


February 2024 Lunch Menu / Waku-Waku!					
Date		Staple Food	Dishes	K.Calories	Meat
1	Thu.	Rice Boiled	Chicken Grilled and Flavored with Curry Potato Stewed in Crème Broccoli Parboiled and Marinated Macaroni Boiled and Sautéed White Peach	317	Chicken Pork
2	Fri.	Rice Boiled	Sardine Fish Ball Fried, Topped with Tomato and Veg Sauce Fish Paste Steamed Spinach Parboiled, Dressed with Sesame and Soybean Flour Soy Milk Jelly	288	Chicken Pork
5	Mon.	Pumpkin Bread	Corn Cut, Breaded, and Deep-Fried Mini-Sized Corn Dog Brassica Campestris Stewed in Soup Sweet Potato Salad Dressed with Potato and Mayonnaise Pear	361	Chicken Pork
6	Tue.	Rice Boiled	Meat and Potato Simmered in Sweet Soy Sauce Broccoli Parboiled and Dressed with Sesame Fish Paste Tube Steamed, Dressed with Dried Seaweed Powder and Mayonnaise Apple	314	Pork
7	Wed.	Rice Boiled	Hamburg Steak Grilled, Topped with Demi Glace Sauce Spaghetti Boiled, and Sautéed with Herbs Bok Choy Sautéed Pumpkin Glacé Pineapple	354	Beef Chicken Pork
8	Thu.	Rice Boiled	Rosefish Pickled in White Miso and Grilled Soybeans Simmered in Sweet Soy Sauce with Edible Brown Seaweed Sweet Potato Tempura Chicken Steamed and Cooled, Dressed with Cabbage in Sesame Sauce White Peach	311	Chicken
9	Fri.	Rice Steamed with Pork and Veg in Chinese Flavor	Shrimp Stir-Fried with Mayonnaise Potato and Pork Sliced, Piled, and Grilled with Ketchup and Cheese Snap Peas Boiled Bok Choy Salad with Wakame Seaweed Mandarin Orange Jelly	324	Chicken
13	Tue.	Rice Boiled	Chicken Fried Without Coating Fine Whitish Strings of Konjac Stir-Fried in Oil and Sweet Soy Sauce Tuna Simmered in Consommé with Chinese Cabbage Cheese Apple	317	Chicken Pork
14	Wed.	Chicken Pilaf	Codfish Grilled with Mayonnaise and Ketchup Sauce Cabbage Sautéed with Carrot Corn Salad Potato Hashed and Browned Almond Jelly and Cherry with Strawberry	357	Chicken Pork
15	Thu.	Rice Boiled	Wakuwaku Original Hamburg Steak Grilled, Vegetables Kneaded Spinach Sautéed with Corn Kernels Vienna Sausage Boiled into Octopus Shape Potato Boiled, Topped with Dried Green Seaweed Powder Mandarin Orange	309	Beef Chicken Pork
16	Fri.	Rice Boiled	Pork Sautéed with Scallion and Salt Egg Roll Deep-Fried Kotchori Salad in Kim Chee Flavor Mango Pudding	330	Chicken Pork
19	Mon.	Rice Boiled	Beef Steak Diced and Grilled Rice Vermicelli Boiled, Drained, and Sautéed in Chinese Taste Japanese Radish Stewed in Oyster Sauce Fish Paste Shaped in Carrot, Steamed, and Deep-Fried Apple	326	Beef Chicken
20	Tue.	Rice Boiled	Pork Chop Cabbage Stewed in Consommé Potato Salad Yellow Peach	331	Chicken Pork
21	Wed.	Hot Dog Bun	Macaroni Boiled, and Stewed in Crème with Chicken Shrimp Fritter Kidney Beans and Carrot Glacé Broccoli Parboiled Mandarin Orange	320	Chicken Pork
22	Thu.	Rice Boiled	Mackerel Marinated in Soy Sauce, Coated with Starch Powder, and Deep-Fried Taro Simmered with Light Soy Sauce Broth and Sweet Sake Seasoning Potherb Mustard Simmered and Left Soaked in Soy Broth Grape Jelly	343	
26	Mon.	Rice Boiled	Chicken Ball Grilled with Miso Flavor Brassica Campestris Sautéed Fish Paste Tube Steamed, Dressed with Dried Seaweed Powder Marinated Dish of Tuna Confit and Boiled Corn kernels Pineapple	301	Chicken
27	Tue.	Rice Boiled	Fish Paste Deep-Fried, and Deep-Fried Pumpkin Simmered with Sweetened Ground Meat Chinese Meat Dumpling Steamed Bean Sprouts Parboiled, Dressed with Dried Bonito Flakes Pear	333	Chicken
28	Wed.	Rice Seasoned and Boiled, Dressed with Chopped Salmon and Wakame Seaweed	Pork Cutlet Breaded and Deep-Fried, with Worcester Sauce Cabbage Sautéed Thick Bean Curd Deep-Fried, and Simmered in Miso Broth with Japanese Radish White Peach	323	Chicken Pork
29	Thu.	Rice Boiled	Yellowtail and Japanese Radish Simmered in Sweet Soy Sauce Chinese Cabbage Parboiled, Dressed with Sesame Small Cube Jellies of Peach or Apple Flavor	290	

★ 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.



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 contain bones.

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