

# Wednesday, March 11 – Boxed lunch



## ① Roast beef and white fish meunière

Roast beef /  
White fish meunière /  
Pickled red onion /  
Cabbage roll /  
Galantine /  
Country pâté /  
Chocolate gâteau /  
Rice



## ② Grilled chicken with onion sauce and Salmon meunière

Grilled chicken with onion sauce /  
Salmon meunière /  
Pickled red onion /  
Cabbage roll /  
Galantine /  
Country pâté /  
Chocolate gâteau / Rice

## Vegetarian boxed lunch

## ③ An assorted boxed lunch featuring eight kinds of organically grown vegetables

Carrot marinade / Beetroot salad / Frittata (Japanese-style omelet) /  
Panissa (chickpea flour fritter) / Oven-baked eggplant /  
Seasonal stick vegetables with bean sauce /  
Soy-based meat hamburger steak /  
Okra and spaghetti squash marinade / Black rice / White rice



## Wednesday, March 12 – Boxed lunch



### ① Saikyo-style grilled Spanish mackerel with roasted eggplant sauce boxed lunch

Saikyo-style grilled Spanish mackerel with roasted eggplant sauce /  
Seasonal vegetable kinpira / Assorted condiments / Japanese rolled omelet /  
Smoked daikon pickles (iburigakko) and mascarpone potato salad /  
Matsukaze-yaki chicken / Deep-fried burdock root fritter /  
Simmered chicken meatball, shrimp, and green beans in savory broth /  
Seafood simmered in soy sauce / Greens with sesame dressing /  
Sweet potato simmered with lemon / Apricot tomato / Tawara-shaped rice balls



### ② Beef sukiyaki with grated yam boxed lunch

Beef sukiyaki with grated yam / Japanese rolled omelet /  
Smoked daikon pickles (iburigakko) and mascarpone potato salad /  
Matsukaze-yaki chicken / Deep-fried burdock root fritter /  
Simmered chicken meatball, shrimp, and green beans in savory broth /  
Seafood simmered in soy sauce / Greens with sesame dressing /  
Sweet potato simmered with lemon / Apricot tomato / Tawara-shaped rice balls

## Wednesday, March 12 – Vegetarian boxed lunch



### ③ Naturally grown vegetable boxed lunch

Carrot marinade /  
Beetroot salad /  
Frittata (Japanese-style omelet) /  
Panissa (chickpea flour fritter) /  
Oven-baked eggplant /  
Seasonal stick vegetables with bean sauce /  
Soy-based meat hamburger steak /  
Soy-based meat karaage /  
Seasonal fruit /  
Black rice /  
White rice