2023/6

							Thu.		Fri.	
Date							1		2	
Staple Food							Rice Boiled		Rice Boiled	
							Α	В	А	В
Main Dish							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
Other Dishes							Hamburg Steak Grilled with Sweet Soy Sauce; Spaghetti Boiled and Stir-Fried with Ketchup Called Napolitana		Mackerel Grilled with Dried Seaweed Powder and Mayonnaise; Thick Bean Curd Deep-Fried and Simmered in Ketchup	
K.Calories							636	599	632	605
	Mo	on.	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	
	Α	В	Α	В	Α	В	Α	В	А	В
Main Dish	Beef Croquette Deep- Fried	White-Fleshed Fish Fritters	Chicken Deep-Fried and Simmered in Chili Sauce	Shrimp Simmered in Chili Sauce	Chicken Meat Ball Grilled	Codfish Grilled with Basil	Pork Stir-Fried with Garlic Sauce	Shrimp Stir-Fried with Garlic Sauce	Pork Stir-Fried with Asparagus	Seafood Stir-Fried with Asparagus
Other Dishes	Chicken Fried Without Coating; Pumpkin Salad		Fish Flesh and Bean Co Grated Yam, Boile Bok Choy and Carrot F Ses	d, and Simmered;	Pork cutiet breaded and Deep-rned, Topped with		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	
	Α	В	Α	В	Α	В	Α	В	А	В
Main Dish	Chicken Piccata	Young Spanish Mackerel Marinated with Dried Sea Lettuce Powder and Grilled	Pork and Veg Deep- Fried, Dressed with Thick Sweet-Sour Sauce	Flounder Deep-Fried, Topped with Thick Sweet-Sour Sauce	Crème and Cut Corn Croquette Deep-Fried	Salmon Breaded and Deep-Fried	Chicken Fried, Dressed with Sweet and Spicy Sauce in Korean Taste	Mackerel Marinated with Gochujang Sauce and Grilled	Vienna Sausage Deep- Fried	Saurel Breaded and Deep-Fried
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	Α	В	Α	В	Α	В	Α	В	А	В
	Eggplant Stuffed with Ground Meat and Deep- Fried	Shrimp Cutlet Breaded and Deep-Fried	Pork Stir-Fried with Mayonnaise and Soy Sauce	Shrimp Stir-Fried with Mayonnaise and Soy Sauce	Chicken Grilled with Black Pepper	Codfish Grilled with Black Pepper	Chicken Cutlet with Cheese Breaded and Deep-Fried	White-Fleshed Fish Breaded and Deep-Fried	Sautéed Dish in Tandoori Chicken Flavor	Spanish Mackerel Grilled and Flavored with Curry
Other Dishes	Chicken Fried Without Coating; Asparagus Stir-Fried and Flavored with Consomm é		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	А	В	А	В	А	В	А	В	А	В
	Chicken Grilled and Soaked in Spicy Soy Sauce	White-Fleshed Fish Grilled and Soaked in Spicy Soy Sauce	Pork Cutlet Breaded and Deep-Fried	Bite-Sized Tuna Cutlet on a Skewer Breaded and Deep-Fried	Noodles Stir-Fried with Salty Sesame Oil	Seafood and Noodles Stir-Fried with Salty Sesame Oil	Bell Pepper Stuffed with Ground Meat and Deep- Fried	Shrimp Fritter Dressed with Mayonnaise	Chicken Grilled with Sesame	Scallop and Broccoli Stir-Fried with Salt
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
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\bigstar The special ingredient of the month \bigstar Broad Beans

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

6/08 (Thu.)