



	2025/2/1 Saturday	2025/2/2 Sunday	2025/2/3 Monday	2025/2/4 Tuesday	2025/2/5 Wednesday	2025/2/6 Thursday	2025/2/7 Friday		
b r e a k f a s t	<u>Buffet style</u> Spaghetti salad scrambled eggs Steamed cabbage & carrot dressed with mustard sauce Pork sausages Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert	<u>Buffet style</u> Potato salad Thickly grilled egg Bok choy and fried tofu simmered in soy sauce Meat dumplings (sweet and sour sauce) Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert	<u>Buffet style</u> Macaroni Salad Egg Soboro Minced chicken and potatoes stir-fried with BBQ sauce Shumai Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert	<u>closing day</u>	<u>Buffet style</u> Pumpkin Salad Thickly grilled egg Spinach with bonito flakes Flavored ground chicken Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert	<u>Buffet style</u> Spaghetti salad scrambled eggs Steamed cabbage & carrot dressed with mustard sauce Pork sausages Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert	<u>Buffet style</u> Potato salad Thickly grilled egg Bok choy and fried tofu simmered in soy sauce Meat dumplings (sweet and sour sauce) Soup/drink bar Rice/bread/natto Salad/Fruit/Dessert		
	l u n c h	<u>A</u> Chicken saute garlic soy sauce flavor	<u>A</u> Fried minced meat cutlet and fried pepper stuffed with meat		<u>closing day</u>	<u>A</u> Roast Chicken & Pumpkin Croquettes	<u>A</u> Chicken Saute Japanese style mushroom sauce	<u>A</u> Fried white fish with tartar sauce	<u>A</u> Fried fish with spicy sauce
		<u>B</u> Kitsune udon with lotus root tempura	<u>B</u> Grilled pork with ginger			<u>B</u> Spicy and sweet stir-fried beef with steamed vegetables	<u>B</u> White sauce omelet rice	<u>B</u> Chicken stew with demi-glace sauce	<u>B</u> Hamburger steak with BBQ sauce
		<u>C</u> Omelet rice chicken tomato cream sauce	<u>C</u> tomato minced meat curry with soybeans			<u>C</u> Mushroom and cheese curry	<u>C</u> Miso pork cutlet bowl	<u>C</u> Beef curry	<u>C</u> Chinese style mixed vegetable and meat/seafood gravy rice
		<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert			<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>ABC common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert
d i n n e r	<u>A</u> Chicken Tempura with ponzu sauce	<u>A</u> Lemon Pepper Chicken	<u>closing day</u>	<u>A</u> Sauteed Chicken with Yuzu Pepper Sauce	<u>A</u> Fried chicken	<u>A</u> Tofu hamburger with mushroom sauce	<u>A</u> Spicy chicken and steamed vegetables with onion sauce		
	<u>B</u> Pork curry and rice	<u>B</u> beef bowl		<u>B</u> fried white fish curry with rice	<u>B</u> Beef & vegetables curry sauce with rice	<u>B</u> Chicken cutlet in sweet and spicy sauce rice bowl	<u>B</u> Hayashi rice with plenty of mushrooms		
	<u>AB common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>AB common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert		<u>AB common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>AB common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>AB common menu</u> Rice/soup/drink bar Salad/Fruit/Dessert	<u>AB common menu</u> Rice/soup/drink bar 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.



	2025/2/8 Saturday	2025/2/9 Sunday	2025/2/10 Monday	2025/2/11 Tuesday	2025/2/12 Wednesday	2025/2/13 Thursday	2025/2/14 Friday
b r e a k f a s t	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style	Buffet style
	Macaroni Salad	Spaghetti salad	Pumpkin Salad	Spaghetti salad	Potato salad	Macaroni Salad	Spaghetti salad
	Egg Soboro	scrambled eggs	Thickly grilled egg	scrambled eggs	Thickly grilled egg	Egg Soboro	scrambled eggs
	Minced chicken and potatoes stir-fried with BBQ sauce	Vegetarian Chili Con Carne	Spinach with bonito flakes	Steamed cabbage & carrot dressed with mustard sauce	Bok choy and fried tofu simmered in soy sauce	Minced chicken and potatoes stir-fried with BBQ sauce	Vegetarian Chili Con Carne
	Shumai	Teriyaki Meatballs	Flavored ground chicken	Pork sausages	Meat dumplings (sweet and sour sauce)	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> Chicken saute garlic soy sauce flavor	<u>A</u> Fried minced meat cutlet and fried pepper stuffed with meat	<u>A</u> Fried chicken with teriyaki sauce	<u>A</u> Roast Chicken & Pumpkin Croquettes	<u>A</u> Chicken Saute Japanese style mushroom sauce	<u>A</u> Fried white fish with tartar sauce	<u>A</u> Fried fish with spicy sauce
	<u>B</u> Kitsune udon with lotus root tempura	<u>B</u> Grilled pork with ginger	<u>B</u> Pork and cabbage stir-fried with miso	<u>B</u> Spicy and sweet stir-fried beef with steamed vegetables	<u>B</u> White sauce omelet rice	<u>B</u> Chicken stew with demi-glace sauce	<u>B</u> Hamburger steak with BBQ sauce
	<u>C</u> Omelet rice chicken tomato cream sauce	<u>C</u> tomato minced meat curry with soybeans	<u>C</u> European curry	<u>C</u> Mushroom and cheese curry	<u>C</u> Miso pork cutlet bowl	<u>C</u> Beef curry	<u>C</u> Chinese style mixed vegetable and meat/seafood gravy rice
	<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> Chicken Tempura with ponzu sauce	<u>A</u> Lemon Pepper Chicken	<u>A</u> Hamburg steak with tomato sauce	<u>A</u> Sauteed Chicken with Yuzu Pepper Sauce	<u>A</u> Fried chicken	<u>A</u> Tofu hamburger with mushroom sauce	<u>A</u> Spicy chicken and steamed vegetables with onion sauce
	<u>B</u> Pork curry and rice	<u>B</u> beef bowl	<u>B</u> Sweet and spicy stir-fried pork and vegetables bowl	<u>B</u> fried white fish curry with rice	<u>B</u> Beef & vegetables curry sauce with rice	<u>B</u> Chicken cutlet in sweet and spicy sauce rice bowl	<u>B</u> Hayashi rice with plenty of mushrooms
	<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	2025/2/15 Saturday	2025/2/16 Sunday	2025/2/17 Monday	2025/2/18 Tuesday	2025/2/19 Wednesday	2025/2/20 Thursday	2025/2/21 Friday
b r e a k f a s t	<u>Buffet style</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	Spaghetti salad	Potato salad	Macaroni Salad	Spaghetti salad	Pumpkin Salad	Spaghetti salad
	Thickly grilled egg	scrambled eggs	Thickly grilled egg	Egg Soboro	scrambled eggs	Thickly grilled egg	scrambled eggs
	Spinach with bonito flakes	Steamed cabbage & carrot dressed with mustard sauce	Bok choy and fried tofu simmered in soy sauce	Minced chicken and potatoes stir-fried with BBQ sauce	Vegetarian Chili Con Carne	Spinach with bonito flakes	Steamed cabbage & carrot dressed with mustard sauce
	Flavored ground chicken	Pork sausages	Meat dumplings (sweet and sour sauce)	Shumai	Teriyaki Meatballs	Flavored ground chicken	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>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>	<u>A</u>
	Chicken saute garlic soy sauce flavor	Fried minced meat cutlet and fried pepper stuffed with meat	Fried chicken with teriyaki sauce	Roast Chicken & Pumpkin Croquettes	Chicken Saute Japanese style mushroom sauce	Fried white fish with tartar sauce	Fried fish with spicy sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Kitsune udon with lotus root tempura	Grilled pork with ginger	Pork and cabbage stir-fried with miso	Spicy and sweet stir-fried beef with steamed vegetables	White sauce omelet rice	Chicken stew with demi-glace sauce	Hamburger steak with BBQ sauce
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
	Omelet rice chicken tomato cream sauce	tomato minced meat curry with soybeans	European curry	Mushroom and cheese curry	Miso pork cutlet bowl	Beef curry	Chinese style mixed vegetable and meat/seafood gravy rice
	<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>
	Chicken Tempura with ponzu sauce	Lemon Pepper Chicken	Hamburg steak with tomato sauce	Sauteed Chicken with Yuzu Pepper Sauce	Fried chicken	Tofu hamburger with mushroom sauce	Spicy chicken and steamed vegetables with onion sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Pork curry and rice	beef bowl	Sweet and spicy stir-fried pork and vegetables bowl	fried white fish curry with rice	Beef & vegetables curry sauce with rice	Chicken cutlet in sweet and spicy sauce rice bowl	Hayashi rice with plenty of mushrooms
	<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>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>	<u>Buffet style</u>
	Potato salad	Macaroni Salad	Spaghetti salad	Pumpkin Salad	Spaghetti salad	Potato salad	Macaroni Salad
	Thickly grilled egg	Egg Soboro	scrambled eggs	Thickly grilled egg	scrambled eggs	Thickly grilled egg	Egg Soboro
	Bok choy and fried tofu simmered in soy sauce	Minced chicken and potatoes stir-fried with BBQ sauce	Vegetarian Chili Con Carne	Spinach with bonito flakes	Steamed cabbage & carrot dressed with mustard sauce	Bok choy and fried tofu simmered in soy sauce	Minced chicken and potatoes stir-fried with BBQ sauce
	Meat dumplings (sweet and sour sauce)	Shumai	Teriyaki Meatballs	Flavored ground chicken	Pork sausages	Meat dumplings (sweet and sour sauce)	Shumai
	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>
	Chicken saute garlic soy sauce flavor	Fried minced meat cutlet and fried pepper stuffed with meat	Fried chicken with teriyaki sauce	Roast Chicken & Pumpkin Croquettes	Chicken Saute Japanese style mushroom sauce	Fried white fish with tartar sauce	Fried fish with spicy sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Kitsune udon with lotus root tempura	Grilled pork with ginger	Pork and cabbage stir-fried with miso	Spicy and sweet stir-fried beef with steamed vegetables	White sauce omelet rice	Chicken stew with demi-glace sauce	Hamburger steak with BBQ sauce
	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>	<u>C</u>
	Omelet rice chicken tomato cream sauce	tomato minced meat curry with soybeans	European curry	Mushroom and cheese curry	Miso pork cutlet bowl	Beef curry	Chinese style mixed vegetable and meat/seafood gravy rice
	<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>
	Chicken Tempura with ponzu sauce	Lemon Pepper Chicken	Hamburg steak with tomato sauce	Sauteed Chicken with Yuzu Pepper Sauce	Fried chicken	Tofu hamburger with mushroom sauce	Spicy chicken and steamed vegetables with onion sauce
	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>	<u>B</u>
	Pork curry and rice	beef bowl	Sweet and spicy stir-fried pork and vegetables bowl	fried white fish curry with rice	Beef & vegetables curry sauce with rice	Chicken cutlet in sweet and spicy sauce rice bowl	Hayashi rice with plenty of mushrooms
	<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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