		Pork Sautéed in Peperoncino Flavor; Spaghetti Boiled, and Sautéed with Mushroom		Croquette Flavored with Curry and Deep-Fried; Turnip Stir-Fried with Vienna Sausage		Wakuwaku Original Hamburg Steak Grilled, Vegetables Kneaded, with Ketchup; Pumpkin Boiled, Topped with Sweetened Ground Meat in Thick Western Sauce		Red Rockfish Grilled, Topped with Scallion Sauce; Carrot Boiled, Dressed with Chinese Sauce		
K.Calories	586	595	545	496	642	627	641	650	588	562	

★ The special ingredient of the month ★ Broad Beans

6/08
(Thu.)

We can eat them only in season because the harvest time is short from May to June and their freshness rapidly deteriorates. This month, we sauté seasonal broad beans with cut corn. Enjoy the crumbly texture and sweet taste.



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 the 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.