2024/3/1 2024/3/2 Friday Saturday

2024/3/5
Tuesday
2024/3/6
Wednesday

-Breakfast will be served in buffet style.

- You can choose from 3 menu items for lunch and I 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 $3: 00 \mathrm{pm} 7$ 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.

Cafeteria Fuji
2024/3/8 2024/3/9
Saturday
2024/3/10
2024/3/I I 2024/3/I2
Monday
Tuesday
2024/3/13

Wednesday
2024/3/14 Thursday

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|  | $\begin{gathered} 2024 / 3 / 15 \\ \text { Friday } \end{gathered}$ | $\begin{gathered} \text { 2024/3/1 } 6 \\ \text { Saturday } \end{gathered}$ | $\begin{gathered} 2024 / 3 / 17 \\ \text { Sunday } \end{gathered}$ | $\begin{gathered} 2024 / 3 / I \\ \text { Monday } \end{gathered}$ | $\begin{gathered} 2024 / 3 / 1 \\ \text { Tuesday } \end{gathered}$ | $\begin{aligned} & 2024 / 3 / 20 \\ & \text { Wednesday } \end{aligned}$ | Thursday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Buffet style <br> macaroni salad <br> Scrambled eggs Japanese style <br> Stir-fried tuna and seaweed <br> Sausage and vegetable consomme stew <br> Soup/drink bar <br> R | Buffet style <br> burdock salad thick fried egg <br> fried bacon and vegetables <br> Teriyaki meatballs Soup/drink bar | Buffet style <br> spaghetti salad Scrambled eggs Japanese style sautéed chicken and vegetables <br> pork wiener <br> Soup/drink bar | Buffet style <br> potato salad thick fried egg <br> Stir-fried cabbage and soybeans with ketchup <br> Boiled food(chicken dumplings) Soup/drink bar | Buffet style <br> vermicelli salad <br> Scrambled eggs <br> Stir-fried minced chicken and potato with BBQ sauce <br> Shumai <br> Soup/drink bar | Buffet style <br> macaroni salad <br> Scrambled eggs Japanese style <br> Stir-fried tuna and seaweed <br> Sausage and vegetable consomme stew <br> Soup/drink bar | Buffet style <br> burdock salad thick fried egg <br> fried bacon and vegetables <br> Teriyaki meatballs 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/Desse | Salad/Fruit/Des | Salad/Fruit/Des | Salad/Fruit/D | Salad/Fruit/De | Salad/Frui | Salad/Fruit/Dessert |
| $\begin{array}{ll}  \\ 1 \\ u \\ n \\ c \\ h \end{array}$ | Japanese black beef minced cutlet \& Potato mochi croquette | ```A Deep-fried gyoza dumplings with spicy soy sauce & tartar sauce``` | A <br> Fried fish with spicy sauce |  | A <br> Tatsuta-age fried cheese and perilla leaves \&Grilled pork with ginger | $\underbrace{}_{\substack{\mathrm{A} \\ \text { Big minced meat cutlet } \\ \text { BBQ sauce }}}$ | Fried chicken with vegetable Ankake sauce |
|  | white sauce omelet rice | chicken saute lemon butter sauce | k salt ribs bow | B <br> Spicy Sichuan eggplant on the rice | B <br> Crab omelet with amber sauce on the rice (soy sauce flavor) | B <br> Caponata DON Sicilian style | B <br> Baby sardine \& poached egg on the rice |
|  | c <br> Pork \& vegetables curry sauce with rice |  | Japanese-style curry topped with curry-flavored chicken | c <br> Egg on the rice with curry | c | c <br> Egg on the rice with curry | c <br> Hayashi rice with plenty of mushrooms |
|  | ABC common menu | ABC common menu Rice/soup/drink bar | ABC common menu Rice/soup/drink bar Salad/Fruit/Dessert | ABC common menu Rice/soup/drink bar Salad/Fruit/Dessert | ABC common menu Rice/soup/drink bar Salad/Fruit/Dessert | ABC common menu Rice/soup/drink bar Salad/Fruit/Dessert | ABC common menu Rice/soup/drink bar |
|  | Rice/soup/drink bar |  |  |  |  |  |  |
|  | Salad/Fruit/Dessert | Salad/Fruit/Dessert |  |  |  |  | Salad/Fruit/Dessert |
|  |  |  |  |  |  |  |  |
|  | Hamburg steak with demiglace sauce | Fried chicken | $\square$ <br> A hamburger\&Shrimp cream croquettes | A <br> Pork cutlet with ponzu sauce | Fried chicken with spicy sauce | A <br> Pork filet cutlet | A <br> chicken nanban |
|  | roast chicken bowl | B <br> Crispy Chinese noodles with Tonkotsu Seafood Ankake | B | B <br> Salt-grilled mackerel \& teriyaki chicken | B <br> Omelet on chicken rice with beef demi-glace sauce | B <br>  <br>  <br>  | B <br> Spicy stir-fried vegetables \& pork |
|  | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu Rice/soup/drink bar | AB common menu 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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## March 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.lf 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).

*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 | $1 \cdot 6 \cdot 11 \cdot 16 \cdot 21 \cdot 26 \cdot 31$ | wheat | egg | dairy | buckweat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & \text { a } \\ & i \\ & n \end{aligned}$ | burdock salad | - | - | - |  |  |  |  |
|  | thick fried egg | - | - |  |  |  |  |  |
|  | fried bacon and vegetables |  | - | - |  |  |  |  |
|  | Teriyaki meatballs | - | - | - |  |  |  |  |

No. 2

| date | $2 \cdot 7 \cdot 17 \cdot 22 \cdot 27$ | wheat | egg | dairy | buckurnat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & \text { a } \\ & i \\ & n \end{aligned}$ | spaghetti salad | - | - | - |  |  |  |  |
|  | Scrambled eggs Japanese style | - | - |  |  |  |  |  |
|  | saut é ed chicken and vegetables | - |  |  |  |  |  |  |
|  | pork wiener |  |  | - |  |  |  |  |

No. 3

| date | $3 \cdot 8 \cdot 18 \cdot 23 \cdot 28$ | wheat | egg | dairy | bucknmeat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & a \\ & i \\ & n \end{aligned}$ | potato salad | $\bigcirc$ | - | $\bigcirc$ |  |  |  |  |
|  | thick fried egg | - | - |  |  |  |  |  |
|  | Stir-fried cabbage and soybeans with ketchup |  |  |  |  |  |  |  |
|  | Boiled food(chicken dumplings) | - | - | $\bigcirc$ |  |  |  |  |


| Ot$h$ers |  | wheat | egg | dairy | busknteat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | rice |  |  |  |  |  |  |  |
|  | miso soup |  |  |  |  |  |  |  |
|  | mini croissant | $\bigcirc$ | $\bigcirc$ | - |  |  |  |  |
|  | roll bread | - | - | - |  |  |  |  |
|  | natto | $\bigcirc$ |  |  |  |  |  |  |

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

| date | $4 \cdot 9 \cdot 14 \cdot 19 \cdot 24 \cdot 29$ | wheat | egg | dairy | buckureat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $M$ai$n$ | vermicelli salad |  |  |  |  |  |  |  |
|  | Scrambled eggs | $\bigcirc$ | - | $\bigcirc$ |  |  |  |  |
|  | Stir-fried minced chicken and potato with BBQ sauce | - |  |  |  |  |  |  |
|  | Shumai | - |  | $\bigcirc$ |  |  |  |  |

No. 5

| date | $5 \cdot 10 \cdot 15 \cdot 20 \cdot 25 \cdot 30$ | wheat | egg | dairy | buckwheat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | macaroni salad | - | - | - |  |  |  |  |
|  | Scrambled eggs Japanese style | - | - |  |  |  |  |  |
|  | Stir-fried tuna and seaweed | $\bigcirc$ |  |  |  |  |  |  |
|  | Sausage and vegetable consomme stew | - |  | - |  |  |  |  |

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.

## March 2024 【Lunch】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.lf 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).



## *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 (Friday)

| date | $1 \cdot 8 \cdot 15 \cdot 22 \cdot 29$ | wheat | egg | dairy | buckuneat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} M \\ a \\ i \\ n \end{gathered}$ | Japanese black beefminced cutlet \&Potato mochi croquette | - | - | - |  |  |  |  |
|  | white sauce omelet rice | - | - | - |  |  |  |  |
|  | Pork \& vegetables curry sauce with rice | - |  | - |  |  |  |  |

No. 2 (Saturday)

| date | $2 \cdot 9 \cdot 16 \cdot 23 \cdot 30$ | wheat | egg | dairy | buckuneat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Deep-fried gyoza dumplings with spicy soy sauce \& tartar sauce | - | - |  |  |  |  |  |
| a | chicken saute lemon butter sauce | - |  | - |  |  |  |  |
| n | Hashed beef on the rice | $\bigcirc$ |  |  |  |  |  |  |


| No. 3 (Sunday) |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | 3-10•17•24•31 | wheat | egg | dairy | bucknheat | peanut | shrimp | crab |
| M | Fried fish with spicy sauce | $\bigcirc$ | - |  |  |  |  |  |
| a | Pork salt ribs bowl |  |  |  |  |  |  |  |
|  | Japanese-style curry topped with curry-flavored chicken | $\bigcirc$ |  |  |  |  |  |  |

No.4 (Monday)

| date | $4 \cdot 18 \cdot 25$ | wheat | egg | dairy | buckwneat | peanut | shrimp | crab |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | chicken saut é ed vegetables tomato sauce | $\odot$ |  |  |  |  |  |  |
| a |  |  |  |  |  |  |  |  |
| i |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| n | Spicy Sichuan eggplant on the rice | Egg on the rice with curry |  |  |  |  |  |  |


| t |  | wheat | egg | dairy | bucknheat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| h e | rice |  |  |  |  |  |  |  |
| s | miso soup |  |  |  |  |  |  |  |


| (Tuesday) |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | $5 \cdot 19 \cdot 26$ | wheat | egg | dairy | bucknmeat | peanut | shrimp | crab |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | Tatsuta-age fried cheese and perilla leaves \&Grilled pork with singer | - | - | - |  |  |  |  |
|  | Crab omelet with amber sauce on the rice (soy sauce flavor) | - | - | - |  |  | - | $\bigcirc$ |
|  | Kanazawa curry | $\bigcirc$ |  | $\bigcirc$ |  |  |  |  |
| (Wednesday) |  |  |  |  |  |  |  |  |
| date | $6 \cdot 13 \cdot 20 \cdot 27$ | wheat | egg | dairy | buckuneat | peanut | shrimp | crab |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | Big minced meat cutlet BBQ sauce | $\bigcirc$ |  | - |  |  |  |  |
|  | Caponata DON Sicilian style | $\bigcirc$ | - | - |  |  |  |  |
|  | Egg on the rice with curry | $\bigcirc$ | - | - |  |  |  |  |
| No. 7 (Thursday) |  |  |  |  |  |  |  |  |
| date | $7 \cdot 14 \cdot 21 \cdot 28$ | wheat | egg | dairy | buoknmeat | peanut | shrimp | crab |
| $\begin{gathered} M \\ \mathrm{a} \\ \mathrm{i} \\ \mathrm{n} \end{gathered}$ | Fried chicken with vegetable Ankake sauce | $\bigcirc$ |  | $\bigcirc$ |  |  |  |  |
|  | Baby sardine \& poached egg on the rice | $\bigcirc$ | $\bigcirc$ |  |  |  |  |  |
|  | Hayashi rice with plenty of mushrooms | $\bigcirc$ |  | $\bigcirc$ |  |  |  |  |

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.

## March 2024 【Dinner】 $\stackrel{\star}{\text { 〔 Main Menu Allergen Table }}$

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－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．lf 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

## ※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．

| date | $1 \cdot 8 \cdot 15 \cdot 22 \cdot 29$ | wheat | egg | dairy | bucameat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Hamburg steak with demiglace sauce | － | － | － |  |  |  |  |
| i | roast chicken bowl | － |  | － |  |  |  |  |

No． 2 （Saturday）

| date | $2 \cdot 9 \cdot 16 \cdot 23 \cdot 30$ | wheat | egg | dairy | buckwheat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Fried chicken | － | － |  |  |  |  |  |
| i | Crispy Chinese noodles with Tonkotsu Seafood Ankake | － | － |  |  |  | － |  |

No． 3 （Sunday）

| date | $3 \cdot 10 \cdot 17 \cdot 24 \cdot 31$ | wheat | egg | dairy | buskwheat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | hamburger\＆Shrimp cream croquettes | － | － | － |  |  | － |  |
| i | gapao rice | － | － |  |  |  |  |  |

No． 4 （Monday）

| date | 4－18－25 | wheat | egg | dairy | buckureat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Pork cutlet with ponzu sauce | － | － | － |  |  |  |  |
| i | Salt－grilled mackerel \＆teriyaki chicken | $\bigcirc$ |  |  |  |  |  |  |


| ${ }_{\mathrm{o}}^{\mathrm{o}}$ |  | wheat | egg | dairy | boxammex | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| e | rice |  |  |  |  |  |  |  |
| s | miso soup |  |  |  |  |  |  |  |


| 0． 5 （Tuesday） |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | $5 \cdot 19 \cdot 26$ | wheat | egg | dairy | buxtweat | peanut | shrimp | crab |
| $\begin{gathered} \hline M \\ a \\ i \\ n \\ \hline \end{gathered}$ | Fried chicken with spicy sauce | $\bullet$ | － |  |  |  |  |  |
|  | Omelet on chicken rice with beef demi－glace sauce | － | － | － |  |  |  |  |
| No． 6 （Wednesday） | （Wednesday） |  |  |  |  |  |  |  |
| date | 6－13－20－27 | wheat | egg | dairy | buxtumar | peanut | shrimp | crab |
| $\begin{gathered} M \\ \text { M } \\ \text { i } \\ n \end{gathered}$ | Pork filet cutlet | $\bullet$ | － | － |  |  |  |  |
|  | European curry | － |  | － |  |  |  |  |
| No． 7 （Thursday） | （Thursday） |  |  |  |  |  |  |  |
| date | 7－14•21－28 | wheat | egg | dairy | buckumat | peanut | shrimo | crab |
| $\begin{gathered} \hline M \\ a \\ i \\ i \\ \hline \end{gathered}$ | chicken nanban | － | － | － |  |  |  |  |
|  | Spicy stir－fried vegetables \＆pork | － |  |  |  |  |  |  |

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