

Menu might be changed without notice

Meiji Kai Lunch Program
At Kawabe Memorial House
2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Sukiyaki (Simmered Beef w/ Tofu, Konnyaku, Shirataki, Daikon, Carrots, Napa, Spinach, Shimeji and Shiitake Mushrooms, Green & White Onions, & Udon Noodles) Kale Salad w/ Tomato & Carrot Japanese Pickle Rice Miso Soup w/ Lotus Root & Spinach, Mixed Fruits	Spaghetti Meat Sauce (Shrimp, Squid, Clams, Mussels, Octopus, Onions & Carrots) (Beef, Spaghetti, Tomato Sauce, Cheese) Salad w/ Kale, Carrots, Broccoli & Pepitas Miso Soup w/ Daikon & Wakame Orange w/ Cream Puff	Salmon Teriyaki Nimono w/ Daikon, Konnyaku, & Carrots Miso Soup w/ Tofu & Wakame Brown Rice Apple Slices w/ Honey	Fish & Chips Macaroni Salad w/ Carrots, Kale & Tomatoes Clam Chowder Orange Wedges	Barazushi (Seasoned Rice w/ Shrimp, Carrots, Bamboo Shoot, Shiitake, Snow Peas, Gobo, Hijiki, Abura-Age, Kamaboko, Tobiko, Kinshi Tamago, Kizami Nori, & Beni Shoga) Miso Soup w/ Cod & Carrots Orange Wedges
10	11	12	13	14
Chicken Curry (Chicken w/ Curry Sauce & Rice) w/ Tomato Wedge Fukujinzuke Kale Salad w/ Arugula, Carrots, Bell Peppers, Beets & Dried Cranberries Miso Soup w/ Parsnips & Takana Apple Slices w/ Whipped Cream	Ten Don (Tempura Cod, Shrimp, Snow Peas, Carrots, Onion, Lotus Root, Green Beans, & Sweet Potato over Rice w/ Sweet Soy Sauce), Japanese Pickles Salad w/ Kale, Broccoli, Radish & Dried Cranberries Miso Soup w/ Gobo & Shiso Banana w/ Chocolate Éclair	Chikuzen-Ni (Chicken Simmered w/ Lotus Root, Carrots, Shiitake, Konnyaku, Taro, Gobo, Snow Peas, Bamboo Shoots & Chikuwa) Namasu (Carrots & Daikon) Rice Miso Soup w/ Tofu & Spinach Mandarin Orange	Sandwich w/ Eggs, Potatoes, Tuna, Ham, Tomatoes, Lettuce & Cucumber Salad w/ Broccoli, Tomatoes & Kale Mandarin Orange w/ Cream Puff	Ton Katsu (Crispy Pork Cutlet) Potato Salad w/ Arugula, Kale, Broccoli, Tomatoes, Carrots & Dried Cranberries Takuan & Shibazuke Miso Soup w/ Cod, Onion & Carrot Brown Rice Sliced Apples
17	18	19	20	21
Aji Fry (Crispy Japanese Horse Mackerel) Spinach Goma-Ae Salad w/ Kale, Broccoli, Tomato, & Green Onion, Rice Miso Soup w/ Carrot & Spinach Sliced Apple w/ Cream Puff & Caramel Sauce	Salmon Shioyaki Salad w/ Arugula, Kale, Broccoli, & Carrot, Kimpira Gobo Tamago Yaki, Brown Rice Miso Soup w/ Lotus Root & Hijiki Blueberries w/ Whipped Cream & Cinnamon	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	Saba Shioyaki w/ Daikon Oroshi & Lemon Tofu Aemono Spinach Salad w/ Tomato & Broccoli Miso Soup w/ Carrot & Wakame Rice Apple Slices	Hamburger & French Fries Salad w/ Tomato, Onions, & Arugula Veg. Chowder Orange Wedges
24	25	26	27	28
Kaki Fry (Panko Crusted Fried Oysters) Salad w/ Spinach, Kale, Tomato, Carrot, Radish, & Crispy Onions Nasu Dengaku Rice Miso Soup w/ Gobo & Hijiki Fresh Mandarin Orange	Yakisoba (Pork & Vegetables) Inari-zushi (Fried Tofu Pockets Filled w/ Sushi Rice) Miso Soup w/ Carrots & Spinach Orange Wedges	Niku-Jaga (Beef and Potato Stew) w/ Onions Spinach Goma-Ae Rice Miso Soup w/ Tofu & Wakame Apple Slices	BBQ Short Ribs w/ Green Leaf Lettuce Salad w/ Spinach, Arugula, & Carrots Cucumber Sunomono Brown Rice Miso Soup w/ Spinach & Squash Orange wedges	Chicken & Green Beans Itame w/ Oyster Sauce Salad w/ Cabbage, Kale, & Bell Pepper Rice Miso Soup w/ Crab & Wakame Banana