| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| 3<br>Katsu-Don (Crispy Pork Cutlet w/<br>Eggs, & Onions over Rice)<br>Umeboshi<br>Miso Soup w/ Crab & Squash<br>Kale Salad w/ Carrots, Dried<br>Cranberries, & Tomatoes<br>Sliced Apples                                   | 4<br>Niku-Jaga (Beef and Potato<br>Stew w/ Onions)<br>Spinach Goma-Ae<br>Rice<br>Miso Soup w/ Tofu & Wakame<br>Orange   | 5<br>Chicken Curry (Chicken w/ Curry<br>Sauce & Rice) w/ Tomato Wedge<br>Fukujinzuke<br>Kale Salad w/ Arugula, Carrots,<br>Bell Peppers, Beets & Dried<br>Cranberries<br>Miso Soup w/ Parsnips & Takana<br>Apple Slices | 6<br>Fish & Chips<br>Salad w/ Cabbage, Bell Pepper &<br>Tomatoes<br>Clam Chowder<br>Sliced Banana   | 7<br>Teriyaki Salmon (Grilled Salmon w/<br>Sweet Sauce)<br>Salad w/ Kale, Spinach, Carrot, Red<br>Pepper & Tomatoes)<br>Brown Rice, Edamame<br>Miso Soup w/ Carrot & Spinach<br>Umeboshi & Sliced Apples   |
| 10<br>Shogayaki (Ginger Pork)<br>Salad w/ Arugula, Kale, Spinach,<br>Carrots, Tomatoes, G. Onions,<br>Radish, Bell Pepper, Broccoli,<br>Raisins, & Pine Nuts<br>Miso Soup w/ Kabocha & Onion<br>Brown Rice<br>Apple Slices | 11<br>Chicken Karaage Donburi<br>(Crispy Fried Chicken Pieces w/<br>Savory Sauce, Mayo, Kizami<br>Nori, & Green Onions over<br>Rice)<br>Salad w/ Spinach, Broccoli,<br>Carrot, Bell Pepper & Pepitas<br>Miso Soup w/ Gobo & G. Onion<br>Bananas | 12<br>Futo-Maki and Inari Sushi w/<br>Shiitake, Spinach, Eggs & Ginger<br>Green Bean Goma-Ae &<br>Edamame<br>Miso Soup w/ Squash & Cod<br>Orange  | 13<br>Nabeyaki Udon w/ Shrimp, Cod,<br>Hijiki, Carrot, Narutomaki,<br>Chikuwa, Snow Peas, Mustard<br>Greens, Shiitake, & Tenkasu<br>Rice w/ Umeboshi<br>Sliced Banana | 14<br>Saba Miso-Ni (Miso Marinated<br>Mackerel)<br>Salad w/ Kale, Broccoli, Bell Pepper,<br>Carrot, Tomato, Red Onion, Dried<br>Blueberries, & Pepitas<br>Miso Soup w/ Kabocha & G. Onion<br>Rice<br>Bananas<br>Valentine 's Day   |
| 17<br>CLOSED   | 18<br>Spaghetti Meat Sauce<br>(Beef, Spaghetti, Tomato Sauce,<br>Cheese) w/ Vegetable Croquette<br>Salad w/ Broccoli, Spinach,<br>Kale & Tomatoes<br>Vegetable Clear Soup<br>Garlic Toast<br>Sliced Apples                                      | 19<br>Kaki Fry (Panko Crusted Fried<br>Oysters)<br>Salad w/ Arugula, Broccoli, Green<br>Onions, Red Bell Peppers,<br>Carrots, & Edamame<br>Brown Rice<br>Miso Soup w/ Tofu & G. Onions<br>Sliced Apples                 | 20<br>Chicken Cream Stew w/ Carrots,<br>Onion, Broccoli, & Potatoes<br>Salad w/ Kale, Spinach, Carrots,<br>Tomatoes, & Edamame<br>Rice<br>Sliced Apples               | 21<br>Ten Don (Tempura Shrimp, Green<br>Beans, Onions, Yam & Carrots Over<br>Rice w/ Sweet Sauce)<br>Miso Soup w/ Spinach, Carrots<br>& Onions<br>Salad w/ Kale, Arugula, Radish, Bell<br>Pepper & Dried Apricot<br>Sliced Apples  |
| 24<br>Catering<br>Country Style Pork   | 25<br><i>Catering</i><br>Black Bean Chicken   | 26<br><i>Catering</i><br>Chow Gai Pan (Chow Mein)   | 27<br><i>Catering</i><br>Sweet & Sour Pork Hong Kong Style  | 28<br>Catering   |
| Salad<br>Rice<br>Miso Soup<br>Fruit  | Salad<br>Rice<br>Miso Soup<br>Fruit   | Salad<br>Rice<br>Miso Soup<br>Fruit   | Salad<br>Rice<br>Miso Soup<br>Fruit   | Fried Tofu w/Mince Pork<br>Salad<br>Rice<br>Miso Soup<br>Fruit   |
| Feb  | rior  |   | Meiji Kai Lunch<br>Program<br>At Kawabe Memorial<br>House<br>The menu might be changed<br>without notice<br>2025  | Dine in Recommended<br><u>60 and Older Take out - \$8</u><br><u>Suggested Donation</u><br><u>60 and Older Dine In - \$5</u><br><u>Under 60 Take out- \$12,</u><br><u>Under 60 Dine In - \$10</u><br>Please make a reservation 2 business<br>days in advance by calling<br>206-322-4550 Or e-mailing<br>lunch@kawabehouse.org |