





The menu might be changed without notice

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

60 Years and Older – (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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>✓ Daylight Saving Ends</i>	<p>1 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 Banana w/ Greek Yogurt</p>	<p>2 Barazushi (Seasoned Rice w/ Shrimp, Carrots, Bamboo Shoot, Shiitake, Snow Peas, Gobo, Hijiki, Abura-Age, Komatsuna, Kamaboko, Tobiko, Kizami Nori & Beni Shoga) Miso Soup w/ Cod & Spinach Sliced Apple w/ Greek Yogurt, Granola & Hone)</p>	<p>3 Saba Shioyaki (Grilled Mackerel) Takuan & Ao Kappa Salad w/ Carrot, Broccoli, Tomato Dried Cranberries, & Pepitas Rice Miso Soup w/ Kabocha & Hijiki Pear w/ Greek Yogurt & Granola</p>	<p>4 Yakiniku Beef Salad w/ Spinach, Arugula, Tomato, Broccoli, Red Onion, & Bell Pepper Rice Miso Soup w/ Shungiku & Squash Mandarin Oranges</p>
<p>7 Niku-Dango Amakara-Ni (Japanese Beef & Pork Meatballs in Sweet Soy Glaze) Spring Mix Salad w/ Tomatoes, Bell Peppers, Carrots, Beets & Dried Apricots Miso Soup w/ Yam & Mizuna Rice Sliced Apple</p>	<p><i>Election Day</i> 8 Salmon Shioyaki Salad w/ Arugula, Kale, Broccoli, Carrot, Bell Pepper, Red Onion, Dried Cranberries, & Crispy Onions, Brown Rice Miso Soup w/ Lotus Root & Hijiki Banana w/ Whipped Cream & Cinnamon</p>	<p>9 Mabo Tofu (Meat, Tofu, Eggplant & Onions) Salad w/ Kale, Tomatoes, Spinach & Carrot Rice Fresh Orange</p>	<p>10 Tonkatsu Potato Salad w/ Kale, Carrot, Broccoli, Bell Pepper, Tomato, Radish, Dried Cranberries, & Green Onion, Rice Miso Soup w/ Squash & Wakame Pears w/ Whipped Cream</p>	<p>11 VETERAN'S DAY <i>No Meal</i></p> 
<p>14 Salmon Teriyaki Potato Salad w/Spinach, Red Onion, Carrot, Tomato, & Raisins Rice Miso Soup w/ Kabocha & Kale Sliced Persimmon</p>	<p>15 Nimono w/ Chicken, Daikon, Carrots, Konnyaku, & Gobo Spinach Goma-Ae Brown Rice Miso Soup w/ Tofu & Wakame Orange</p>	<p>16 Ten-Don (Tempura Cod, Shrimp, Carrot, Broccoli, Okra, Lotus Root, Kabocha, Bell Pepper, & Shiso Over Rice w/ Sauce), Spinach Nibitashi Ao Kappa & Shibazuke Miso Soup w/ Green Onion & Narutomaki Banana</p>	<p>17 <i>Thanksgiving Lunch</i> Roasted Turkey Mashed Potatoes Dressing Turkey Gravy Roasted Kabocha & Green Beans Roll Cranberry Sauce Pumpkin Pie</p>	<p>18 Chicken Karaage Bowl (Fried Chicken Over Rice) Salad w/ Spinach, Arugula, Carrot, Bell Pepper, Broccoli, Tomato, & Green Onion Miso Soup w/ Gobo & Shiso Sliced Apples w/ Honey</p>
<p>21 Yaki Udon w/ Pork, Onion, Carrots, Cabbage, & Snow Peas Kabocha Nitsuke Miso Soup w/ Tofu & Onion Sliced Apple w/ Whipped Cream & Honey</p>	<p>22 Kaki Fry (Fried Oysters) Salad w/ Red Leaf Lettuce, Spinach, Tomato, Broccoli, & Green Onion Brown Rice Miso Soup w/ Carrot & Wakame Orange Wedges</p>	<p>23 Tonjiru (Pork Miso Stew w/Daikon, Gobo, Sato-Imo, Carrot, Konnyaku, Tofu, Onion & G. Onion), Turkey Salad w/Arugula, Tomato, Broccoli, Green onion, & Pepitas Rice Pears</p>	<p>24 No Meal</p>  THANKSGIVING DAY	<p>25 No Meal</p>  THANKSGIVING WEEKEND FLOATING HOLIDAY
<p>28 Aji Fry (Crispy Japanese Horse Mackerel) Salad w/ Kale, Broccoli, Tomato, & Green Onion, Brown Rice Miso Soup w/ Carrot & Spinach Sliced Apple w/ Caramel Sauce</p>	<p>29 Nabeyaki Udon w/ Shrimp, Cod, Hijiki, Carrot, Narutomaki, Chikuwa, Snow Peas, Kabocha, Mustard Greens, Shiitake, & Tenkasu, Rice w/ Umeboshi, Sliced Banana</p>	<p>30 Ika Tempura (Crispy Calamari w/ Lemon & Mayo, Spinach Goma-Ae Salad w/ Arugula, Spinach, Broccoli, Carrot, Radish & Bell Pepper Sardines Sunomono w/ Onion & Cucumber, Rice, Orange Miso Soup w/ Corn & Cod</p>	