*Menu might be changed without notice*
***Thanksgiving Lunch:***
***Community reservations being Nov 9***
***$15 for Dine-In and Take-Out***

# *Meiji Kai Lunch Program*
## *At Kawabe Memorial House*
## 2026

***Dine in Recommended, 60 and Older Take out - $8***
***Suggested Donation 60 and Older Dine In - $5***
***Under 60 Take out $12, Under 60 Dine In - $10***
***Please make a reservation 2 business days in advance by calling 206-322-4550 Or e-mailing lunch@kawabehouse.org***

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>Fish & Chips<br>Salad w/ Cabbage, Bell Pepper & Tomatoes<br>Clam Chowder<br>Sliced Apple | **3**<br>Aji Fry (Crispy Japanese Horse Mackerel)<br>Salad w/ Kale, Broccoli, Tomato, & Green Onion<br>Rice<br>Miso Soup w/ Carrot & Spinach<br>Sliced Apple | **4**<br>Chicken Teriyaki Don<br>Salad w/ Kale, Arugula, Tomato, Broccoli, & Carrot<br>Rice<br>Miso Soup w/ Chard & Yam<br>Banana | **5**<br>Saba Shioyaki<br>Nimono w/Daikon, Kabocha, Broccoli, and Bell Pepper<br>Rice<br>Miso Soup w/ Carrot & Spinach<br>Sliced Apples | **6**<br>Tonkatsu<br>Potato Salad w/ Kale, Carrot, Broccoli, Bell Pepper, Tomato, Radish, Dried Cranberries, & Green Onion, Brown Rice<br>Miso Soup w/ Squash & Wakame<br>Orange |
| **9**<br>Kaki Fry (Fried Oysters)<br>Salad w/ Red Leaf Lettuce, Spinach, Tomato, Broccoli, & Green Onion<br>Brown Rice<br>Miso Soup w/ Carrot & Wakame<br>Banana | **10**<br>Sukiyaki (Beef Hot Pot w/ Tofu, Udon, Shimeji Mushrooms, Onions, Chinese Cabbage, Green Onion)<br>Salad w/ Tomatoes, Arugula, Broccoli, Corn, & Onions<br>Rice<br>Miso Soup w/ Mitsuba & Crab<br>Orange | **11**<br>*VETERAN'S DAY*<br>*No Meal*<br> | **12**<br>Chicken Karaage Bowl (Fried Chicken Over Rice)<br>Salad w/ Spinach, Arugula, Carrot, Bell Pepper, Broccoli, Tomato, & Green Onion<br>Miso Soup w/ Gobo & Shiso<br>Sliced Apples | **13**<br>Futo-Maki and Inari Sushi w/ Shiitake, Spinach, Eggs & Ginger<br>Green Bean Goma-Ae & Edamame<br>Miso Soup w/ Squash & Cod<br>Orange |
| **16**<br>Wafu (Japanese Style) - Hamburg Steak (Ground Beef & Tofu)<br>Salad w/ Arugula, Broccoli, Bell Pepper &Tomato<br>Rice<br>Miso Soup w/ Daikon & Spinach<br>Sliced Banana | **17**<br>Chicken Curry<br>w/ Curry Sauce & Rice<br>Salad w/ Kale, Tomatoes, G. Onion, Broccoli & Onions<br>Fukujinzuke & Takuan<br>Miso Soup w/ Carrots & Crab<br>Orange | **18**<br>Oden w/ Chicken, Daikon, Tofu, Carrots, Konnyaku, Gobo, & Eggs<br>Spinach Goma-Ae<br>Rice<br>Miso Soup w/ Tofu & Wakame<br>Orange | **19**<br>*Thanksgiving Lunch*<br>Roasted Turkey<br>Mashed Potatoes<br>Dressing<br>Turkey Gravy<br>Roasted Kabocha & Green Beans<br>Roll<br>Cranberry Sauce<br>Pumpkin Pie | **20**<br>Omu-Rice (Chicken, Carrot, Corn, Onions, Eggs & Brown Rice)<br>Salad w/Tomato, Arugula, & Broccoli<br>Miso Soup w/ Tofu & Wakame<br>Sliced Banana |
| **23**<br>Ten-Don (Tempura Cod, Shrimp, Carrot, Broccoli, Okra, Lotus Root, Kabocha, Bell Pepper, & Shiso Over Rice w/ Sauce)<br>Spinach Nibitashi<br>Ao Kappa & Shibazuke<br>Miso Soup w/ Green Onion & Narutomaki<br>Banana | **24**<br>Niku Tofu (Simmered Beef & Tofu w/ Onions)<br>Salad w/ Arugula, Spinach, Bell Pepper, G. Onion, & Bacon Bits<br>Miso Soup w/ Taro & Corn<br>Brown Rice<br>Orange Wedges | **25**<br>Salmon Shioyaki<br>Kimpira Gobo w/ Gobo & Carrots<br>Salad w/ Arugula, Carrots, & Pepper<br>Miso Soup w/ Spinach & Narutomaki<br>Rice<br>Sliced Apple | **26**<br>*No Meal*<br><br>*THANKSGIVING* | **27**<br>*No Meal*<br><br>*THANKSGIVING WEEKEND* |
| **30**<br>Oyakodon (Chicken, Onions & Eggs Over Rice)<br>Dengaku (Eggplant & Miso)<br>Miso Soup w/ Spinach & Squash<br>Orange Wedges |  |  | | |