



**KEIRO** Northwest

**Introducing Asian comfort food!**

Order your weekly Wednesday meal  
for pick up or delivery

Keiro NW Catering now offers  
**Meals TO GO!**

**Weekly, starting Wednesday,  
March 2, 2016**

**How much is it?** \$10 each including tax plus \$3 for delivery

**Do you deliver to my home?** Yes! Within 98144/98134\*

*\*delivery area subject to approval*

**Ready to order?**

- ✓ Complete enclosed order form and send with payment
- ✓ You will receive meal tickets to exchange for your meal
- ✓ Place order (on order form) or call it in by Monday on (206) 726-6464
- ✓ Pick up at Nikkei Manor (700 6<sup>th</sup> Ave S) or Keiro Northwest Rehabilitation & Care Center (1601 E Yesler Way) between 11:30am-4:00pm
- ✓ Or be home between 11:30am-2pm for delivery
- ✓ Present meal ticket to driver or Nikkei Manor or Keiro Northwest receptionist

**Special introductory offer – Purchase 12  
meals in advance and the 13<sup>th</sup> is free!**

For questions/comments, please call  
Chris Manio, Keiro Northwest  
Catering Manager at (206) 726-6464

# MENU

## 3/2 Beef & Gobo

Sliced beef & gobo (burdock root) simmered in a slightly sweet dashi broth with mirin, sake and soy sauce; Served with steamed white rice; green beans goma ae (steamed beans with sesame sauce); celery sunomono (light vinegar dressing); kabocha in dashi (Japanese pumpkin simmered in fish broth); and fresh pineapple slices.

## 3/9 Salmon Teriyaki

Broiled salmon fillet, marinated in our house made teriyaki sauce. Served with steamed white rice; shibazuke (pickled eggplant); spinach ohitashi (steamed fresh spinach mixed with light soy sauce based dressing); tamagoyaki (Japanese omelet); white bean nimame (lightly sweetened beans with apricots); and fresh green grapes.

## 3/16 Chicken Karaage

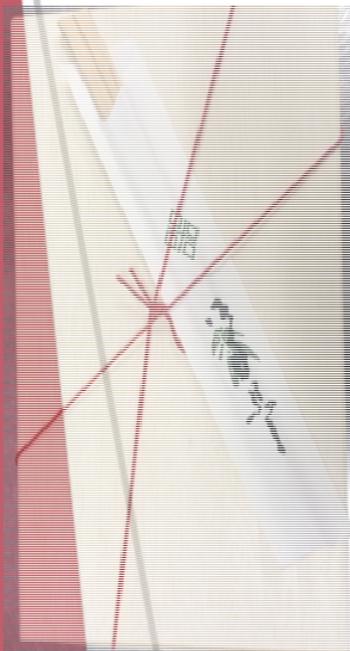
Chunks of boneless skinless chicken thigh, marinated in soy sauce, sake, garlic, ginger and sesame oil, dusted with potato starch and fried until crispy. Served with steamed white rice topped with white sesame seeds, takara-bukuro (steamed tofu pouch filled with egg); tomato & cucumbers with Italian dressing; daikon & carrot namasu (light vinegar dressing); and fresh red grapes.

## 3/23 Ginger Pork

Sliced pork, marinated in ginger, sake, soy sauce and cooked with mirin and brown sugar. Served with red shiso seasoned white rice; cabbage with sweet onion dressing; kinpira gobo (burdock root, carrot, shiitake and konnyaku (yam cake) simmered with soy sauce, sake, mirin, sugar and sesame oil), spinach & carrot shirae (sesame tofu dressing); and fresh sliced apples.

## 3/30 Yakiniku

Grilled strips of marinated beef. Served with steamed white rice garnished with black sesame seeds; sautéed bell pepper medley; cucumber tsukemono (pickle); chikuwa fishcake tempura with aonori; and fresh cantaloupe slices.



Bento box sample:  
Onishime, hijiki gohan,  
cod kimiyaki, namasu  
and grapes (image  
only)

#### **4/6 Fish Kazuzuke**

Wild Alaskan cod marinated in sake lees, then broiled until golden and flaky. Served with steamed white rice with umeboshi (pickled plum); spring mix lettuce with Asian dressing; asparagus gome ae; daizu with kombu (soybeans & seaweed); and fresh strawberries.

#### **4/13 Chicken Yakisoba**

Stir-fried egg noodles with thinly sliced boneless skinless chicken thigh, onions, cabbage, carrots, nira, bean sprouts, tonkatsu sauce and soy sauce. Garnished with seaweed and pickled ginger. Buttered corn, shungiku ohitashi (chrysanthemum leaves); sautéed Japanese eggplant with miso; and fresh orange wedges.

#### **4/20 Tonkatsu**

Crispy breaded pork cutlet, fried to golden brown. Drizzled with tangy tonkatsu sauce and served with steamed white rice; iceberg lettuce wedge with miso dressing; fukume-ni (simmered dried tofu, carrot & shiitake); cauliflower sunomono (light vinegar dressing); and fresh honeydew slices.

#### **4/27 Beef Teriyaki with Green Beans**

Sliced teriyaki marinated beef, pan fried with fresh green beans. Served with steamed white rice with green peas; glazed carrots; pickled cauliflower; Japanese omelet; and fresh pink grapefruit.

#### **5/4 Salmon à la Meunière**

Salmon coated with curry seasoned flour, pan-fried to golden brown. Served with steamed white rice; Japanese style macaroni salad; pickled cucumbers; a medley of sautéed green bell peppers, carrots, and shiitake mushrooms; and fresh strawberries.

#### **5/11 Chicken Soboro**

Sautéed ground chicken, snow peas, and egg, with a soy-mirin sauce, served over steamed white rice. Served with spinach goma-ae (spinach with sesame sauce; sweet potatoes and shredded seaweed simmered in broth; and fresh cantaloupe slices

#### **5/18 Pork Subuta**

Japanese style sweet and sour pork meatballs sautéed with green bell peppers, fresh pineapple, onions, and carrots in a sweet and sour sauce. Served with steamed white rice; pickled napa cabbage; harusame salad (clear noodle salad with celery, ham, egg, and mayo); and fresh green grapes.

#### **5/25 Beef Hamburger Steak with Miso Sauce**

Pan fried handmade hamburger steak, drizzled in our savory miso sauce. Served with steamed white rice sprinkled with toasted black sesame seed; nimame (stewed soy beans with kelp); cabbage salad with carrot, onion, cucumber, ham and tomato, drizzled w/ honey mustard dressing; and fresh pineapple.

# Order Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_

## Step 1: Place your order:

- Weekly standing order – Please start \_\_\_\_\_ (number of meals) per week on \_\_\_\_\_ (date).

Meal program starts 3/2/16. Standing orders can be cancelled or changed anytime.

- I will pick up at: (circle one) Keiro Rehabilitation & Care Center or Nikkei Manor
- Deliver my meals to me at the above address. (address subject to approval)

OR

- I'll call in my order by Monday at 5pm for the following Wednesday.  
Call (206) 726-6464

## Step 2: Purchase your meal tickets.

Description	Enter Quantity	Price	Total
Meal ticket		\$10 each	
Delivery ticket within delivery area		\$3 each	
One FREE meal ticket with purchase of 12 tickets		FREE!	
One FREE delivery ticket with purchase of 12 tickets		FREE!	

### TOTAL ORDER

Pick up customers only (please check one):

- Mail my tickets
- Hold my tickets at Nikkei Manor
- Hold my tickets at Keiro Northwest Rehabilitation & Care Center

Please make check payable to: Keiro Northwest **OR** submit credit card information below

Name (as it appears on your card) \_\_\_\_\_

Credit card number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ Security Code \_\_\_\_\_

Please send this form and your payment to: **Keiro Northwest, 1601 E Yesler Way, Seattle, WA 98122**