|  | 15 | Natil |  | din | 2024/815 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $2024 / 8 / 1$ <br> Thursday | $2024 / 8 / 2$ <br> Friday | $\begin{gathered} 2024 / 8 / 3 \\ \text { Saturday } \end{gathered}$ | $2024 / 8 / 4$ <br> Sunday | $\begin{gathered} 2024 / 8 /! \\ \text { Monday } \end{gathered}$ | 2024/8/ <br> Tuesday | $2024 / 8 / 7$ <br> Wednesday |
| $\begin{aligned} & \mathrm{b} \\ & \mathrm{r} \\ & \mathrm{e} \\ & \mathrm{a} \\ & \mathrm{k} \\ & \mathrm{f} \\ & \mathrm{a} \\ & \mathrm{~s} \\ & \mathrm{t} \end{aligned}$ | Buffet style <br> vermicelli salad <br> scrambled eggs <br> Cabbage with sesame seeds <br> Teriyaki meatballs <br> Soup/drink bar | Buffet style <br> macaroni salad <br> scrambled eggs Japanese style <br> Fried potatoes with spices <br> pork wiener <br> Soup/drink bar | Buffet style <br> burdock salad thick fried egg <br> Spinach namul <br> Flavored ground chicken Soup/drink bar | Buffet style <br> spaghetti salad scrambled eggs <br> Stir-fried wakame and tuna <br> pork wiener <br> Soup/drink bar | Buffet style <br> potato salad omelette <br> Bok choy and fried tofu salad <br> Meatballs (sweet and sour sauce) Soup/drink bar |  |  |
|  |  |  |  |  |  | Buffet style <br> vermicelli salad scrambled eggs <br> Cabbage with sesame seeds <br> Teriyaki meatballs <br> Soup/drink bar | macaroni salad scrambled eggs Japanese style <br> Fried potatoes with spices <br> pork wiener <br> Soup/drink bar |
|  | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |
|  | A | ```A Hamburger steak with mushroom peperon sauce``` | $\begin{array}{ll} \hline \underline{A} & \\ & \text { Teriyaki chicken } \end{array}$ | A <br> Tofu hamburger steak with grated Daikon \& Ponzu sauce | A <br> Grilled pork with green onion and miso sauce | A <br> Grilled Chicken with Honey Mustard Sauce \& Fried Horse Mackerel |  |
|  | Demi-glace croquette \& grilled chicken with tomato sauce |  |  |  |  |  |  |
|  | B <br> Pork Shabu-Shabu with Daikon Radish and Ponzu Sauce | $\underline{B}$ <br> Steamed chicken \& seasonal veggies with sesame sauce | - $\begin{aligned} & \text { B } \\ & \text { Fried fish with spicy sauce }\end{aligned}$ | B <br> Sichuan mapo tofu rice bowl | B <br> Chicken cutlet on rice with sweet and salty sauce | B | B <br> omelet rice chicken tomato cream sauce |
|  | $\underline{\text { C }}$ | ¢ $\quad \begin{aligned} & \\ & \\ & \end{aligned}$ | C <br> Curry \& rice [Acoustic measurement ship HIBIKI style] | $\begin{array}{ll}\text { C } & \\ & \text { Fillet cutlet curr }\end{array}$ | C <br> Udon noodles in soup with spicy cod roe \& grated daikon | C $\quad \begin{array}{ll} \\ & \\ & \text { Kanazawa curr }\end{array}$ | C <br> Curry \& rice [Submarine KUROSHIO style] |
|  | ABC common m | ABC common menu | style] <br> ABC common menu <br> Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | daikon <br> ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar |
|  | Rice/soup/drink bar | Rice/soup/drink bar |  |  |  |  |  |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |
| A <br> Japanese-style stamina barbecue |  | $\begin{array}{ll} \hline \text { A } & \\ & \text { Sichuan spicy tofu } \end{array}$ | A Giant minced meat cutlet with BBQ sauce | Sauteed Chicken with Lemon Butter Sauce | A |  |  |
|  |  | A Japanese-style hamburg steak |  |  |  | Sauteed Chicken with Ginger Sauce |  |
| n $n$ e | B $\quad$ Pork Hayashi Rice |  | - $\mathbf{B}^{\text {Chicken Nanban Rice Bowl }}$ | B | mina | B | B <br> Pork cutlet \& sliced cabbage on the rice with tonkatsu sauce | B <br> Crispy Chinese noodles with chop suey sauce |
| $r$ | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |

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|  |  | V M cmu |  |  | feteri | 1 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{gathered} 2024 / 8 / 8 \\ \text { Thursday } \end{gathered}$ | $\begin{gathered} 2024 / 8 / 9 \\ \text { Friday } \end{gathered}$ | $2024 / 8 / 10$ <br> Saturday | $2024 / 8 / 11$ <br> Sunday | $2024 / 8 / 12$ <br> Monday | $2024 / 8 / 13$ <br> Tuesday | 2024/8/l4 <br> Wednesday |
| b$b$$e$$e$$a$$k$$f$$a$$s$$t$ | Buffet style <br> burdock salad <br> thick fried egg <br> Spinach namul <br> Flavored ground chicken Soup/drink bar | Buffet style <br> spaghetti salad <br> scrambled eggs <br> Stir-fried wakame and tuna <br> pork wiener <br> Soup/drink bar | Buffet style <br> potato salad <br> omelette <br> Bok choy and fried tofu salad <br> Meatballs (sweet and sour sauce) <br> Soup/drink bar | Buffet style <br> vermicelli salad <br> scrambled eggs <br> Cabbage with sesame seeds <br> Teriyaki meatballs <br> Soup/drink bar | Buffet style <br> macaroni salad scrambled eggs Japanese style <br> Fried potatoes with spices <br> pork wiener <br> Soup/drink bar | Buffet style <br> burdock salad <br> thick fried egg <br> Spinach namul <br> Flavored ground chicken Soup/drink bar | Buffet style <br> spaghetti salad <br> scrambled eggs <br> Stir-fried wakame and tuna <br> pork wiener <br> Soup/drink bar |
|  | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto | Rice/bread/natto |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |
| u$n$$n$$n$$h$ | A Demi-glace croquette \& grilled chicken with tomato sauce | ```A Hamburger steak with mushroom peperon sauce``` | ${ }^{\text {A }}$ | A <br> Tofu hamburger steak with grated Daikon \& Ponzu sauce | ```A Grilled pork with green onion and miso sauce``` | A <br> Grilled Chicken with Honey Mustard Sauce \& Fried Horse Mackerel | A ${ }^{\text {A }}$ Teriyaki hamburg steak |
|  | B <br> Pork Shabu-Shabu with Daikon Radish and Ponzu Sauce | $\underline{B}$ <br> Steamed chicken \& seasonal veggies with sesame sauce | Fr ${ }^{\text {B }}$ Fried fish with spicy sauce | B <br> Sichuan mapo tofu rice bowl | B <br> Chicken cutlet on rice with sweet and salty sauce | B | ```B omelet rice chicken tomato cream sauce``` |
|  | $\begin{array}{ll}\text { C } & \\ & \\ & \text { Omelet curry }\end{array}$ | ¢ $\quad \begin{aligned} & \\ & \\ & \end{aligned}$ | C <br> Curry \& rice [Acoustic measurement ship HIBIKI style] | $\underline{\text { C }}$ | C <br> Udon noodles in soup with spicy cod roe \& grated daikon | C $\quad$ Kanazawa curry | C <br> Curry \& rice [Submarine KUROSHIO style] |
|  | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |
| $\begin{gathered} \star \\ \star \\ d \\ i \\ n \\ n \\ e \\ e \end{gathered}$ | A Japanese-style stamina barbecue | ${ }^{\text {A }}$ | A Giant minced meat cutlet with $B B Q$ sauce | A <br> Sauteed Chicken with Lemon Butter Sauce | $\mid l l^{\text {A }}$ ( ${ }^{\text {Ginger-grilled pork }}$ | A Japanese-style hamburg steak | $\underline{\mathbf{A}}$ <br> Sauteed Chicken with Ginger Sauce |
|  | B $\quad$ Pork Hayashi Rice | - ${ }^{\text {B }}$ Chicken Nanban Rice Bowl | B ${ }^{\text {B }}$ Hashed beef on the rice | B $\quad$ Pork stamina bowl | B $\begin{array}{ll}\text { B } & \\ & \text { Fried mackerel curry }\end{array}$ | B <br> Pork cutlet \& sliced cabbage on the rice with tonkatsu sauce | B <br> Crispy Chinese noodles with chop suey sauce |
|  | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert | Salad/Fruit/Dessert |

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} \text { 日 } \\ \text { 曜日 } \end{gathered}$ | $2024 / 8 / 22$ <br> Thursday | $\begin{gathered} 2024 / 8 / 23 \\ \text { Friday } \end{gathered}$ | $\begin{gathered} \text { 2024/8/24 } \\ \text { Saturday } \end{gathered}$ | $\begin{gathered} 2024 / 8 / 25 \\ \text { Sunday } \end{gathered}$ | $\begin{gathered} 2024 / 8 / 26 \\ \text { Monday } \end{gathered}$ | $2024 / 8 / 27$ <br> Tuesday | $2024 / 8 / 28$ <br> Wednesday |
|  | Buffet style <br> macaroni salad <br> scrambled eggs Japanese style <br> Fried potatoes with spices <br> pork wiener <br> Soup／drink bar | Buffet style <br> burdock salad thick fried egg <br> Spinach namul <br> Flavored ground chicken Soup／drink bar | Buffet style <br> spaghetti salad scrambled eggs <br> Stir－fried wakame and tuna <br> pork wiener <br> Soup／drink bar | Buffet style <br> potato salad omelette <br> Bok choy and fried tofu salad <br> Meatballs（sweet and sour sauce） Soup／drink bar | Buffet style <br> vermicelli salad scrambled eggs <br> Cabbage with sesame seeds <br> Teriyaki meatballs <br> Soup／drink bar | Buffet style <br> macaroni salad <br> scrambled eggs Japanese style <br> Fried potatoes with spices <br> pork wiener <br> Soup／drink bar | Buffet style <br> burdock salad thick fried egg <br> Spinach namul <br> Flavored ground chicken Soup／drink bar |
|  | Rice／bread／natto | Rice／bread／natto | Rice／bread／natto | Rice／bread／natto | Rice／bread／natto | Rice／bread／natto | Rice／bread／natto |
|  | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert |
| $\left\lvert\, \begin{array}{ll} 0 & 0 \\ 0 & 0 \end{array}\right.$ | A <br> Demi－glace croquette \＆ grilled chicken with tomato sauce | $\underline{A}$ <br> Hamburger steak with mushroom peperon sauce | $\left\lvert\, \begin{array}{ll}\text { A } & \\ & \text { Teriyaki chicken }\end{array}\right.$ | A <br> Tofu hamburger steak with grated Daikon \＆ Ponzu sauce | ```A Grilled pork with green onion and miso sauce``` | A <br> Grilled Chicken with Honey Mustard Sauce \＆Fried Horse Mackerel | A ${ }^{\text {A }}$ Teriyaki hamburg steak |
|  | B <br> Pork Shabu－Shabu with Daikon Radish and Ponzu Sauce | Steamed chicken \＆ seasonal veggies with sesame sauce | B Fried fish with spicy sauce | B <br> Sichuan mapo tofu rice bowl | B <br> Chicken cutlet on rice with sweet and salty sauce | B ${ }^{\text {B }}$ Caponata on the pilaf | B <br> omelet rice chicken tomato cream sauce |
|  | $\begin{array}{ll}\text { C } & \\ & \\ & \text { Omelet curry }\end{array}$ | C $\quad$ Beef curry | C <br> Curry \＆rice［Acoustic measurement ship HIBIKI style］ | $\underline{\text { C }}$ | ```C Udon noodles in soup with spicy cod roe & grated daikon``` | Cr $\quad$ Canazawa curry | C <br> Curry \＆rice［Submarine KUROSHIO style］ |
|  | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar |
|  | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert |
| $\begin{array}{\|c} \star \\ \stackrel{\star}{2}^{d} \\ d \\ i \\ n \\ n \\ e \\ r \end{array}$ | A Japanese－style stamina barbecue | $\|$A  <br>   <br>  Sichuan spicy tofu | A <br> Giant minced meat cutlet with BBQ sauce | Sauteed Chicken with Lemon Butter Sauce | $\left\lvert\, \begin{array}{ll}\text { A } & \\ & \\ & \text { Ginger－grilled pork }\end{array}\right.$ | A Japanese－style hamburg steak | A <br> Sauteed Chicken with Ginger Sauce |
|  |  | B ${ }^{\text {B }}$ Chicken Nanban Rice Bowl | B ${ }^{\text {B }}$ Hashed beef on the rice | $\underline{\text { B }}$（ $\quad$ Pork stamina bowl | Br $\begin{array}{ll}\text { B } & \\ & \text { Fried mackerel curry }\end{array}$ | B <br> Pork cutlet \＆sliced cabbage on the rice with tonkatsu sauce | B <br> Crispy Chinese noodles with chop suey sauce |
|  | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar | AB common menu Rice／soup／drink bar |
|  | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert | Salad／Fruit／Dessert |

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