

Weekly Menu

	Monday, 24 October	Tuesday, 25 October	Wednesday, 26 October	Thursday, 27 October	Friday, 28 October
Set meal incl. side dish, rice & soup	 Pork cutlet (Deep-fried pork) Allergy advice: egg, wheat, milk Calories 802kcal / Protein 27g / Fat 25.8g / Salt 1.4g	 Deep-fried chicken seasoned with garlic & salted rice malt Allergy advice: egg, wheat Calories 811kcal / Protein 31.6g / Fat 26.9g / Salt 4.7g	 Hamburg steak with fried egg & teriyaki source Allergy advice: egg, wheat, milk Calories 953kcal / Protein 35g / Fat 26.7g / Salt 4g	 Chicken cutlet (Deep-fried chicken) Allergy advice: egg, wheat Calories 846kcal / Protein 31.6g / Fat 27.3g / Salt 3.6g	 Grilled mackerel with vegetable starchy sauce Allergy advice: wheat, shrimp Calories 763kcal / Protein 29g / Fat 21.4g / Salt 3.4g
	Rice bowl Rice topped with food	 Beef curry & rice Allergy advice: milk, wheat, peanuts Calories 798kcal / Protein 18.1g / Fat 26.2g / Salt 5.5g	 Pork & mushroom rice bowl Allergy advice: egg, wheat Calories 596kcal / Protein 20.6g / Fat 11.7g / Salt 3.2g	 Hashed beef & rice topped with fried chicken & tartar source Allergy advice: egg, wheat, peanuts, milk Calories 891kcal / Protein 19.2g / Fat 41.4g / Salt 3.3g	 Deep fried white fish rice bowl with sweet sour sauce Allergy advice: wheat Calories 627kcal / Protein 22.4g / Fat 10.4g / Salt 2.1g
Noodle Japanese or Chinese style		 Udon noodles with boiled chicken and egg Allergy advice: egg, wheat Calories 527kcal / Protein 21.4g / Fat 16.9g / Salt 4.8g	 Spicy ramen noodles in Taiwanese style Allergy advice: egg, wheat, peanuts Calories 602kcal / Protein 27.1g / Fat 25.1g / Salt 8.4g	 Udon or soba noodles with deep-fried tofu, soft-boiled egg & pork Allergy advice: egg, wheat Calories 680kcal / Protein 26.5g / Fat 30.9g / Salt 6.3g	 Ramen noodles in salt-based soup Allergy advice: egg, wheat Calories 373kcal / Protein 16.7g / Fat 2.7g / Salt 6.6g

- Above menus may be changed for some reasons.
- Above menus may contain any other allergens not expressly indicated.
- The salt amount indicated in the noodle and soup menus is entire amount in the menu. It is roughly 1/3 if the salt in the soup excluded.

