



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

60 Years and Older – *Free!* (Suggested Donation: \$5.00)
 Guests (under 60 years old) - \$10.00 per meal
 No Refunds/Take Out Only
 Please make a reservation 2 days in advance by calling 206-322-4550

Menu might be changed without notice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p align="center">2</p> <p>Chicken Katsu (Crispy Cutlet) Kale Salad w/ Spinach, Bell Pepper, Green Onion, Tomato & Broccoli Kinpira-Gobo w/ Carrots Miso Soup w/ Carrot & Takana Rice Apple Slices w/ Caramel</p> | <p align="center">3</p> <p>Chicken Cream Stew (Chicken & Broccoli) Spinach & Kale Salad w/ G. Onions, Tomatoes, Broccoli, Carrots & Bell Pepper Miso Soup w/ Cod & G. Onion Brown Rice Banana</p> | <p align="center">4</p> <p>Oyster Fry (Crispy Panko Fried Oyster) Gomoku-Ni w/ Soybeans, Carrots & Konnyaku Miso Soup w/ Cod & Mizuna Rice Mixed Fruits</p> | <p align="center">5</p> <p>Barazushi (Seasoned Rice w/ Shrimp and Veggies) Green Bean Goma-Ae Potato Salad w/ Carrots, Corn, & Cucumber Miso Soup w/ Tofu & Cod Orange Wedges</p> <p align="center"><i>Kodomo no Hi/Cinco de Mayo</i></p> | <p align="center">6</p> <p>Saba Nanban-Zuke (Fried Mackerel in a Sour, Slightly Spicy Sauce) w/ Carrots, Onions, Daikon & Lemon Spring Mix Salad w/ Tomatoes, Green Onions, Red Bell Peppers, Broccoli & Pepitas Green Pea Rice Miso Soup w/ Daikon & Wakame Mandarin Orange w/ Cream Puff</p> |
| <p align="center">9</p> <p>Oyakodon (Chicken, Onions & Eggs Over Rice) Okra Agebitashi w/ Katsuobushi Ao Kappa & Takuan Salad w/ Arugula, Spinach, Broccoli, Carrot, Radish & Bell Pepper Miso Soup w/ Corn & Arugula Mango w/ Greek Yogurt & Honey</p> | <p align="center">10</p> <p>Hayashi Rice (Stewed Beef w/ Peas, Carrots, Onions & Potatoes Over Rice) Salad w/ Spinach, Arugula, Red Bell Pepper, Dried Apricot, & Radish Miso Soup w/ Tofu & Wakame Mixed Fruits w/ Greek Yogurt</p> | <p align="center">11</p> <p>Salmon Shioyaki Tamago-yaki Salad w/ Spinach, Broccoli, Tomato, Bell Pepper, Radish, & Crispy Onions Brown Rice Osuimono w/ Mitsuha & Crab Apple Slices w/ Greek Yogurt</p> | <p align="center">12</p> <p>Niku-Dango Amakara-Ni (Beef Meatballs in Sweet Soy Glaze) Potato Salad w/ Carrots, Onions, Peas, Kale & Tomatoes Miso Soup w/ Yam & Spinach Rice Orange Wedges</p> | <p align="center">13</p> <p>Saba Shioyaki w/ Daikon Oroshi & Lemon Komatsuna & Abura-Age Nibitashi Tamagoyaki Miso Soup w/ Squash & Mizuna Rice Mixed Fruits w/ Honey & Whipped Cream</p> |
| <p align="center">16</p> <p>Ebi Fry (Crispy Panko Fried Shrimp) w/ Shredded Cabbage, Tomato, & Broccoli Salad w/ Spinach, Kale, Raisins, Pepitas, G. Onion & Bell Pepper Miso Soup w/ Carrot & Narutomaki Rice Banana</p> | <p align="center">17</p> <p>Chicken Karaage Donburi (Crispy Fried Chicken w/ Savory Sauce, Mayo, Kizami Nori & Green Onions over Rice) Arugula Salad w/ Tomatoes, Bell Peppers, Broccoli, Radish & Apple Miso Soup w/ Carrot & G. Onion Mixed Fruits w/ Greek Yogurt</p> | <p align="center">18</p> <p>BBQ Beef Short Ribs w/ Red & Green Leaf Lettuce Radish Salad (Quick Pickled Daikon), Mustard Green Brown Rice Miso Soup w/ Spinach & Carrots Banana w/ Cream Puff</p> | <p align="center">19</p> <p>Chikuzen-Ni (Chicken Simmered w/ Lotus Root, Carrots, Shiitake, Konnyaku, Taro, Daikon, Snow Peas, Egg & Chikuwa) Namasu (Carrots & Daikon) Rice Miso Soup w/ Tofu & Spinach Mandarin Orange</p> | <p align="center">20</p> <p>Teriyaki Salmon w/ Takuan Daikon Nimono w/ Carrots, Snow Peas & Lotus Root Futomaki-Zushi (Sushi w/ Tamago- yaki, Kanpyo, & Spinach) Miso Soup w/ Turnip & Turnip Greens, Rice Fresh Mandarin Orange</p> |
| <p align="center">23</p> <p>Aji Fry (Japanese Horse Mackerel) w/ Lemon, & Tartar Sauce Salad w/ Arugula, Kale, Pepitas, Tomato, Broccoli, G. Onions & Carrot Miso Soup w/ Crab & Carrot Rice Apple Slices w/ Greek Yogurt</p> | <p align="center">24</p> <p>Katsu Curry (Crispy Pork Cutlet w/ Curry Sauce & Rice) w/ Tomato Wedge Fukujinzuke & Takuan Nimono w/ Kabocha, Lotus Root, Daikon, & Komatsuna Osuimono w/ Shiso Apple Slices</p> | <p align="center">25</p> <p>Ten Don (Tempura Carrot, Onion, Green Beans, Broccoli, Lotus, Cod, Shrimp, & Sweet Potato over Rice) Spinach Goma-Ae Miso Soup w/ Mitsuha & Crab Orange Wedges w/ Chocolate Éclair</p> | <p align="center">26</p> <p>Spaghetti Meat Sauce (Beef, Onions, Tomatoes & Carrots) Garlic Toast Clam Chowder Cucumber & Crab Sunomono Banana w/ Whipped Cream & Cream Puff</p> | <p align="center">27</p> <p>Futo-Maki and Inari Sushi w/ Shiitake, Spinach, Eggs & Ginger Green Bean Goma-Ae & Edamame Miso Soup w/ Squash & Cod Orange w/ Cream Puff</p> |
| <p align="center">30</p>  <p align="center">CLOSED <i>Memorial Day</i></p> | <p align="center">31</p> <p>Mabo Tofu w/Pork, Egg Plant, Tofu Salad w/Spinach, Kale, Broccoli, & Tomatoes Brown Rice Miso Soup w/Onion & Wakame Orange</p> |  | | |