

Lunch Menu / Waku-Waku!

2024/2

							Thu.		Fri.	
Date							1		2	
Staple Food							Rice Boiled		Rice Boiled	
Main Dish							A	B	A	B
							Pork and Cabbage Saut- éed with Butter	Seafood and Cabbage Sautéed with Butter	Chicken Grilled with Miso	Squid Grilled with Miso
Other Dishes							Chicken Grilled and Flavored with Curry; Potato Stewed in Crème		Sardine Fish Ball Fried, Topped with Tomato and Veg Sauce; Spinach Parboiled, Dressed with Sesame and Soybean Flour	
K.Calories							618	583	604	561
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	5		6		7		8		9	
Staple Food	Pumpkin Bread		Rice Boiled		Rice Boiled		Rice Boiled		Rice Steamed with Pork and Veg in Chinese Flavor	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Vienna Sausage Deep- Fried	Fish Paste Shaped in Bamboo Leaf, Steamed, and Deep- Fried	Pork and Vegetables Dumpling Deep-Fried	Seafood Japchae: Glass Noodles and Seafood Stir-Fried with Sweet Soy Sauce	Pork Stir-Fried with Mayonnaise and Sour Citrus Soy Sauce	Saurel Breaded and Deep-Fried, with Mayonnaise and Sour Citrus Soy Sauce	Chinese Meat Dumpling Deep-Fried	Calamari Chopped into Ring Shape, Breaded, and Deep-Fried	Chicken Breast Breaded and Deep-Fried	Fish Paste Tube Steamed and Deep- Fried
Other Dishes	Corn Cut, Breaded, and Deep-Fried; Brassica Campestris Stewed in Soup		Meat and Potato Simmered in Sweet Soy Sauce; Fish Paste Tube Steamed, Dressed with Dried Seaweed Powder and Mayonnaise		Hamburg Steak Grilled, Topped with Demi Glace Sauce; Spaghetti Boiled, and Sautéed with Herbs		Rosefish Pickled in White Miso and Grilled; Soybeans Simmered in Sweet Soy Sauce with Edible Brown Seaweed		Shrimp Stir-Fried with Mayonnaise; Bok Choy Salad with Wakame Seaweed	
K.Calories	686	654	613	562	704	664	595	582	617	557
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	12		13		14		15		16	
Staple Food			Rice Boiled		Chicken Pilaf		Rice Boiled		Rice Boiled	
Main Dish			A	B	A	B	A	B	A	B
			Soybeans and Ham Stir-Fried, Flavored with Curry	Shrimp and Bok Choy Stir-Fried, Flavored with Curry	Pork Chop	Seafood Sautéed	Pork Grilled with Spicy Sauce	Young Spanish Mackerel Grilled with Miso	Pork and Veg Deep- Fried, Dressed with Thick Sweet-Sour Sauce	Flounder Deep-Fried, Topped with Thick Sweet-Sour Sauce
Other Dishes			Chicken Fried Without Coating; Fine Whitish Strings of Konjac Stir-Fried in Oil and Sweet Soy Sauce		Codfish Grilled with Mayonnaise and Ketchup Sauce; Cabbage Sautéed with Carrot		Wakuwaku Original Hamburg Steak Grilled, Vegetables Kneaded; Spinach Sautéed with Cut Corn		Pork Sautéed with Scallion and Salt; Egg Roll Deep-Fried	
K.Calories			646	567	647	591	564	561	635	604
	Mon.		Tue.		Wed.		Thu.		Fri.	
Date	19		20		21		22		23	
Staple Food	Rice Boiled		Rice Boiled		Hot Dog Bun		Rice Boiled			
Main Dish	A	B	A	B	A	B	A	B		
	Pork Grilled with Garlic Sauce	Seafood Fried, and Simmered with Various Kinds of Veg in Thick Sweet Sauce	Chicken Marinated, Deep-Fried, and Dressed with Mayonnaise	Rosefish Grilled with Basil Oil	Lotus Root Stuffed with Ground Meat and Deep-Fried	Coquille Deep-Fried	Hamburg Steak Grilled in Japanese Taste	Codfish Grilled in Japanese Taste		
Other Dishes	Beef Steak Diced and Grilled; Rice Vermicelli Boiled, Drained, and Sautéed in Chinese Taste		Cabbage Stewed in Consommé; Potato Salad		Macaroni Boiled, and Stewed in Crème with Chicken; Shrimp Fritter		Mackerel Marinated in Soy Sauce, Coated with Starch Powder, and Deep-Fried; Taro Simmered with Light Soy Sauce Broth and Sweet Sake Seasoning			
K.Calories	622	566	657	564	622	572	726	661		
	Mon.		Tue.		Wed.		Thu.			
Date	26		27		28		29			
Staple Food	Rice Boiled		Rice Boiled		Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed		Rice Boiled			
Main Dish	A	B	A	B	A	B	A	B		
	Chicken Nugget Deep- Fried	Fish Nugget Deep-Fried	Pork Sliced and Parboiled, Topped with Sour Citrus Soy Sauce and Grated Radish	Horse Mackerel Grilled, Topped with Sour Citrus Soy Sauce and Grated Radish	Chicken Sautéed with Ketchup	Codfish Sautéed with Ketchup	Meatball with Cheese Grilled	White-Fleshed Fish Breaded and Deep- Fried		
Other Dishes	Chicken Ball Grilled with Miso Flavor; Marinated Dish of Tuna Confit and Boiled Corn Kernels		Fish Paste Deep-Fried, and Deep-Fried; Pumpkin Simmered with Sweetened Ground Meat		Pork Cutlet Breaded and Deep-Fried, with Worcester Sauce; Thick Bean Curd Deep-Fried, and Simmered in Miso Broth with Japanese Radish		Yellowtail and Japanese Radish Simmered in Sweet Soy Sauce; Chinese Cabbage Parboiled, Dressed with Sesame			
K.Calories	616	616	628	598	589	579	558	561		

NOTE: Before 1:00 p.m. each day, please finish eating Waku-Waku's lunches.

★ The special ingredient of the month ★ Yellowtails

2/29

(Thu.)

"Success Fish" has several names according to the stage of growth and 80cm or more are called yellowtails. They are sometimes eaten as "Acquiring Year Fish" on New Year's Eve. This month, we cook the well-known buri-daikon with seasonal yellowtails. Please enjoy with Japanese radish that has absorbed the umami of yellowtails.



The above menu may change without notice due to the condition of food materials.

Please be careful when eating fish because the piece may contain bones.

To teachers and parents: Please encourage your children to chew their food well at mealtime.