


*Menu might be changed without notice*

**Meiji Kai Lunch Program  
At Kawabe Memorial House  
2022**

60 Years and Older – Suggested Donation: \$5.00  
Guest (under 60 years old) - \$10.00 per meal  
Take Out Only, No Refunds  
8 ounces of Fruit Juice/Milk will be served with each meal  
Please make a reservation 2 days in advance by calling 206-322-4550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Salmon Shioyaki (Grilled Salmon) Nasu Dengaku (Miso Glazed Eggplant) Salad w/ Spinach, Broccoli, Tomato, Bell Pepper, Radish &amp; Crispy Onions Rice Miso Soup w/ Crab &amp; Mitsuha Pineapple, Orange, Honeydew, Cantaloupe, Grapes &amp; Apple w/ Yogurt</p>	<p><b>4</b></p> <p>Seafood Curry Rice (Shrimp, Squid, Clams, Mussels, Octopus, Onions, Potatoes, &amp; Carrots) Osuimono w/ Squash Salad w/ Kale, Radishes, Dried Cranberries, Dried Apricots, Tomatoes, Broccoli &amp; Beets Sliced Banana</p>	<p><b>5</b></p> <p>Chicken Cream Stew w/ Carrots, Onion, Broccoli, &amp; Potatoes Salad w/ Kale, Spinach, Carrots, &amp; Tomatoes Rice Sliced Apples</p>	<p><b>6</b></p> <p>Shogayaki (Ginger Pork) Turnip Green &amp; Kiriboshi Daikon Itamemomo Miso Soup w/ Narutomaki &amp; Peas Brown Rice Mandarin Orange w/ Cream Puff</p>	<p><b>7</b></p> <p>Chikuzen-Ni (Chicken Simmered w/ Lotus Root, Carrots, Shiitake, Konnyaku, Taro, Gobo, Snow Peas, Bamboo Shoots &amp; Chikuwa) Namasu (Carrots &amp; Daikon) Rice Miso Soup w/ Tofu &amp; Spinach Mandarin Orange</p>
<p><b>10</b></p> <p>Tonkatsu Potato Salad w/ Kale, Carrot, Broccoli, Bell Pepper, Tomato, Radish, Dried Cranberries, &amp; Green Onion, Rice Miso Soup w/ Squash &amp; Wakame Cantaloupe, Blueberries, Honeydew, Pineapple, Grapes, &amp; Orange w/ Whipped Cream</p>	<p><b>11</b></p> <p>Sukiyaki (Beef, Onions, Tofu, Cabbage, Konnyaku, Enoki Mushrooms, &amp; Green Onion) Salad w/ Arugula, Spinach, Bell Pepper, G. Onion, &amp; Bacon Bits Miso Soup w/ Taro &amp; Corn Rice Blueberries, Grapes, Cantaloupe, Honeydew, Orange, &amp; Pineapple</p>	<p><b>12</b></p> <p>Chicken Karaage Donburi (Crispy Fried Chicken Pieces w/ Savory Sauce, Mayo, Kizami Nori, &amp; Green Onions over Rice) Salad w/ Spinach, Broccoli, Carrot, Bell Pepper &amp; Pepitas Miso Soup w/ Gobo &amp; G. Onion Diced Mango w/ Cream Puff</p>	<p><b>13</b></p> <p>Yosenabe (Stew w/ Shrimp, Mussels, Octopus, Squid, Chicken, Konnyaku, Taro, Tofu, Carrots, Onions, Daikon, Shiitake, Shimeji Mushrooms, Mizuna, &amp; Napa Cabbage) Spinach Ohitashi Brown Rice Fresh Grapes</p>	<p><b>14</b></p> <p>BBQ Beef Short Ribs w/ Red &amp; Green Leaf Lettuce Radish Salad (Quick Pickled Radish) Mustard Green Rice Miso Soup w/ Squash &amp; Green Onion Cantaloupe, Orange, Grapes, Pineapple, &amp; Strawberries w/ Greek Yogurt &amp; Honey</p>
<p><b>17</b></p> <p><b>CLOSED</b></p>  <p><i>Dr. Martin Luther King, Jr. Day</i></p>	<p><b>18</b></p> <p>Yakisoba &amp; Gyoza Mixed Salad w/ Tomatoes, Kale, Broccoli, &amp; Bell Pepper Miso Soup w/ Carrots &amp; Crab Orange Wedges</p>	<p><b>19</b></p> <p>Grilled Salmon (Grilled Salmon w/ Sweet Sauce) Salad w/ Kale, Spinach, Carrot, Red Pepper &amp; Tomatoes) Brown Rice Miso Soup w/ Carrot &amp; Spinach Umeboshi &amp; Sliced Apples</p>	<p><b>20</b></p> <p>Fish &amp; Chips Salad w/ Cabbage, Bell Pepper &amp; Tomatoes Clam Chowder Fresh Grapes</p>	<p><b>21</b></p> <p>Futo-Maki and Inari Sushi w/ Shiitake, Spinach, Eggs &amp; Ginger Green Bean Goma-Ae &amp; Edamame Miso Soup w/ Squash &amp; Cod Orange w/ Cream Puff</p>
<p><b>24</b></p> <p>Kaki Fry (Panko Crusted Fried Oysters) Salad w/ Arugula, Broccoli, Green Onions, Red Bell Peppers, Carrots, &amp; Dried Apricots Brown Rice Miso Soup w/ Tofu &amp; G. Onions Pears w/ Chocolate Eclair</p>	<p><b>25</b></p> <p>Ten Don (Tempura Shrimp, Green Beans, Onions, Yam &amp; Carrots Over Rice w/ Sweet Sauce) Miso Soup w/ Spinach, Carrots &amp; Onions Salad w/ Kale, Arugula, Radish, Bell Pepper &amp; Dried Apricot Sliced Apples w/ Caramel Sauce</p>	<p><b>26</b></p> <p>Saba Shioyaki (Grilled Mackerel) w/ Daikon Oroshi &amp; Lemon Salad w/ Arugula, Radish, Bell Pepper, Pepitas, &amp; Cranberries Japanese Pickles Miso Soup w/ Squash &amp; Spinach Rice Sliced Apple w/ Cream Puff</p>	<p><b>27</b></p> <p>Niku-Dango Amakara-Ni (Japanese Beef Meatballs in Sweet Soy Glaze) Salad w/ Kale, Arugula, Bell Pepper, Carrot, &amp; Blueberries Miso Soup w/ Yam &amp; Spinach Rice Fresh Red Grapes</p>	<p><b>28</b></p> <p>Sandwich w/ White &amp; Wheat Bread, Ham, Tomatoes, Cucumber, Carrots, Potatoes, Green Leaf Lettuce &amp; Eggs) Clear Soup w/ Vegetable (Cabbage, Onion, Tomatoes &amp; Potatoes) Fresh Grapes</p>
<p><b>31</b></p> <p>Aji Fry (Crispy Japanese Horse Mackerel) Salad w/ Kale, Broccoli, Tomato, &amp; Green Onion, Rice Miso Soup w/ Carrot &amp; Spinach Sliced Apple w/ Cream Puff &amp; Caramel Sauce</p>	