

# January 2025 【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	5 • 10 • 15 • 20 • 25 • 30	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	potato salad	●	●	●					
	Egg Soboro	●	●						
	Vegetarian Chili Con Carne								
	Shumai	●		●					

No.2

date	6 • 11 • 16 • 21 • 26 • 31	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Macaroni Salad	●	●	●					
	omelette	●	●	●					
	Komatsuna and Enoki mushrooms with bonito flakes	●							
	Teriyaki Meatballs	●	●	●					

No.3

date	7 • 12 • 17 • 22 • 27	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Spaghetti salad	●	●	●					
	Thickly grilled egg	●	●						
	Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce	●							
	Pork sausages			●					

		wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut	
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	8 • 13 • 18 • 23 • 28	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Pumpkin Salad	●	●	●					
	omelette	●	●	●					
	Spinach and shimeji mushrooms with sleet	●							
	Meat dumplings (sweet and sour sauce)	●	●	●					

No.5

date	9 • 14 • 19 • 24 • 29	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Macaroni Salad	●	●	●					
	scrambled eggs	●	●	●					
	Seaweed, tuna and okra in vinegar								
	Pork sausages			●					

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.

# January 2025 【Lunch】 Main Menu Allergen Table

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- 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.

\*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 (Saturday)

date	4 • 11 • 18 • 25	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Hamburg steak with demi-glace sauce	●		●					
	Chicken cutlet in sweet and spicy sauce rice bowl	●	●	●					
	Beef curry	●		●					

No.2 (Sunday)

date	5 • 12 • 19 • 26	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Grilled Chicken with Mushroom Lemon Cream Sauce	●		●					
	Stewed white fish and root vegetables in sleet	●							
	Meat and burdock rice bowl	●							

No.3 (Monday)

date	6 • 13 • 20 • 27	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Ground meat cutlet with Ratatouille sauce	●		●					
	Teriyaki chicken tororo rice bowl	●							
	Vegetable-packed sara udon	●	●						

No.4 (Tuesday)

date	7 • 14 • 21 • 28	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Basil Chicken Saute	●		●					
	Miso pork cutlet bowl	●	●	●					
	Omelette rice with hayashi sauce	●	●	●					

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

No.5 (Wednesday)

date	8 • 15 • 22 • 29	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Grilled pork with ginger	●							
	Deep-fried cheese and shiso leaves & vegetable croquette	●	●	●					
	Beef & vegetables curry sauce with rice	●		●					

No.6 (Thursday)

date	9 • 16 • 23 • 30	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Tofu hamburger with mushroom sauce	●		●					
	Chicken Tempura Udon	●							
	Omelet rice with curry sauce	●	●	●					

No.7 (Friday)

date	10 • 17 • 24 • 31	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Sauteed Chicken with Yuzu Pepper Sauce	●							
	Fried white fish and winter vegetable cream sauce	●		●					
	Kanazawa curry rice	●		●					

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

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# January 2025 【Dinner】 Main Menu Allergen Table

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- 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.

※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 (Saturday)

date	4 • 11 • 18 • 25	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Sauteed Chicken with Ginger Sauce	●							
	Keema curry	●		●					

No.2 (Sunday)

date	5 • 12 • 19 • 26	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Chinese style deep fried chicken	●							
	Frankfurt Curry	●		●					

No.3 (Monday)

date	6 • 13 • 20 • 27	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Fried dumplings with Sichuan sauce	●							
	Omelet rice chicken tomato cream sauce	●	●	●					

No.4 (Tuesday)

date	7 • 14 • 21 • 28	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Hamburg steak with grated radish and steak sauce	●		●					
	Fried chicken bowl Japanese style ankake	●							

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

No.5 (Wednesday)

date	8 • 15 • 22 • 29	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Tandoori Chicken			●					
	Hashed beef on the rice	●							

No.6 (Thursday)

date	9 • 16 • 23 • 30	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Grilled chicken thighs with charred miso								
	Sauce cutlet bowl	●	●	●					

No.7 (Friday)

date	10 • 17 • 24 • 31	wheat	egg	milk	buckwheat	peanut	shrimp	crab	walnut
M a i n	Stir-fried pork, mushrooms & egg	●	●						
	Fried chicken curry rice	●							

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

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