


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

**2023**  
**Revised**

*The menu might be changed without notice*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center"><i>60 Years and Older</i>  <i>- Suggested Donation: \$5.00</i>  <i>Guests (under 60 years old)</i>  <i>- \$10.00 per meal</i>  <i>No Refunds, Take Out Only</i>  <i>Please make a reservation 2 days in</i>  <i>advance by calling <a href="tel:206-322-4550">206-322-4550</a></i></p>	1	2	3
		<p><b>Chicken Karaage</b>  <b>Rice</b>  <b>Miso Soup</b>  <b>Fruit</b></p>	<p><b>Ginger Pork</b>  <b>Rice</b>  <b>Miso Soup</b>  <b>Fruit</b></p>	<p><b>Saba Shioyaki</b>  <b>Rice</b>  <b>Miso Soup</b>  <b>Fruit</b></p> <p align="center"><i>Hinamatsuri</i></p>
6	7	8	9	10
<p>Kaki Fry (Panko Crusted Fried Oysters)  Salad w/ Spinach, Kale, Tomato, Carrot, Radish, &amp; Crispy Onions  Nasu Dengaku  Brown Rice  Miso Soup w/ Gobo &amp; Hijiki  Fresh Mandarin Orange</p>	<p>Spaghetti Meat Sauce (Beef, Spaghetti, Tomato Sauce, Cheese) w/ Vegetable Croquette  Salad w/ Broccoli, Spinach, Kale &amp; Tomatoes  Vegetable Clear Soup  Garlic Toast  Sliced Apples</p>	<p>Ten Don (Tempura Shrimp, Green Beans, Onions, Yam &amp; Carrots Over Rice w/ Sweet Sauce &amp; Takuan)  Miso Soup w/ Spinach, Carrots &amp; Onions, Takuwan  Salad w/ Kale, Arugula, Radish, Bell Pepper &amp; Dried Apricot  <i>Bananas</i></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  <i>Bananas</i></p>	<p>Sandwich w/ White &amp; Wheat Bread, Ham, Tomatoes, Cucumber, Carrots, Potatoes, Green Leaf Lettuce &amp; Eggs)  <i>Edamame</i>  <i>Fresh Grapes</i></p>
13	14	15	16	17
<p>Ton Katsu (Crispy Pork Cutlet)  Potato Salad w/ Kale, Carrot, Broccoli, Bell Pepper, Tomatoes, Radish, &amp; Dried Cranberries &amp; Green Onion, Rice  Miso Soup w/ Squash &amp; Wakame  Orange Wedges</p>	<p>Saba Shioyaki (Grilled Mackerel)  Kimpira Gobo  Salad w/ Arugula, Radish, Bell Pepper, Pepitas, &amp; Cranberries  Japanese Pickles  Miso Soup w/ Squash &amp; Spinach  Rice  Apple w/Greek Yogurt</p>	<p>Teriyaki Chicken Bowl (Chicken Thigh w/ G. Onions, Fresh Arugula, Avocado, Carrots, &amp; Furikake over Rice)  Miso Soup w/ Broccoli &amp; Spinach  Japanese Pickles  Bananas w/Greek Yogurt, Honey &amp; Granola</p>	<p>Shogayaki (Ginger Pork)  Salad w/ Arugula, Kale, Spinach, Carrots, Tomatoes, G.Onions, Radish, Bell Pepper, Broccoli, Raisins &amp; Pine Nuts  Miso Soup w/ Kabocha &amp; Mitsuba  Rice  Apple Slices</p>	<p>Lasagna  Garlic Toast  Salad w/ Kale, Broccoli, Radish &amp; Dried Apricot  Miso Soup w/ Hijiki &amp; Carrot  Greek Yogurt w/ Honey  Sliced Apple  <i>St. Patrick's Day</i></p>
20	21	22	23	24
<p>Chicken Karaage Arugula Salad with Carrots, Cherry Tomato, Radish, Green Peas, Broccoli &amp; Crispy Onions  Rice  Miso Soup w/ Turnip &amp; Spinach  <i>Banana w/ Greek Yogurt</i></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>Saba Miso-Ni (Miso Marinated Mackerel) Spinach Gomaae  Salad w/ Kale, Broccoli, Bell Pepper, Carrot, Tomato, Red Onion, Dried Blueberries, &amp; Pepitas  Miso Soup w/ Kabocha &amp; G. Onion  Rice  Sliced Pears w/ Whipped Cream</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  <i>Bananas</i></p>	<p>Ika Tempura (Crispy Calamari w/ Lemon &amp; Mayo, Spinach Goma-Ae)  Salad w/ Arugula, Spinach, Broccoli, Carrot, Radish &amp; Bell Pepper  Sardines Sunomono w/ Onion &amp; Cucumber, Rice  Miso Soup w/ Corn &amp; Cod  <i>Bananas</i></p>
27	28	29	30	31
<p>Ton Katsu (Crispy Pork Cutlet)  Ravioli, Cranberries  Takuan &amp; Shibazuke &amp; Umeboshi  Miso Soup w/ Spinach, &amp; Carrot  Rice  Sliced Apple</p>	<p>Oden (Egg, Konnyaku, Daikon, Konbu, Carrot, Shiitake, Kamaboko, Narutomaki, Chikuwa, Satsuma-age, Abura-age, Atsu-age, &amp; Fish Balls)  Spinach Ohitashi  Rice  Japanese Pickles, Strawberries  Strawberries &amp; Whipped Cream</p>	<p>Fish &amp; Chips  Salad w/ Cabbage, Bell Pepper &amp; Tomatoes  Clam Chowder  Sliced Banana</p>	<p>Salmon Bata-Yaki w/ Lemon)  Salad w/ avocado, Arugula &amp; Tomatoes)  Tofu Aemono w/ Carrots &amp; Konnyaku, Rice  Miso Soup w/ Spinach &amp; Turnip  Mandarin Orange</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</p>

