

Weekly Menu

Cafeteria Fuji

	2025/1/1 Wednesday	2025/1/2 Thursday	2025/1/3 Friday	2025/1/4 Saturday	2025/1/5 Sunday	2025/1/6 Monday	2025/1/7 Tuesday					
b r e a k f a s t	Closed days				<u>Buffet style</u>		<u>Buffet style</u>					
					potato salad		Macaroni Salad		Spaghetti salad			
					Egg Soboro		omelette		Thickly grilled egg			
					Vegetarian Chili Con Carne		Komatsuna and Enoki mushrooms with bonito flakes		Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce			
				Shumai		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	Closed days				<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>				
					Hamburg steak with demi-glace sauce		Grilled Chicken with Mushroom Lemon Cream Sauce		Ground meat cutlet with Ratatouille sauce		Basil Chicken Saute	
					<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>				
					Chicken cutlet in sweet and spicy sauce rice bowl		Stewed white fish and root vegetables in sleet		Teriyaki chicken tororo rice bowl		Miso pork cutlet bowl	
					<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>				
Beef curry		Meat and burdock rice bowl		Vegetable-packed sara udon		Omelette rice with hayashi sauce						
<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				
Salad/Fruit/Dessert				Salad/Fruit/Dessert		Salad/Fruit/Dessert		Salad/Fruit/Dessert				
d i n n e r	Closed days				<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>				
					Sauteed Chicken with Ginger Sauce		Chinese style deep fried chicken		Fried dumplings with Sichuan sauce		Hamburg steak with grated radish and steak sauce	
					<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>				
					Keema curry		Frankfurt Curry		Omelet rice chicken tomato cream sauce		Fried chicken bowl Japanese style ankake	
<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				
Salad/Fruit/Dessert				Salad/Fruit/Dessert		Salad/Fruit/Dessert		Salad/Fruit/Dessert				

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b r e a k f a s t	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	Pumpkin Salad omelette	Macaroni Salad scrambled eggs	potato salad Egg Soboro	Macaroni Salad omelette	Spaghetti salad Thickly grilled egg	Pumpkin Salad omelette	Macaroni Salad scrambled eggs
	Spinach and shimeji mushrooms with sleet	Seaweed, tuna and okra in vinegar	Vegetarian Chili Con Carne	Komatsuna and Enoki mushrooms with bonito flakes	Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce	Spinach and shimeji mushrooms with sleet	Seaweed, tuna and okra in vinegar
	Meat dumplings (sweet and sour sauce)	Pork sausages	Shumai	Teriyaki Meatballs	Pork sausages	Meat dumplings (sweet and sour sauce)	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	<u>A</u> Grilled pork with ginger	<u>A</u> Tofu hamburger with mushroom sauce	<u>A</u> Sauteed Chicken with Yuzu Pepper Sauce	<u>A</u> Hamburg steak with demi- glace sauce	<u>A</u> Grilled Chicken with Mushroom Lemon Cream Sauce	<u>A</u> Ground meat cutlet with Ratatouille sauce	<u>A</u> Basil Chicken Saute
	<u>B</u> Deep-fried cheese and shiso leaves & vegetable croquette	<u>B</u> Chicken Tempura Udon	<u>B</u> Fried white fish and winter vegetable cream sauce	<u>B</u> Chicken cutlet in sweet and spicy sauce rice bowl	<u>B</u> Stewed white fish and root vegetables in sleet	<u>B</u> Teriyaki chicken tororo rice bowl	<u>B</u> Miso pork cutlet bowl
	<u>C</u> Beef & vegetables curry sauce with rice	<u>C</u> Omelet rice with curry sauce	<u>C</u> Kanazawa curry rice	<u>C</u> Beef curry	<u>C</u> Meat and burdock rice bowl	<u>C</u> Vegetable-packed sara udon	<u>C</u> Omelette rice with hayashi sauce
	<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
d i n n e r	<u>A</u> Tandoori Chicken	<u>A</u> Grilled chicken thighs with charred miso	<u>A</u> Stir-fried pork, mushrooms & egg	<u>A</u> Sauteed Chicken with Ginger Sauce	<u>A</u> Chinese style deep fried chicken	<u>A</u> Fried dumplings with Sichuan sauce	<u>A</u> Hamburg steak with grated radish and steak sauce
	<u>B</u> Hashed beef on the rice	<u>B</u> Sauce cutlet bowl	<u>B</u> Fried chicken curry rice	<u>B</u> Keema curry	<u>B</u> Frankfurt Curry	<u>B</u> Omelet rice chicken tomato cream sauce	<u>B</u> Fried chicken bowl Japanese style ankake
	<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	2025/1/15 Wednesday	2025/1/16 Thursday	2025/1/17 Friday	2025/1/18 Saturday	2025/1/19 Sunday	2025/1/20 Monday	2025/1/21 Tuesday
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	Spaghetti salad	Pumpkin Salad	Macaroni Salad	potato salad	Macaroni Salad
	Egg Soboro	omelette	Thickly grilled egg	omelette	scrambled eggs	Egg Soboro	omelette
	Vegetarian Chili Con Carne	Komatsuna and Enoki mushrooms with bonito flakes	Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce	Spinach and shimeji mushrooms with sleet	Seaweed, tuna and okra in vinegar	Vegetarian Chili Con Carne	Komatsuna and Enoki mushrooms with bonito flakes
	Shumai	Teriyaki Meatballs	Pork sausages	Meat dumplings (sweet and sour sauce)	Pork sausages	Shumai	Teriyaki Meatballs
	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	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Grilled pork with ginger	Tofu hamburger with mushroom sauce	Sauteed Chicken with Yuzu Pepper Sauce	Hamburg steak with demi-glace sauce	Grilled Chicken with Mushroom Lemon Cream Sauce	Ground meat cutlet with Ratatouille sauce	Basil Chicken Saute
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Deep-fried cheese and shiso leaves & vegetable croquette	Chicken Tempura Udon	Fried white fish and winter vegetable cream sauce	Chicken cutlet in sweet and spicy sauce rice bowl	Stewed white fish and root vegetables in sleet	Teriyaki chicken tororo rice bowl	Miso pork cutlet bowl
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
	Beef & vegetables curry sauce with rice	Omelet rice with curry sauce	Kanazawa curry rice	Beef curry	Meat and burdock rice bowl	Vegetable-packed sara udon	Omelette rice with hayashi sauce
<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	
d i n n e r	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Tandoori Chicken	Grilled chicken thighs with charred miso	Stir-fried pork, mushrooms & egg	Sauteed Chicken with Ginger Sauce	Chinese style deep fried chicken	Fried dumplings with Sichuan sauce	Hamburg steak with grated radish and steak sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Hashed beef on the rice	Sauce cutlet bowl	Fried chicken curry rice	Keema curry	Frankfurt Curry	Omelet rice chicken tomato cream sauce	Fried chicken bowl Japanese style ankake
	<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	2025/1/22 Wednesday	2025/1/23 Thursday	2025/1/24 Friday	2025/1/25 Saturday	2025/1/26 Sunday	2025/1/27 Monday	2025/1/28 Tuesday
b r e a k f a s t	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	Spaghetti salad	Pumpkin Salad	Macaroni Salad	potato salad	Macaroni Salad	Spaghetti salad	Pumpkin Salad
	Thickly grilled egg	omelette	scrambled eggs	Egg Soboro	omelette	Thickly grilled egg	omelette
	Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce	Spinach and shimeji mushrooms with sleet	Seaweed, tuna and okra in vinegar	Vegetarian Chili Con Carne	Komatsuna and Enoki mushrooms with bonito flakes	Bonito, broccoli and wakame seaweed tossed in yuzu soy sauce	Spinach and shimeji mushrooms with sleet
	Pork sausages	Meat dumplings (sweet and sour sauce)	Pork sausages	Shumai	Teriyaki Meatballs	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	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	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Grilled pork with ginger	Tofu hamburger with mushroom sauce	Sauteed Chicken with Yuzu Pepper Sauce	Hamburg steak with demi-glace sauce	Grilled Chicken with Mushroom Lemon Cream Sauce	Ground meat cutlet with Ratatouille sauce	Basil Chicken Saute
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Deep-fried cheese and shiso leaves & vegetable croquette	Chicken Tempura Udon	Fried white fish and winter vegetable cream sauce	Chicken cutlet in sweet and spicy sauce rice bowl	Stewed white fish and root vegetables in sleet	Teriyaki chicken tororo rice bowl	Miso pork cutlet bowl
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
	Beef & vegetables curry sauce with rice	Omelet rice with curry sauce	Kanazawa curry rice	Beef curry	Meat and burdock rice bowl	Vegetable-packed sara udon	Omelette rice with hayashi sauce
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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	
d i n n e r	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Tandoori Chicken	Grilled chicken thighs with charred miso	Stir-fried pork, mushrooms & egg	Sauteed Chicken with Ginger Sauce	Chinese style deep fried chicken	Fried dumplings with Sichuan sauce	Hamburg steak with grated radish and steak sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Hashed beef on the rice	Sauce cutlet bowl	Fried chicken curry rice	Keema curry	Frankfurt Curry	Omelet rice chicken tomato cream sauce	Fried chicken bowl Japanese style ankake
	<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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b r e a k f a s t	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>	coming soon			
	Macaroni Salad	potato salad	Macaroni Salad				
	scrambled eggs	Egg Soboro	omelette				
	Seaweed, tuna and okra in vinegar	Vegetarian Chili Con Carne	Komatsuna and Enoki mushrooms with bonito flakes				
	Pork sausages	Shumai	Teriyaki Meatballs				
	Soup/drink bar	Soup/drink bar	Soup/drink bar				
	Rice/bread/natto	Rice/bread/natto	Rice/bread/natto				
Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert					
l u n c h	<u>A</u>	<u>A</u>	<u>A</u>	coming soon			
	Grilled pork with ginger	Tofu hamburger with mushroom sauce	Sauteed Chicken with Yuzu Pepper Sauce				
	<u>B</u>	<u>B</u>	<u>B</u>				
	Deep-fried cheese and shiso leaves & vegetable croquette	Chicken Tempura Udon	Fried white fish and winter vegetable cream sauce				
	<u>C</u>	<u>C</u>	<u>C</u>				
	Beef & vegetables curry sauce with rice	Omelet rice with curry sauce	Kanazawa curry rice				
	<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					
Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert					
d i n n e r	<u>A</u>	<u>A</u>	<u>A</u>	coming soon			
	Tandoori Chicken	Grilled chicken thighs with charred miso	Stir-fried pork, mushrooms & egg				
	<u>B</u>	<u>B</u>	<u>B</u>				
	Hashed beef on the rice	Sauce cutlet bowl	Fried chicken curry rice				
	<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				
	Salad/Fruit/Dessert	Salad/Fruit/Dessert	Salad/Fruit/Dessert				

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