



# 2024 WEEKLY MENU



Dish	Mon Oct 21	Tue Oct 22	Wed Oct 23	Thu Oct 24	Fri Oct 25	Sat Oct 26	Sun Oct 27	
Lunch	Cafeteria Closed due to renewal operation	<b>Main Dish A</b> ¥490	<b>Chicken with Tartar Sauce</b> Calories : 365 kcal Sodium : 2.1 g	<b>Simmered Hamburg Steak</b> Calories : 320 kcal Sodium : 1.3 g	<b>Tandoori Chicken</b> Calories : 278 kcal Sodium : 0.4 g	<b>One-third Daily Vegetable Intake Stir-fried with Oyster Sauce</b> Calories : 334 kcal Sodium : 1.7 g	<b>Mapo Tofu</b> Calories : 334 kcal Sodium : 1.7 g	<b>Ground Meat Cutlet</b> Calories : 334 kcal Sodium : 1.7 g
		<b>Main Dish B</b> ¥490	<b>Grilled Spanish Mackerel with Basil Sauce</b> Calories : 411 kcal Sodium : 1.1 g	<b>White-fleshed Fish Simmered in Japanese Style</b> Calories : 407 kcal Sodium : 2.6 g	<b>Curry-flavored Deep Fried Mackerel</b> Calories : 461 kcal Sodium : 3.1 g	<b>Cod with Grated Radish Sauce</b> Calories : 493 kcal Sodium : 2.1 g	<b>Tuna Cutlet</b> Calories : 493 kcal Sodium : 2.1 g	<b>Grilled Flounder with Salt</b> Calories : 493 kcal Sodium : 2.1 g
		<b>Bowl</b> ¥500	<b>Pork Cutlet Rice Bowl</b> Calories : 739 kcal Sodium : 7.4 g	<b>Rice Bowl of Chicken marinated with Tartar Sauce</b> Calories : 749 kcal Sodium : 2.4 g	<b>Deep Fried White-fleshed Fish Rice Bowl</b> Calories : 743 kcal Sodium : 6.9 g	<b>Stamina Pork Rice Bowl</b> Calories : 590 kcal Sodium : 1.5 g	<b>Beef Rice Bowl</b> Calories : 590 kcal Sodium : 1.5 g	<b>Chicken and Egg Rice Bowl</b> Calories : 590 kcal Sodium : 1.5 g
		<b>Curry</b> ¥500	<b>Ground Meat Cutlet Curry</b> Calories : 639 kcal Sodium : 3.4 g	<b>Omelette Curry</b> Calories : 649 kcal Sodium : 3.4 g	<b>Pork Cutlet Curry</b> Calories : 643 kcal Sodium : 3.9 g	<b>Hamburg Steak Curry</b> Calories : 690 kcal Sodium : 3.5 g	<b>Ham Cutlet Curry</b> Calories : 640 kcal Sodium : 3.5 g	<b>Sausage Curry</b> Calories : 630 kcal Sodium : 3.6 g
Dinner	Cafeteria Closed due to renewal operation	<b>Main Dish A</b> ¥490	<b>Deep Fried Shrimp &amp; White-fleshed Fish</b> Calories : 362 kcal Sodium : 1.1 g	<b>Stir-fried Pork with Butter Soy Sauce</b> Calories : 452 kcal Sodium : 1.2 g	<b>Diced Steak</b> Calories : 362 kcal Sodium : 1.3 g	<b>Cajun Grilled Chicken</b> Calories : 321 kcal Sodium : 1.8 g	<b>Stir-fried Pork with Mixed Vegetables</b> Calories : 391 kcal Sodium : 2.1 g	<b>Deep Fried Chicken (Karaage)</b> Calories : 392 kcal Sodium : 1.5 g
		<b>Bowl or Curry</b> ¥500	<b>Ground Meat Cutlet Curry</b> Calories : 639 kcal Sodium : 3.4 g	<b>Rice Bowl of Chicken marinated with Tartar Sauce</b> Calories : 749 kcal Sodium : 2.4 g	<b>Pork Cutlet Curry</b> Calories : 643 kcal Sodium : 3.9 g	<b>Stamina Pork Rice Bowl</b> Calories : 590 kcal Sodium : 1.5 g	<b>Ham Cutlet Curry</b> Calories : 640 kcal Sodium : 3.5 g	<b>Chicken and Egg Rice Bowl</b> Calories : 590 kcal Sodium : 1.5 g
Noodle	Cafeteria Closed due to renewal operation	<b>Udon / Soba</b> ¥330	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g	<b>Udon / Soba</b> Calories : 320 kcal Sodium : 3.9 g
		<b>Ramen</b> ¥500	<b>Miso Ramen</b> Calories : 570 kcal Sodium : 3.4 g	<b>Tonkotsu Ramen (Pork Bone Broth)</b> Calories : 456 kcal Sodium : 3.5 g	<b>Shoyu Ramen (Soy Sauce Broth)</b> Calories : 432 kcal Sodium : 3.6 g	<b>Shio Ramen (Salt Broth)</b> Calories : 489 kcal Sodium : 3.8 g	<b>Miso Ramen</b> Calories : 570 kcal Sodium : 3.4 g	<b>Tonkotsu Shoyu Ramen (Pork Bone and Soy Sauce Broth)</b> Calories : 472 kcal Sodium : 3.5 g

Notice to All: While the main ingredients are listed above each dish, please be aware that there may be additional ingredients not explicitly detailed. We strive to accommodate dietary preferences and restrictions, including vegetarian and religious considerations. However, we apologize for any uncertainties about specific ingredients. If you have any dietary concerns, please ask our staff for more detailed information.

## Set Meal

800 yen (tax included) = Rice + Miso soup + Main dish + 2 Side dishes  
 The total price of each items is equivalent to 950 yen!  
 Greater value and well-balanced meal!  
 Even you choose a large serving of rice, it costs the same set price!  
 (Please ask at the counter.)



\*The photo is an image.

## 【How to Order the Set Meal】

- (1) Ask us for the set meal A or B at the counter.
- (2) Choose two side dishes.
- (3) Let us know the size of rice (large, medium, or small).
- (4) Rice, miso soup, main dish, and two side dishes complete the set meal!
- (5) Then, proceed to pay for it.



The menu is subject to change due to availability.