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| Hamburg  にく　Niku |  | Pork and Ginger  stir fry  にく　Niku |
| Steak  Grilled asparagus and bacon  Sausage |  | さかなsakana  Grilled salmon  stir fry  Fried fish  stir fry |
| にく　Niku  Meat balls  stir fry  *Nikujaga*  Japanese style boiled Beef and vegetables  stir fry |  | さかなsakana  *Kamaboko*  steamed fish paste  stir fry  Grilled mackerel  stir fry |
| やさいyasai  Mashed potato  stir fry  Vegetables　stir fry |  | たまごtamago  Fried eggs |
| Broccoli  stir fry  やさいyasai  Boiled french beans with sesame soy-sauce flavor  stir fry |  | Scrambled eggs  stir fry  たまごtamago |
| くだものkudamono  やさいyasai |  | たまごtamago |
| Apple  stir fry  くだものkudamono |  | くだものkudamono |