

December 2024 【Breakfast】 Main Menu Allergen Table

- The menu and ingredients may change depending on the purchasing situation, so please contact Cafeteria “Fuji” for details.
- Since our restaurant is a large-volume cooking facility, there is a possibility of contamination during cooking. We will investigate contamination information during the product manufacturing process after receiving your inquiry in advance. If you are looking for information on specific raw materials or other than recommended items, it will take time, so please contact us by the deadline.
- Please note that if your symptoms become severe even after ingesting a small amount, or if you consume a large number of eliminated foods, we may ask you to bring a lunch box or eliminated foods.
- If you have a food allergy, please let us know at least two weeks in advance (excluding closed days).
- We refrain from providing removal or substitute meals to people who may develop serious symptoms such as anaphylactic shock, or who have had shock in the past. Please note.

***Breakfast is served in a buffet style, and each person can choose the food they like, so Unintended contamination may occur. (If there are less than 30 people on the day, a plate will be provided)**

No.1

| date | 1 • 6 • 11 • 16 • 21 • 26 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|-----------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Macaroni Salad | ● | ● | ● | | | | |
| | Thickly grilled egg | ● | ● | | | | | |
| | Sauteed spinach and carrots | | | | | | | |
| | Seasoned minced chicken | ● | | | | | | |

No.2

| date | 2 • 7 • 12 • 17 • 22 • 27 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|----------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | potato salad | ● | ● | ● | | | | |
| | scrambled eggs | ● | ● | ● | | | | |
| | Vegetarian Chili Con Carne | | | | | | | |
| | Teriyaki Meatballs | ● | ● | ● | | | | |

No.3

| date | 8 • 13 • 18 • 23 • 28 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--------------------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Spaghetti salad | ● | ● | ● | | | | |
| | omelette | ● | ● | ● | | | | |
| | Fried potatoes with spices | | | | | | | |
| | Chicken dumplings stewed in tomatoes | ● | ● | ● | | | | |

| | | wheat | egg | milk | buckwheat | peanut | shrimp | crab | |
|----------------------------|----------------|-------|--|------|-----------|--------|--------|------|--|
| o t h e r s | rice | | | | | | | | |
| | miso soup | | | | | | | | |
| | various breads | ● | Please check in store for daily changes. | | | | | | |
| | natto | ● | | | | | | | |

*Ingredients change daily. Fried tofu, tofu, green onion, seaweed.

No.4

| date | 4 • 9 • 14 • 19 • 24 • 29 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Pumpkin Salad | ● | ● | ● | | | | |
| | scrambled eggs | ● | ● | ● | | | | |
| | a side dish of boiled seasoned Bok choy and fried tofu | ● | | | | | | |
| | Pork sausages | | | ● | | | | |

No.5

| date | 5 • 10 • 15 • 20 • 25 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---|-------|-----|------|-----------|--------|--------|------|
| M a i n | potato salad | ● | ● | ● | | | | |
| | Egg Soboro | ● | ● | | | | | |
| | Bonito and cabbage with miso mayonnaise | | ● | | | | | |
| | Meat dumplings (sweet and sour sauce) | ● | ● | ● | | | | |

Salads, fruit bars/drink bars, and desserts are also available.

Please contact us separately for the allergen list of seasonings etc. provided in the store.

December 2024 【Lunch】 Main Menu Allergen Table

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***For lunch, you can choose one item from the three items on the menu.
Depending on availability on the day, some menu items may be sold out.**

No.1 (Sunday)

| date | 1・8・15・22 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Chicken in mushroom cream sauce | ● | | ● | | | | |
| | Stir-fried beef and vegetables with oyster sauce | ● | | | | | | |
| | Hashed beef with rice | ● | | | | | | |

No.2 (Monday)

| date | 9・16・23 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---|-------|-----|------|-----------|--------|--------|------|
| M a i n | Sauteed Chicken with Lemon Butter Sauce | ● | | ● | | | | |
| | Udon noodles in soup with vegetable tempura | ● | | | | | | |
| | Beef & vegetables curry sauce with rice | ● | | ● | | | | |

No.3 (Tuesday)

| date | 3・10・17・24 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Fried roast chicken & curry cheese wrap | ● | ● | ● | | | | |
| | Simmered white fish and root vegetables with grated radish | ● | | | | | | |
| | Mushroom and cheese curry | ● | | ● | | | | |

No.4 (Wednesday)

| date | 4・11・18・25 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---|-------|-----|------|-----------|--------|--------|------|
| M a i n | Hamburger steak stewed in demi-glace sauce | ● | | ● | | | | |
| | Chicken outlet with tomato cream sauce | ● | ● | ● | | | | |
| | Sweet and spicy stir-fried pork and vegetables bowl | ● | | | | | | |

| o t h e r s | | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|----------------------------|-----------|-------|-----|------|-----------|--------|--------|------|
| | rice | | | | | | | |
| | miso soup | | | | | | | |

No.5 (Thursday)

| date | 5・12・19・26 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---|-------|-----|------|-----------|--------|--------|------|
| M a i n | Fried fish with spicy sauce | ● | ● | | | | | |
| | chicken and root vegetables Kinpira (rice bowl) | ● | | | | | | |
| | Vegetable Keema Curry | ● | | ● | | | | |

No.6 (Friday)

| date | 6・13・20・27 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Hamburger BBQ sauce | ● | | ● | | | | |
| | Fried chicken breast wrapped in shiso & pumpkin croquettes | ● | ● | ● | | | | |
| | Vegetable Sara Udon - a Nagasaki noodle dish | ● | ● | | | | | |

No.7 (Saturday)

| date | 7・14・21・28 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|----------------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Ginger-grilled pork | ● | | | | | | |
| | Chicken Cream Stew | ● | | ● | | | | |
| | fried white fish curry with rice | ● | | | | | | |

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December 2024 【Dinner】 Main Menu Allergen Table

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※For dinner, you can choose one of the two items on the menu. Depending on availability on the day, some menu items may be sold out.

No.1 (Sunday)

| date | 1・8・15・22 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|-------------------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Hamburg steak with demi-glace sauce | ● | | ● | | | | |
| | Salted pork rib rice bowl | | | | | | | |

No.2 (Monday)

| date | 9・16・23 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|------------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Pork cutlet with ponzu sauce | ● | ● | ● | | | | |
| | Japanese-style chicken curry | ● | | | | | | |

No.3 (Tuesday)

| date | 3・10・17・24 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Grilled Chicken with Garlic Tomato Sauce | ● | | ● | | | | |
| | Pork cutlet with sweet and spicy sauce rice bowl | ● | ● | ● | | | | |

No.4 (Wednesday)

| date | 4・11・18・25 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---|-------|-----|------|-----------|--------|--------|------|
| M a i n | Stir-fried chicken with black pepper & spring rolls | ● | | | | | | |
| | Frankfurt Curry | ● | | ● | | | | |

| o t h e r s | | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|----------------------------|-----------|-------|-----|------|-----------|--------|--------|------|
| | rice | | | | | | | |
| | miso soup | | | | | | | |

No.5 (Thursday)

| date | 5・12・19・26 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|-------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Fried chicken | ● | ● | | | | | |
| | White sauce omelet rice | ● | ● | ● | | | | |

No.6 (Friday)

| date | 6・13・20・27 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|--|-------|-----|------|-----------|--------|--------|------|
| M a i n | Fried white fish with sweet and sour sauce | ● | ● | ● | | | | |
| | Kanazawa curry | ● | | ● | | | | |

No.7 (Saturday)

| date | 7・14・21・28 | wheat | egg | milk | buckwheat | peanut | shrimp | crab |
|------------------|---------------------------------------|-------|-----|------|-----------|--------|--------|------|
| M a i n | Ground meat cutlet with mustard sauce | ● | | ● | | | | |
| | Chicken teriyaki on the rice | ● | ● | | | | | |

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