

June 2023 Lunch Menu / Waku-Waku!					
Date	Staple Food	Dishes	K.Calories	Meat	
1	Thu.	Rice Boiled	Hamburg Steak Grilled with Sweet Soy Sauce Spaghetti Boiled, and Stir-Fried with Ketchup Called Napolitana Broccoli Parboiled, with French Dressing Apple	347	Chicken Pork
2	Fri.	Rice Boiled	Mackerel Grilled with Dried Seaweed Powder and Mayonnaise Green Peas Sautéed with Cut Corn Mandarin Orange Jelly Vienna Sausage Sautéed Thick Bean Curd Deep-Fried and Simmered in Ketchup	359	Chicken Pork
5	Mon.	Rice Boiled	Chicken Fried Without Coating White Peach Spinach Braised with Tuna Fish Paste Shaped in Carrot, Steamed, and Deep-Fried Pumpkin Salad	351	Chicken
6	Tue.	Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed	Fish Flesh and Bean Curd Ground, Balled with Grated Yam, Boiled, and Simmered Soybeans and Ground Meat Stir-Fried, Flavored with Curry Sausage Grilled, with Ketchup Pear Bok Choy and Carrot Parboiled, Dressed with Sesame	303	Pork
7	Wed.	Rice Boiled	Pork cutlet Breaded and Deep-Fried, Topped with Tomato Sauce in Milanese Style Salad with Italian Dressing Mandarin Orange	298	Chicken Pork
8	Thu.	Rice Boiled	Mackerel Marinated and Deep-Fried Broad Beans Sautéed with Cut Corn Potato Salad in Japanese Taste Apple	305	Chicken Pork
9	Fri.	Rice Boiled	Meatball Grilled, Topped with Onion Sauce Macaroni Boiled and Sautéed Cauliflower Stewed in Soup Small Cube Jellies of Peach or Apple Flavor	287	Chicken Pork
12	Mon.	Pumpkin Bread	Ground Meat Cutlet Breaded and Deep-Fried Sausage Sautéed with Ketchup Chinese Cabbage Stewed in Consommé with Cut Corn Pear	311	Beef Chicken Pork
13	Tue.	Rice Boiled	Bok Choy and Chicken Stir-Fried with Oyster Sauce Chinese Meat Dumpling Deep-Fried Fish Paste Deep-Fried, Green Soy Beans Boiled, Dressed Together with Chinese Sauce Grape Jelly	335	Chicken
14	Wed.	Rice Boiled	Codfish Grilled with Mayonnaise Gounod Meat Sautéed with Cabbage Chicken Nugget Deep-Fried Yellow Peach	313	Chicken Pork
15	Thu.	Rice Boiled	Pork Grilled in Korean Taste Bean sprouts and Leeks Namul Brassica Campestris Parboiled, and Dressed with Boiled Cut Corn Pineapple	282	Chicken Pork
16	Fri.	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	343	Chicken Pork
19	Mon.	Rice Boiled	Chicken Fried Without Coating Asparagus Stir-Fried and Flavored with Consommé Taro Boiled, Dressed with Shredded Dried Seaweed and Soy Broth White Peach	303	Chicken Pork
20	Tue.	Rice Seasoned and Boiled with Salmon	Pot-au-feu Mini-Sized Calamari Breaded and Deep-Fried Yellow Peach	332	Chicken Pork
21	Wed.	Rice Boiled	Feijoada: Brazilian Stew of Beans with Meat, Veg, etc. Coquille Deep-Fried Cabbage Parboiled, Tuna Boiled, and Dressed Together with Soy Broth Mandarin Orange	299	Beef Chicken Pork
22	Thu.	Rice Seasoned and Boiled with Greens	Spanish Mackerel Grilled, Topped with Creamy Curry Sauce French Fries Spinach Sautéed with Ham Pear	307	Chicken Pork
23	Fri.	Rice Boiled	Shrimp Boiled, Topped with Thick Ketchup Bok Choy Salad in Chinese Taste Yellow Peach	289	Chicken
26	Mon.	Rice Boiled	Scallop Wrapped Around with Dried Seaweed, Breaded, and Deep-Fried Kidney Beans Sautéed with Carrot Apple Tuna Salad, Flavored with Curry Lotus Root Simmered in Thick Sweet Soy Sauce	298	Chicken Pork
27	Tue.	Hot Dog Bun	Pork Sautéed in Peperoncino Flavor Spaghetti Boiled, and Sautéed with Mushroom Brassica Campestris Sautéed Small Cube Jellies of Peach or Apple Flavor	270	Chicken Pork
28	Wed.	Rice Boiled	Croquette Flavored with Curry and Deep-Fried Mandarin Orange Turnip Stir-Fried with Vienna Sausage Meatball Grilled with Sweet Soy Sauce Bok Choy Parboiled, Dressed with Miso and Mayonnaise	336	Chicken Pork
29	Thu.	Rice Boiled	Wakuwaku Original Hamburg Steak Grilled, Vegetables Kneaded, with Ketchup Pumpkin Boiled, Topped with Sweetened Ground Meat in Thick Western Sauce Shrimp Fritter Dressed with Mayonnaise Pineapple Fish Paste Deep-Fried, and Sautéed with Spinach	372	Beef Chicken Pork
30	Fri.	Rice Boiled	Red Rockfish Grilled, Topped with Scallion Sauce Carrot Boiled, Dressed with Chinese Sauce Sweet Potato Chopped into Chunks, Deep-Fried, and Candied Pear	320	

★ 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.