



*Menu might be changed without notice*

**Meiji Kai Lunch Program  
At Kawabe Memorial House  
2023**

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>2</p> <p><b>CLOSED</b></p>  <p><i>New Year's Day (Observed)</i></p>	<p>3</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>4</p> <p>Chicken Cream Stew w/ Carrots, Onion, Broccoli, &amp; Potatoes Salad w/ Kale, Spinach, Carrots, &amp; Tomatoes Rice Sliced Apples</p>	<p>5</p> <p>Shogayaki (Ginger Pork) Turnip Green &amp; Kiriboshi Kale &amp; Mustard Green Itamemomo Miso Soup w/ Narutomaki &amp; Peas Brown Rice Orange Wedges</p>	<p>6</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>9</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, Orange Wedges</p>	<p>10</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 Sliced Apples</p>	<p>11</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 Sliced Banana</p>	<p>12</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 Sliced Apples</p>	<p>13</p> <p>Yakisoba (Fried Noodles w/ Chicken, Ham, Egg, Green Onions, &amp; Red Bell Pepper) Potato Croquette (Potatoes &amp; Veg) Radish Salad (Quick Pickled Radish) Mustard Green Miso Soup w/ Squash &amp; Green Onion Orange Wedges</p>	
<p>16</p> <p><b>CLOSED</b></p>  <p><i>Dr. Martin Luther King, Jr. Day</i></p>	<p>17</p> <p>Nabeyaki Udon w/ Shrimp, Cod, Hijiki, Carrot, Narutomaki, Chikuwa, Snow Peas, Kabocha, Mustard Greens, Shiitake, &amp; Tenkasu, Rice w/ Umeboshi, Sliced Banana</p>	<p>18</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>19</p> <p>Fish &amp; Chips Salad w/ Cabbage, Bell Pepper &amp; Tomatoes Clam Chowder Sliced Banana</p>	<p>20</p> <p>Barazushi (Seasoned Rice w/ Shrimp, Carrots, Bamboo Shoot, Shiitake, Snow Peas, Gobo, Hijiki, Abura-Age, Kamaboko, Tobiko, Kinshi Tamago, Kizami Nori, &amp; Beni Shoga) Miso Soup w/ Cod &amp; Carrots Orange Wedges</p>	
<p>23</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 Sliced Apples</p>	<p>24</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>25</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 Apples</p>	<p>26</p> <p>Yakiniku Beef Donbri w/ Beef, Onion, Eggs Salad w/ Kale, Tomatoes, Carrot &amp; Spinach Miso Soup w/ Onion &amp; Tofu Rice Orange Wedges</p>	<p>27</p> <p>Sandwich w/ White &amp; Wheat Bread, Ham, Tomatoes, Cucumber, Carrots, Potatoes, Green Leaf Lettuce &amp; Eggs) Kabocha Soup Sliced Banana</p>	
<p>30</p> <p>Aji Fry (Crispy Japanese Horse Mackerel) Salad w/ Kale, Broccoli, Tomato, &amp; Green Onion, Brown Rice Miso Soup w/ Carrot &amp; Spinach Sliced Apple w/ Caramel Sauce</p>	<p>31</p> <p>Oyakodon (Chicken, Onions &amp; Eggs Over Rice) Okra Agebitashi w/ Katsuobushi Ao Kappa &amp; Takuan Salad w/ Arugula, Spinach, Broccoli, Carrot, Radish &amp; Bell Pepper Miso Soup w/ Corn &amp; Arugula Banana w/ Greek Yogurt</p>	