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	2024/8/1	2024/8/2	2024/8/3	2024/8/4	2024/8/5	2024/8/6	2024/8/7
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
1					<u>'</u>		•
Ī	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
э	vermicelli salad	macaroni salad	burdock salad	spaghetti salad	potato salad	vermicelli salad	macaroni salad
r e	scrambled eggs	scrambled eggs Japanese style	thick fried egg	scrambled eggs	omelette	scrambled eggs	scrambled eggs Japanese st
a k	Cabbage with sesame seeds	Fried potatoes with spices	Spinach namul	Stir-fried wakame and tuna	Bok choy and fried tofu salad	Cabbage with sesame seeds	Fried potatoes with spices
f N	Teriyaki meatballs	pork wiener	Flavored ground chicken	pork wiener	Meatballs (sweet and sour sauce)	Teriyaki meatballs	pork wiener
5	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar
r l	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
٦	A Demi-glace croquette & grilled chicken with tomato sauce	Hamburger steak with mushroom peperon sauce	A Teriyaki chicken	A Tofu hamburger steak with grated Daikon & Ponzu sauce	Grilled pork with green onion and miso sauce	A Grilled Chicken with Honey Mustard Sauce & Fried Horse Mackerel	A Teriyaki hamburg steak
I u n	B Pork Shabu–Shabu with Daikon Radish and Ponzu Sauce	Steamed chicken & seasonal veggies with sesame sauce	B Fried fish with spicy sauce	Sichuan mapo tofu rice bowl	B Chicken cutlet on rice with sweet and salty sauce	B Caponata on the pilaf	B omelet rice chicken tomato cream sauce
c h	C Omelet curry	C Beef curry	C Curry & rice [Acoustic measurement ship HIBIKI style]	Fillet cutlet curry	C Udon noodles in soup with spicy cod roe & grated daikon	C Kanazawa curry	Curry & rice [Submarin KUROSHIO style]
	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	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
_		T.		Τ.	1.		Τ.
	<u>A</u> Japanese–style stamina barbecue	Sichuan spicy tofu	Giant minced meat cutlet with BBQ sauce	Sauteed Chicken with Lemon Butter Sauce	Ginger-grilled pork	Japanese-style hamburg steak	Sauteed Chicken with Ginger Sauce
า า อ	<u>B</u> Pork Hayashi Rice	B Chicken Nanban Rice Bowl	B Hashed beef on the rice	B Pork stamina bowl	B Fried mackerel curry	B Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	B 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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	2024/8/8	2024/8/9	2024/8/10	2024/8/11	2024/8/12	2024/8/13	2024/8/14
	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Ł							
	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	burdock salad	spaghetti salad	potato salad	vermicelli salad	macaroni salad	burdock salad	spaghetti salad
2	thick fried egg	scrambled eggs	omelette	scrambled eggs	scrambled eggs Japanese style	thick fried egg	scrambled eggs
	Spinach namul	Stir-fried wakame and tuna	Bok choy and fried tofu salad	Cabbage with sesame seeds	Fried potatoes with spices	Spinach namul	Stir-fried wakame and tune
	Flavored ground chicken	pork wiener	Meatballs (sweet and sour sauce)	Teriyaki meatballs	pork wiener	Flavored ground chicken	pork wiener
;	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar
١	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	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	A	<u>A</u>
, X	Demi-glace croquette & grilled chicken with tomato sauce	Hamburger steak with mushroom peperon sauce	Teriyaki chicken	Tofu hamburger steak with grated Daikon & Ponzu sauce	Grilled pork with green onion and miso sauce	Grilled Chicken with Honey Mustard Sauce & Fried Horse Mackerel	Teriyaki hamburg steak
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Pork Shabu-Shabu with Daikon Radish and Ponzu Sauce	Steamed chicken & seasonal veggies with sesame sauce	Fried fish with spicy sauce	Sichuan mapo tofu rice bowl	Chicken cutlet on rice with sweet and salty sauce	Caponata on the pilaf	omelet rice chicken tomato cream sauce
:	<u>C</u>	<u>C</u>	<u>C</u>	<u>c</u>	<u>c</u>	<u>c</u>	<u>C</u>
)	Omelet curry	Beef curry	Curry & rice [Acoustic measurement ship HIBIKI style]	Fillet cutlet curry	Udon noodles in soup with spicy cod roe & grated daikon	Kanazawa curry	Curry & rice [Submarin KUROSHIO style]
- [ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar
L	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert
	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Japanese–style stamina barbecue	Sichuan spicy tofu	Giant minced meat cutlet with BBQ sauce	Sauteed Chicken with Lemon Butter Sauce	Ginger-grilled pork	Japanese-style hamburg steak	Sauteed Chicken with Ginger Sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
ו ו פ	Pork Hayashi Rice	Chicken Nanban Rice Bowl	Hashed beef on the rice	Pork stamina bowl	Fried mackerel curry	Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	Crispy Chinese noodles with chop suey sauce
•	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	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

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日	2024/8/15	2024/8/16	2024/8/17	2024/8/18	2024/8/19	2024/8/20	2024/8/21
曜日	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
b	potato salad	vermicelli salad	macaroni salad	burdock salad	spaghetti salad	potato salad	vermicelli salad
r e	omelette	scrambled eggs	scrambled eggs Japanese style	thick fried egg	scrambled eggs	omelette	scrambled eggs
a k	Bok choy and fried tofu salad	Cabbage with sesame seeds	Fried potatoes with spices	Spinach namul	Stir-fried wakame and tuna	Bok choy and fried tofu salad	Cabbage with sesame seeds
f a	Meatballs (sweet and sour sauce)	Teriyaki meatballs	pork wiener	Flavored ground chicken	pork wiener	Meatballs (sweet and sour sauce)	Teriyaki meatballs
s	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar
t	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>A</u> Demi–glace croquette & grilled chicken with tomato sauce	A Hamburger steak with mushroom peperon sauce	A Teriyaki chicken	A Tofu hamburger steak with grated Daikon & Ponzu sauce	A Grilled pork with green onion and miso sauce	A Grilled Chicken with Honey Mustard Sauce & Fried Horse Mackerel	A Teriyaki hamburg steak
l u n	<u>B</u> Pork Shabu–Shabu with Daikon Radish and Ponzu Sauce	B Steamed chicken & seasonal veggies with sesame sauce	$\frac{\mathbf{B}}{\mathbf{B}}$ Fried fish with spicy sauce	B Sichuan mapo tofu rice bowl	Chicken cutlet on rice with sweet and salty sauce	B Caponata on the pilaf	B omelet rice chicken tomato cream sauce
c h	<u>C</u> Omelet curry	C Beef curry	C Curry & rice [Acoustic measurement ship HIBIKI style]	C Fillet cutlet curry	C Udon noodles in soup with spicy cod roe & grated daikon	C Kanazawa curry	Curry & rice [Submarine KUROSHIO style]
	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu	ABC common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	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
*	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
d .	Japanese–style stamina barbecue	Sichuan spicy tofu	Giant minced meat cutlet with BBQ sauce	Sauteed Chicken with Lemon Butter Sauce	Ginger-grilled pork	Japanese-style hamburg steak	Sauteed Chicken with Ginger Sauce
- n n e	<u>B</u> Pork Hayashi Rice	B Chicken Nanban Rice Bowl	B Hashed beef on the rice	B Pork stamina bowl	B Fried mackerel curry	B Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	B Crispy Chinese noodles with chop suey sauce
r	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	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

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日	2024/8/22	2024/8/23	2024/8/24	2024/8/25	2024/8/26	2024/8/27	2024/8/28
呈日	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Ì	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
)	macaroni salad	burdock salad	spaghetti salad	potato salad	vermicelli salad	macaroni salad	burdock salad
r e	scrambled eggs Japanese style	thick fried egg	scrambled eggs	omelette	scrambled eggs	scrambled eggs Japanese style	thick fried egg
) (Fried potatoes with spices	Spinach namul	Stir-fried wakame and tuna	Bok choy and fried tofu salad	Cabbage with sesame seeds	Fried potatoes with spices	Spinach namul
f J	pork wiener	Flavored ground chicken	pork wiener	Meatballs (sweet and sour sauce)	Teriyaki meatballs	pork wiener	Flavored ground chicken
5	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar
t	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
Ĵ/	A Demi-glace croquette & grilled chicken with tomato sauce	A Hamburger steak with mushroom peperon sauce	A Teriyaki chicken	A Tofu hamburger steak with grated Daikon & Ponzu sauce	A Grilled pork with green onion and miso sauce	A Grilled Chicken with Honey Mustard Sauce & Fried Horse Mackerel	A Teriyaki hamburg steak
l u n	B Pork Shabu-Shabu with Daikon Radish and Ponzu Sauce	B Steamed chicken & seasonal veggies with sesame sauce	B Fried fish with spicy sauce	Sichuan mapo tofu rice bowl	B Chicken cutlet on rice with sweet and salty sauce	B Caponata on the pilaf	B omelet rice chicken tomato cream sauce
c h	© Omelet curry	© Beef curry	C Curry & rice [Acoustic measurement ship HIBIKI style]	C Fillet cutlet curry	C Udon noodles in soup with spicy cod roe & grated daikon	C Kanazawa curry	Curry & rice [Submarine KUROSHIO style]
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	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	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
7	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
d	Japanese–style stamina barbecue	Sichuan spicy tofu	Giant minced meat cutlet with BBQ sauce	Sauteed Chicken with Lemon Butter Sauce	Ginger-grilled pork	Japanese-style hamburg steak	Sauteed Chicken with Ginger Sauce
n n e	B Pork Hayashi Rice	B Chicken Nanban Rice Bowl	B Hashed beef on the rice	B Pork stamina bowl	B Fried mackerel curry	B Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	B Crispy Chinese noodles with chop suey sauce
r	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu	AB common menu
	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar	Rice/soup/drink bar

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