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	2024/12/1	2024/12/2	2024/12/3	2024/12/4	2024/12/5	2024/12/6	2024/12/7
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Buffet style	Buffet style		Buffet style	Buffet style	Buffet style	Buffet style
b	Macaroni Salad	potato salad		Pumpkin Salad	potato salad	Macaroni Salad	potato salad
r e	Thickly grilled egg	scrambled eggs		scrambled eggs	Egg Soboro	Thickly grilled egg	scrambled eggs
a k	Sauteed spinach and carrots	Vegetarian Chili Con Carne	closing day	a side dish of boiled seasoned Bok choy and fried tofu	Bonito and cabbage with miso mayonnaise	Sauteed spinach and carrots	Vegetarian Chili Con Carne
† a	Flavored ground chicken	Teriyaki Meatballs		Pork sausages	Meat dumplings (sweet and sour sauce)	Flavored ground chicken	Teriyaki Meatballs
S	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
	Salad/Fruit/Dessert	Salad/Fruit/Dessert		Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert
A	<u>A</u>		A	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Chicken in mushroom cream sauce	closing day	Fried roast chicken & curry cheese wrap	Hamburger steak stewed in demi–glace sauce	Fried fish with spicy sauce	Hamburger BBQ sauce	Ginger-grilled pork
I u n	B Stir-fried beef and vegetables with oyster sauce		Simmered white fish and root vegetables with grated radish	B Chicken cutlet with tomato cream sauce	B chicken and root vegetables Kinpira (rice bowl)	B Fried chicken breast wrapped in shiso & pumpkin croquettes	B Chicken Cream Stew
С	<u>C</u>	<u>oroomig day</u>	<u>c</u>	<u>c</u>	<u>c</u>	<u>c</u>	<u>C</u>
h	Hashed beef with rice		Mushroom and cheese curry	Sweet and spicy stir–fried pork and vegetables bowl	Vegetable Keema Curry	Vegetable Sara Udon – a Nagasaki noodle dish	fried white fish curry with rice
	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
	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>
d	Hamburg steak with demi- glace sauce		Grilled Chicken with Garlic Tomato Sauce	Stir–fried chicken with black pepper & spring rolls	Fried chicken	Fried white fish with sweet and sour sauce	Ground meat cutlet with mustard sauce
n	<u>B</u>		<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
n e	Salted pork rib rice bowl	closing day	Pork cutlet with sweet and spicy sauce rice bowl	Frankfurt Curry	White sauce omelet rice	Kanazawa curry	Chicken teriyaki on the rice
r	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
	Salad/Fruit/Dessert		Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert

- •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.
- •Tickets for lunch will be sold on the day, but if there are many customers, we may stop selling tickets on the day at the ticket vending machine.



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	2024/12/8	2024/12/9	2024/12/10	2024/12/11	2024/12/12	2024/12/13	2024/12/14
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
b	Spaghetti salad	Pumpkin Salad	potato salad	Macaroni Salad	potato salad	Spaghetti salad	Pumpkin Salad
r e	omelette	scrambled eggs	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette	scrambled eggs
a k	Fried potatoes with spices	a side dish of boiled seasoned Bok choy and fried tofu	Bonito and cabbage with miso mayonnaise	Sauteed spinach and carrots	Vegetarian Chili Con Carne	Fried potatoes with spices	a side dish of boiled seasoned Bok choy and fried tofu
† a	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)	Flavored ground chicken	Teriyaki Meatballs	Chicken dumplings stewed in tomatoes	Pork sausages
S	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
	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	A	<u>A</u>
	Chicken in mushroom cream sauce	Sauteed Chicken with Lemon Butter Sauce	Fried roast chicken & curry cheese wrap	Hamburger steak stewed in demi–glace sauce	Fried fish with spicy sauce	Hamburger BBQ sauce	Ginger-grilled pork
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
l u n	Stir-fried beef and vegetables with oyster sauce	Udon noodles in soup with vegetable tempura	Simmered white fish and root vegetables with grated radish	Chicken cutlet with tomato cream sauce	chicken and root vegetables Kinpira (rice bowl)	Fried chicken breast wrapped in shiso & pumpkin croquettes	Chicken Cream Stew
С	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>c</u>
h	Hashed beef with rice	Beef & vegetables curry sauce with rice	Mushroom and cheese curry	Sweet and spicy stir–fried pork and vegetables bowl	I Vegetanje keema Ciirry I		fried white fish curry with rice
	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	Hamburg steak with demi- glace sauce	Pork cutlet with ponzu sauce	Grilled Chicken with Garlic Tomato Sauce	Stir-fried chicken with black pepper & spring rolls	Fried chicken	Fried white fish with sweet and sour sauce	Ground meat cutlet with mustard sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
n n e	Salted pork rib rice bowl	Japanese–style chicken curry	Pork cutlet with sweet and spicy sauce rice bowl	Frankfurt Curry	White sauce omelet rice	Kanazawa curry	Chicken teriyaki on the rice
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	2024/12/15	2024/12/16	2024/12/17	2024/12/18	2024/12/19	2024/12/20	2024/12/21		
曜日	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style		
b	potato salad	Macaroni Salad	potato salad	Spaghetti salad	Pumpkin Salad	potato salad	Macaroni Salad		
r e	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette	scrambled eggs	Egg Soboro	Thickly grilled egg		
a k	Bonito and cabbage with miso mayonnaise	Sauteed spinach and carrots	Vegetarian Chili Con Carne	Fried potatoes with spices	a side dish of boiled seasoned Bok choy and fried tofu	Bonito and cabbage with miso mayonnaise	Sauteed spinach and carrots		
l f	Meat dumplings (sweet and sour sauce)	Flavored ground chicken	Teriyaki Meatballs	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)	Flavored ground chicken		
s	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		
	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>		
	Chicken in mushroom cream sauce	Sauteed Chicken with Lemon Butter Sauce	Fried roast chicken & curry cheese wrap	Hamburger steak stewed in demi–glace sauce	Fried fish with spicy sauce	Hamburger BBQ sauce	Ginger-grilled pork		
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>		
u n	Stir-fried beef and vegetables with oyster sauce	Udon noodles in soup with vegetable tempura	Simmered white fish and root vegetables with grated radish	Chicken cutlet with tomato cream sauce	chicken and root vegetables Kinpira (rice bowl)	Fried chicken breast wrapped in shiso & pumpkin croquettes	Chicken Cream Stew		
С	<u>c</u>	<u>c</u>	<u>C</u>	<u>c</u>	<u>c</u>	<u>C</u>	<u>C</u>		
h	Hashed beef with rice	Beef & vegetables curry sauce with rice	Mushroom and cheese curry	Sweet and spicy stir-fried pork and vegetables bowl	Vegetable Keema Curry  Vegetable Sara Udon - 6  Nagasaki noodle dish		fried white fish curry with rice		
	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		
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*	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<del>A</del>	<u>A</u>		
d	Hamburg steak with demi- glace sauce	Pork cutlet with ponzu sauce	Grilled Chicken with Garlic Tomato Sauce	Stir-fried chicken with black pepper & spring rolls	Fried chicken	Fried white fish with sweet and sour sauce	Ground meat cutlet with mustard sauce		
n	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>		
n e	Salted pork rib rice bowl	Japanese–style chicken curry	Pork cutlet with sweet and spicy sauce rice bowl	Frankfurt Curry	White sauce omelet rice	Kanazawa curry	Chicken teriyaki on the rice		
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		

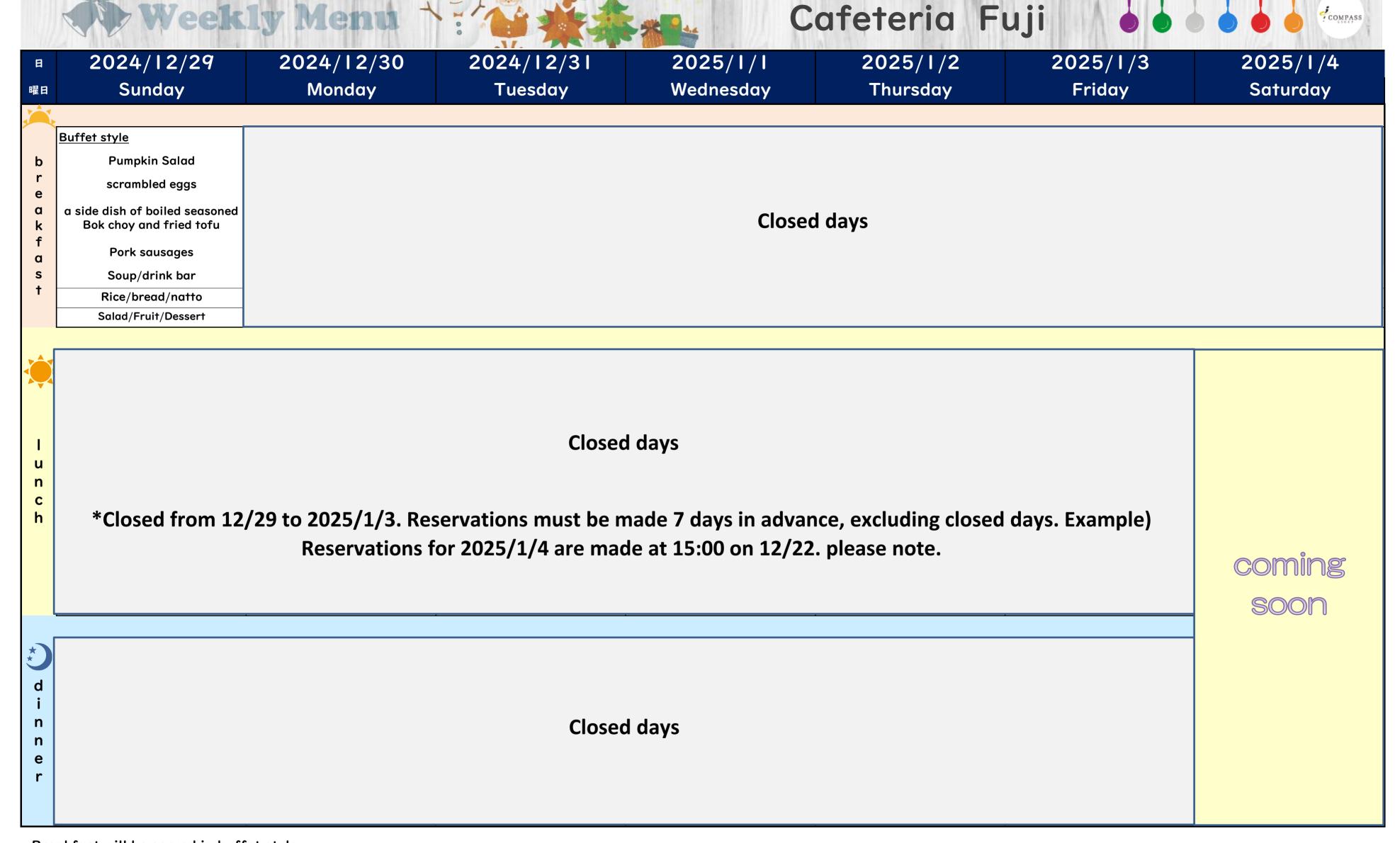
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日	2024/12/22	2024/12/23	2024/12/24	2024/12/25	2024/12/26	2024/12/27	2024/12/28
曜日	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
b	potato salad	Spaghetti salad	Pumpkin Salad	potato salad	Macaroni Salad	potato salad	Spaghetti salad
r	scrambled eggs	omelette	scrambled eggs	Egg Soboro	Thickly grilled egg	scrambled eggs	omelette
e a k	Vegetarian Chili Con Carne	Fried potatoes with spices	a side dish of boiled seasoned Bok choy and fried tofu	Bonito and cabbage with miso mayonnaise	Sauteed spinach and carrots	Vegetarian Chili Con Carne	Fried potatoes with spices
f a	Teriyaki Meatballs	Chicken dumplings stewed in tomatoes	Pork sausages	Meat dumplings (sweet and sour sauce)	Flavored ground chicken	Teriyaki Meatballs	Chicken dumplings stewed in tomatoes
S	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
	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Chicken in mushroom cream sauce	Sauteed Chicken with Lemon Butter Sauce	Fried roast chicken & curry cheese wrap	Hamburger steak stewed in demi-glace sauce	Fried fish with spicy sauce	Hamburger BBQ sauce	Ginger-grilled pork
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
l u n	Stir-fried beef and vegetables with oyster sauce	Udon noodles in soup with vegetable tempura	Simmered white fish and root vegetables with grated radish	Chicken cutlet with tomato cream sauce	chicken and root vegetables Kinpira (rice bowl)	Fried chicken breast wrapped in shiso & pumpkin croquettes	Chicken Cream Stew
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
h	Hashed beef with rice	Beef & vegetables curry sauce with rice	Mushroom and cheese curry	Sweet and spicy stir–fried pork and vegetables bowl	Vegetable Keema Curry	Vegetable Sara Udon – a Nagasaki noodle dish	fried white fish curry with rice
	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
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	<u> A</u>	<u>A</u>	<u> A</u>	<u>A</u>	<u>A</u>	<u> A</u>	<u>A</u>
d	Hamburg steak with demi- glace sauce	Pork cutlet with ponzu sauce	Grilled Chicken with Garlic Tomato Sauce	Stir-fried chicken with black pepper & spring rolls	Fried chicken	Fried white fish with sweet and sour sauce	Ground meat cutlet with mustard sauce
n	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
n e	Salted pork rib rice bowl	Japanese–style chicken curry	Pork cutlet with sweet and spicy sauce rice bowl	Frankfurt Curry	White sauce omelet rice	Kanazawa curry	Chicken teriyaki on the rice
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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