

Weekly Menu

Cafeteria Fuji



	2024/11/1 Friday	2024/11/2 Saturday	2024/11/3 Sunday	2024/11/4 Monday	2024/11/5 Tuesday	2024/11/6 Wednesday	2024/11/7 Thursday
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☀️ b r e a k f a s t	Buffet style	Closed days					
	Macaroni Salad						
	Thickly grilled egg						
	Bonito, wakame and broccoli tossed with bonito flakes						
	Pork sausages						
	Soup/drink bar						
Rice/bread/natto							
Salad/Fruit/Dessert							

☀️ l u n c h	Closed days						
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🌙 d i n n e r	Closed days						
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- Breakfast will be served in buffet style.
- You can choose from 3 menu items for lunch and 1 item from 2 menu items for dinner. The menu may change due to availability of ingredients.
- Our store is not a free space. Those who cannot purchase a meal ticket or those who bring their own food will not be permitted to use the facility.
- Reservations are required for breakfast and dinner. Please make your reservation by 3:00 pm 7 days in advance, excluding holidays. Please see the Olympic Center homepage for details.
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Weekly Menu

Cafeteria Fuji



	2024/11/8 Friday	2024/11/9 Saturday	2024/11/10 Sunday	2024/11/11 Monday	2024/11/12 Tuesday	2024/11/13 Wednesday	2024/11/14 Thursday
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breakfast	<u>closing day</u>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>
		Pumpkin Salad	potato salad	Macaroni Salad	potato salad	Spaghetti salad	Pumpkin Salad
		scrambled eggs	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette	scrambled eggs
		boiled Bok choy and enoki mushrooms seasoned with soy sauce	ratatouille	Bonito, wakame and broccoli tossed with bonito flakes	Soaked komatsuna and fried tofu	Tuna and spinach with ginger soy sauce	boiled Bok choy and enoki mushrooms seasoned with soy sauce
		Meat dumplings (sweet and sour sauce)	Teriyaki Meatballs	Pork sausages	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)
		Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar
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	

lunch	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Baked chicken with black pepper	Pork shabu-shabu with Caesar dressing	Fried dumplings with vegetable sweet and sour ankake	Sardine green nori fried & kyabetsu minced cutlet	Chicken Sauteed Garlic Butter Soy Sauce	Grilled pork with ginger	Aji Fried & Menchikatsu
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Fried whitefish with mushroom starchy sauce YUZU flavor	Pumpkin Croquettes & Grilled Chicken with Honey Mustard Sauce	Demitoma hamburger steak	Omelet Rice, Tomato Cheese Sauce	Chinese style mixed vegetable and meat/seafood gravy rice	Fried chicken sleet bean paste	Grilled chicken thighs with miso paste
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
Omelet Curry Rice	European curry	Japanese-style chicken curry	Hayashi rice with plenty of mushrooms	[Gogo Curry Supervision] Kanazawa Curry	Stewed pork with brown sauce	Grilled Vegetable Curry	
<u>ABC common menu</u>	<u>ABC common menu</u>	<u>ABC common menu</u>	<u>ABC common menu</u>	<u>ABC common menu</u>	<u>ABC common menu</u>	<u>ABC common menu</u>	
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	

dinner	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Tandoori Chicken	Stir-fried pork, mushrooms & egg	Chicken with mushroom cream sauce	Sautéed chicken grated ponzu	Grilled chicken salad	Sasami cheese katsu	Teriyaki Tofu Hamburger
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Locomoco (Hamburg steak & hot spring egg on the rice)	Minced pork curry with rice	Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	Beef curry	Stir-fried rice with basil	Hashed beef on the rice	Fried chicken bowl
<u>AB common menu</u>	<u>AB common menu</u>	<u>AB common menu</u>	<u>AB common menu</u>	<u>AB common menu</u>	<u>AB common menu</u>	<u>AB common menu</u>	
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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日曜日	2024/11/15 Friday	2024/11/16 Saturday	2024/11/17 Sunday	2024/11/18 Monday	2024/11/19 Tuesday	2024/11/20 Wednesday	2024/11/21 Thursday
b r e a k f a s t	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	potato salad	Macaroni Salad	potato salad	Spaghetti salad	Pumpkin Salad	potato salad	Macaroni Salad
	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette	scrambled eggs	Egg Soboro	Thickly grilled egg
	ratatouille	Bonito, wakame and broccoli tossed with bonito flakes	Soaked komatsuna and fried tofu	Tuna and spinach with ginger soy sauce	boiled Bok choy and enoki mushrooms seasoned with soy sauce	ratatouille	Bonito, wakame and broccoli tossed with bonito flakes
	Teriyaki Meatballs	Pork sausages	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)	Teriyaki Meatballs	Pork sausages
	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	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	
l u n c h	A Baked chicken with black pepper	A Pork shabu-shabu with Caesar dressing	A Fried dumplings with vegetable sweet and sour ankake	A Sardine green nori fried & kyabetsu minced cutlet	A Chicken Sautéed Garlic Butter Soy Sauce	A Grilled pork with ginger	A Aji Fried & Menchikatsu
	B Fried whitefish with mushroom starchy sauce YUZU flavor	B Pumpkin Croquettes & Grilled Chicken with Honey Mustard Sauce	B Demitoma hamburger steak	B Omelet Rice, Tomato Cheese Sauce	B Chinese style mixed vegetable and meat/seafood gravy rice	B Fried chicken sleet bean paste	B Grilled chicken thighs with miso paste
	C Omelet Curry Rice	C European curry	C Japanese-style chicken curry	C Hayashi rice with plenty of mushrooms	C [Gogo Curry Supervision] Kanazawa Curry	C Stewed pork with brown sauce	C Grilled Vegetable Curry
	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
d i n n e r	A Tandoori Chicken	A Stir-fried pork, mushrooms & egg	A Chicken with mushroom cream sauce	A Sautéed chicken grated ponzu	A Grilled chicken salad	A Sasami cheese katsu	A Teriyaki Tofu Hamburger
	B Locomoco (Hamburg steak & hot spring egg on the rice)	B Minced pork curry with rice	B Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	B Beef curry	B Stir-fried rice with basil	B Hashed beef on the rice	B Fried chicken bowl
	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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日曜日	2024/11/22 Friday	2024/11/23 Saturday	2024/11/24 Sunday	2024/11/25 Monday	2024/11/26 Tuesday	2024/11/27 Wednesday	2024/11/28 Thursday
b r e a k f a s t	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	potato salad	Spaghetti salad	Pumpkin Salad	potato salad	Macaroni Salad	potato salad	Spaghetti salad
	scrambled eggs	omelette	scrambled eggs	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette
	Soaked komatsuna and fried tofu	Tuna and spinach with ginger soy sauce	boiled Bok choy and enoki mushrooms seasoned with soy sauce	ratatouille	Bonito, wakame and broccoli tossed with bonito flakes	Soaked komatsuna and fried tofu	Tuna and spinach with ginger soy sauce
	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)	Teriyaki Meatballs	Pork sausages	Chicken dumplings stewed in tomatoes	Pork sausages
	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	Soup/drink bar	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	
l u n c h	A Baked chicken with black pepper	A Pork shabu-shabu with Caesar dressing	A Fried dumplings with vegetable sweet and sour ankake	A Sardine green nori fried & kyabetsu minced cutlet	A Chicken Sautéed Garlic Butter Soy Sauce	A Grilled pork with ginger	A Aji Fried & Menchikatsu
	B Fried whitefish with mushroom starchy sauce YUZU flavor	B Pumpkin Croquettes & Grilled Chicken with Honey Mustard Sauce	B Demitoma hamburger steak	B Omelet Rice, Tomato Cheese Sauce	B Chinese style mixed vegetable and meat/seafood gravy rice	B Fried chicken sleet bean paste	B Grilled chicken thighs with miso paste
	C Omelet Curry Rice	C European curry	C Japanese-style chicken curry	C Hayashi rice with plenty of mushrooms	C [Gogo Curry Supervision] Kanazawa Curry	C Stewed pork with brown sauce	C Grilled Vegetable Curry
	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
d i n n e r	A Tandoori Chicken	A Stir-fried pork, mushrooms & egg	A Chicken with mushroom cream sauce	A Sautéed chicken grated ponzu	A Grilled chicken salad	A Sasami cheese katsu	A Teriyaki Tofu Hamburger
	B Locomoco (Hamburg steak & hot spring egg on the rice)	B Minced pork curry with rice	B Pork cutlet & sliced cabbage on the rice with tonkatsu sauce	B Beef curry	B Stir-fried rice with basil	B Hashed beef on the rice	B Fried chicken bowl
	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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日曜日	2024/11/29 Friday	2024/11/30 Saturday	2024/12/1 Sunday	2024/12/2 Monday	2024/12/3 Tuesday	2024/12/4 Wednesday	2024/12/5 Thursday
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b r e a k f a s t	<u>Buffet style</u>	<u>Buffet style</u>	coming soon									
	Pumpkin Salad	potato salad										
scrambled eggs	Egg Soboro											
boiled Bok choy and enoki mushrooms seasoned with soy sauce	ratatouille											
Meat dumplings (sweet and sour sauce)	Teriyaki Meatballs											
Soup/drink bar	Soup/drink bar											
Rice/bread/natto	Rice/bread/natto											
Salad/Fruit/Dessert	Salad/Fruit/Dessert											
l u n c h	<u>A</u>	<u>A</u>						coming soon				
	Baked chicken with black pepper	Pork shabu-shabu with Caesar dressing										
	<u>B</u>	<u>B</u>										
	Fried whitefish with mushroom starchy sauce YUZU flavor	Pumpkin Croquettes & Grilled Chicken with Honey Mustard Sauce										
	<u>C</u>	<u>C</u>										
Omelet Curry Rice	European curry											
<u>ABC common menu</u>	<u>ABC common menu</u>											
Rice/soup/drink bar	Rice/soup/drink bar											
Salad/Fruit/Dessert	Salad/Fruit/Dessert											
d i n n e r	<u>A</u>	<u>A</u>	coming soon									
	Tandoori Chicken	Stir-fried pork, mushrooms & egg										
	<u>B</u>	<u>B</u>										
	Locomoco (Hamburg steak & hot spring egg on the rice)	Minced pork curry with rice										
	<u>AB common menu</u>	<u>AB common menu</u>										
Rice/soup/drink bar	Rice/soup/drink bar											
Salad/Fruit/Dessert	Salad/Fruit/Dessert											

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