

- 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 pm 7 days in advance, excluding holidays. Please see the Olympic Center homepage for details.
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| 日 <br> 曜日 | $2024 / 5 / 22$ <br> Wednesday | $\begin{gathered} 2024 / 5 / 23 \\ \text { Thursday } \end{gathered}$ | $\begin{gathered} 2024 / 5 / 24 \\ \text { Friday } \end{gathered}$ | $\begin{gathered} 2024 / 5 / 25 \\ \text { Saturday } \end{gathered}$ | $\begin{gathered} 2024 / 5 / 26 \\ \text { Sunday } \end{gathered}$ | $\begin{gathered} 2024 / 5 / 27 \\ \text { Monday } \end{gathered}$ | $\begin{gathered} 2024 / 5 / 28 \\ \text { Tuesday } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| b$r$$e$$a$$a$$k$$f$$a$$s$d | Buffet style <br> potato salad <br> omelette <br> Soaked cabbage and salted kelp <br> Shumai <br> Soup／drink bar | Buffet style <br> vermicelli salad <br> scrambled eggs <br> fried potatoes with seaweed salt <br> pork wiener <br> Soup／drink bar | Buffet style <br> macaroni salad scrambled eggs Japanese style <br> Spinach with sesame sauce <br> Teriyaki meatballs <br> Soup／drink bar | Buffet style <br> burdock salad <br> thick fried egg <br> Cabbage and shimeji mushroom namul <br> Meatballs（sweet and sour sauce） <br> Soup／drink bar | Buffet style <br> spaghetti salad scrambled eggs Japanese style <br> Broccoli dressed with shaved dried bonito <br> pork wiener <br> Soup／drink bar | Buffet style <br> potato salad <br> omelette <br> Soaked cabbage and salted kelp <br> Shumai <br> Soup／drink bar | Buffet style <br> vermicelli salad <br> scrambled eggs <br> fried potatoes with seaweed salt <br> pork wiener <br> 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 |
| （ | A Pumpkin croquette\＆Grilled Chicken Honey Mustard Sauce Honey Mustard Sauce | $\underline{A}$ <br> Curry flavored croquette in cheese | A <br> Chicken saute with grated ponzu sauce | A $\quad$ fried chicken | A <br> Boiled gyoza dumpling with spicy scallion sauce | A chicken cutlet tatouille sauce | A <br> Fried fish with spicy sauce |
|  | B <br> Korean－style grilled pork with salad | B <br> Baby sardine \＆poached egg on the rice | B ${ }^{\text {B }}$ Caponata on the pilaf | B <br> Spicy stir－fried vegetables \＆pork | B <br> Big minced meat cutlet demi－glace sauce | B <br> Sichuan spicy tofu with marinated vegetable \＆ poached egg | B $\quad \begin{aligned} & \text { B } \\ & \\ & \\ & \text { demitoma hamburger }\end{aligned}$ |
|  | C $\quad \begin{aligned} & \text { Ceef curry }\end{aligned}$ | C <br> Mushroom pork hayashi rice | C $\quad$ fillet cutlet curry | C <br> Omelet rice tomato cheese sauce | C <br> Hokkaido vegetable omelet curry | C <br> Beef \＆vegetables curry sauce with rice | C <br> Japanese style chicken curry |
|  | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC common menu Rice／soup／drink bar | ABC 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 |
| $\begin{aligned} & \stackrel{\star}{\star}^{d} \\ & i \\ & n \\ & n \\ & e \\ & r \end{aligned}$ | A <br>  <br>  <br>  <br>  | ${ }^{\text {A }}$（ $\quad$ Sasami cheese cutlet | $\left.\right\|^{\text {A }}$（ $\quad$ grilled pork salad | A grilled chicken flavored lemon sauce | A <br> Stir－fried pork with spicy sweet miso | A <br> Hamburger BBQ sauce \＆ fried horse mackerel | A <br> Ground beef cutlet \＆Ginger grilled p\＆Ginger grilled pork |
|  | B <br> Ham cutlet \＆curry with rice | B $\quad \begin{array}{ll} \\ & \\ & \text { Sichuan spicy tofu }\end{array}$ | B <br> Omelet rice beef demi－ glace sauce | $\underline{\text { B }}$ | B ${ }^{\text {B }}$ Chicken Nanbandon | B ${ }^{\text {B }}$ Vegetable curry with rice | B ${ }^{\text {B }}$ Hashed beef on the rice |
|  | 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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－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．

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## May 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 | milk | buskreat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & \text { a } \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | spaghetti salad | - | - | $\bigcirc$ |  |  |  |  |
|  | scrambled eggs Japanese style | - | - |  |  |  |  |  |
|  | Broccoli dressed with shaved dried bonito | - |  |  |  |  |  |  |
|  | pork wiener |  |  | - |  |  |  |  |

No. 2

| date | $2 \cdot 7 \cdot 12 \cdot 17 \cdot 22 \cdot 27$ | wheat | egg | milk | buskreat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & a \\ & i \\ & n \end{aligned}$ | potato salad | - | - | - |  |  |  |  |
|  | omelette | - | - | - |  |  |  |  |
|  | Soaked cabbage and salted kelp | - |  |  |  |  |  |  |
|  | Shumai | - |  | $\bigcirc$ |  |  |  |  |

No. 3

| date | 3-13-18-23-28 | wheat | egg | milk | buckuraat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & a \\ & i \\ & n \end{aligned}$ | vermicelli salad |  |  |  |  |  |  |  |
|  | scrambled eggs | - | - | - |  |  |  |  |
|  | fried potatoes with seaweed salt |  |  |  |  |  |  |  |
|  | pork wiener |  |  | - |  |  |  |  |


| $\begin{aligned} & \mathrm{o} \\ & \mathrm{t} \\ & \mathrm{~h} \\ & \mathrm{e} \\ & \mathrm{r} \\ & \mathrm{~s} \end{aligned}$ |  | wheat | egg | milk | boskwreat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | rice |  |  |  |  |  |  |  |
|  | miso soup |  |  |  |  |  |  |  |
|  | batard | $\bigcirc$ |  |  |  |  |  |  |
|  | roll bread | - | - | - |  |  |  |  |
|  | natto | - |  |  |  |  |  |  |

[^0]| No. 4 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | 4•9•14•19 - $24 \cdot 29$ | wheat | egg | milk | buckweat | peanut | shrimo | crab |
| $\begin{aligned} & M \\ & \text { a } \\ & i \\ & n \end{aligned}$ | macaroni salad | $\bigcirc$ | - | $\bigcirc$ |  |  |  |  |
|  | scrambled eggs Japanese style | - | - |  |  |  |  |  |
|  | Spinach with sesame sauce | $\bigcirc$ |  |  |  |  |  |  |
|  | Teriyaki meatballs | $\bigcirc$ | - | $\bigcirc$ |  |  |  |  |
| No. 5 |  |  |  |  |  |  |  |  |
| date | $5 \cdot 10 \cdot 15 \cdot 20 \cdot 25 \cdot 30$ | wheat | egg | milk | mbeat | peanut | shrimo | crab |
| $\begin{aligned} & M \\ & \text { a } \\ & i \\ & n \end{aligned}$ | b urdock salad | - | - | - |  |  |  |  |
|  | thick fried egg | - | - |  |  |  |  |  |
|  | Cabbage and shimeji mushroom namul | - |  |  |  |  |  |  |
|  | Meatballs (sweet and sour sauce) | - | - | $\bigcirc$ |  |  |  |  |

Salads, fruit bars/drink bars, and desserts are also available.
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- 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 (Wednesday)

| date | $1 \cdot 8 \cdot 15 \cdot 22 \cdot 29$ | wheat | egg | milk | buckuneat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} M \\ \mathrm{a} \\ \mathrm{i} \\ \mathrm{n} \end{gathered}$ | Pumpkin croquette\&Grilled Chicken Honey Mustard Sauce | - | - | $\bigcirc$ |  |  |  |  |
|  | Korean-style grilled pork with salad | $\bigcirc$ |  |  |  |  |  |  |
|  | Beef curry | - |  | - |  |  |  |  |


| No. 2 (Thursday) |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | $2 \cdot 9 \cdot 16 \cdot 23 \cdot 30$ | wheat | egg | milk | bucknmeat | peanut | shrimp | crab |
| M | Curry flavored croquette in cheese | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |  |  |  |  |
| a | Baby sardine \& poached egg on the rice | - | - |  |  |  |  |  |
| n | Mushroom pork hayashi rice | - |  | - |  |  |  |  |

## No. 3 (Friday)

| date | $3 \cdot 10 \cdot 17 \cdot 24 \cdot 31$ | wheat | egg | milk | buskneat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Chicken saute with grated ponzu sauce | $\bigcirc$ |  |  |  |  |  |  |
| i | Caponata on the pilaf | - | $\bigcirc$ | - |  |  |  |  |
| n | fillet cutlet curry | - | - | - |  |  |  |  |


| No. 4 (Saturday) |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| date | 4-11•18•25 | wheat | egg | milk | bucknheat | peanut | shrimo | crab |
| M | fried chicken | - |  |  |  |  |  |  |
| a | Spicy stir-fried vegetables \& pork | - |  |  |  |  |  |  |
| n | Omelet rice tomato cheese sauce | - | - | - |  |  |  |  |


| t |  | wheat | egg | milk | buckwneat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| h e | rice |  |  |  |  |  |  |  |
| r | miso soup |  |  |  |  |  |  |  |


| date | $5 \cdot 12 \cdot 19 \cdot 26$ | wheat | egg | milk | bucknmeat | peanut | shrimp | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | Boiled gyoza dumpling with spicy scallion sauce | $\bigcirc$ |  |  |  |  |  |  |
|  | Big minced meat cutlet demi-glace sauce | $\bigcirc$ |  | - |  |  |  |  |
|  | Hokkaido vegetable omelet curry | - | $\bigcirc$ | - |  |  |  |  |
| No. 6 (Monday) |  |  |  |  |  |  |  |  |
| date | $6 \cdot 13 \cdot 20 \cdot 27$ | wheat | egg | milk | buckuneat | peanut | shrimp | crab |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | chicken cutlet tatouille sauce | - | - | - |  |  |  |  |
|  | Sichuan spicy tofu with marinated vegetable \& poached egg | - | - |  |  |  |  |  |
|  | Beef \& vegetables curry sauce with rice | $\bigcirc$ |  | $\bigcirc$ |  |  |  |  |
| No. 7 (Tuesday) |  |  |  |  |  |  |  |  |
| date | 14-21-28 | wheat | egg | milk | buoknmeat | peanut | shrimp | crab |
| $\begin{aligned} & M \\ & \mathrm{a} \\ & \mathrm{i} \\ & \mathrm{n} \end{aligned}$ | Fried fish with spicy sauce | $\bigcirc$ | $\bigcirc$ |  |  |  |  |  |
|  | demitoma hamburger | - |  | $\bigcirc$ |  |  |  |  |
|  | Japanese style chicken curry | $\bigcirc$ |  |  |  |  |  |  |

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.

## May 2024 【Dinner】 ${ }^{\star}$ Main Menu Allergen Table

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- 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.

No. 1 (Wednesday)

| date | $1 \cdot 8 \cdot 15 \cdot 22 \cdot 29$ | wheat | egg | milk | buckunheat | peanut | shrimp | crab |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Teriyaki chicken |  |  |  |  |  |  |  |
| a | Ham cutlet \& curry with rice |  |  |  |  |  |  |  |
|  | n | Ham |  |  |  |  |  |  |

No. 2 (Thursday)

| date | $2 \cdot 9 \cdot 16 \cdot 23 \cdot 30$ | wheat | egg | milk | buckwneat | peanut | shrimo | crab |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Sasami cheese cutlet |  |  |  |  |  |  |  |
| a |  |  |  |  |  |  |  |  |
| i |  |  |  |  |  |  |  |  |
| n | Sichuan spicy tofu |  |  |  |  |  |  |  |

No. 3 (Friday)

| date | $3 \cdot 10 \cdot 17 \cdot 24 \cdot 31$ | wheat | egg | milk | buckunhat | peanut | shrimp | crab |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{M}$ | grilled pork salad |  |  |  |  |  |  |  |
| a |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| n | Omelet rice beef demi-glace sauce |  |  |  |  |  |  |  |

No.4 (Saturday)

| date | $4 \cdot 11 \cdot 18 \cdot 25$ | wheat | egg | milk | buckuraat | peanut | shrimo | crab |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | grilled chicken flavored lemon sauce |  |  |  |  |  |  |  |
| a |  |  |  |  |  |  |  |  |
| i |  |  |  |  |  |  |  |  |
| $n$ | Sauce Katsudon |  | 0 |  |  |  |  |  |


| t |  | wheat | egg | milk | bucknmeat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| h | rice |  |  |  |  |  |  |  |
| s | miso soup |  |  |  |  |  |  |  |


| date | 5-12•19•26 | wheat | egg | milk | buxameat | peanut | shrimo | crab |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M | Stir-fried pork with spicy sweet miso | $\bullet$ |  |  |  |  |  |  |
| i | Chicken Nanbandon | $\bullet$ | $\bullet$ |  |  |  |  |  |
| No. 6 (Monday) |  |  |  |  |  |  |  |  |
| date | $6 \cdot 13 \cdot 20 \cdot 27$ | wheat | egg | milk | asameat | peanut | shrimo | crab |
| $\begin{gathered} M \\ \text { a } \\ i \\ i \\ n \end{gathered}$ | Hamburger BBQ sauce \& fried horse mackerel | $\bullet$ |  | - |  |  |  |  |
|  | Vegetable curry with rice | - |  | - |  |  |  |  |
| No. 7 (Tuesday) |  |  |  |  |  |  |  |  |
| date | $14 \cdot 21 \cdot 28$ | wheat | egg | milk | bummeat | peanut | shrimo | crab |
| M | Ground beef cutlet \&Ginger grilled p\&Giinger grilled pork | $\bullet$ |  | - |  |  |  |  |
| i | Hashed beef on the rice | $\bullet$ |  |  |  |  |  |  |

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[^0]:    *Ingredients change daily. Fried tofu, tofu, green onion, seaweed.

