



Day	Staple food	Lunch Menu		Ingredients		
				Yellow Energy food	Red Foods to produce blood, muscles, and bones	Green Foods to keep your health
1 Thu.	rice	Macaroni au gratin / Cucumber and baby sardine pickled with sweet vinegar / Vegetable soup	milk	macaroni, oil, butter, flour, panko bread	chicken, bacon, dried white bait, wakame seaweed, tubular fish paste roll, tofu, milk	onion, parsley, cucumber, pak-choi, carrot
2 Fri.	rice	Mackerel simmered in Miso / Daikon salad with pounded sesame dressing / Clear soup with onion	milk	sugar, sweet sake, sesame	mackerel, reddish-brown miso, deep fried tofu, tofu, wakame seaweed, milk	ginger, daikon radishes, carrot, cabbage, onion, welsh onion
5 Mon.	rice	Ketchup sauce pork marinade / Potato and vegetables soup / Yogurt	milk	oil, sugar, potato	pork, bacon, yogurt, milk	onion, carrot, green pepper, elingi mushroom, ketchup, cabbage
6 Tue.	rice	Grilled saury with sweet soy sauce / Salad with pounded sesame dressing / Miso soup with Daikon radish	milk	starch, oil, sugar, sweet sake, sesame	pacific saury, boiled fish paste roll, fried tofu, miso, milk	beansrout, cabbage, carrot, daikon radish, onion, enoki mushroom, welsh onion
7 Wed.	rice	Miso flavored hamburg steak / Kelp seasoned vegetables / Clear soup with tofu	milk	oil, sugar, panko powder	ground beef and pork, processed soymilk, miso, salted kelp, bacon, tofu, wakame seaweed, milk	onion, cabbage, carrot
8 Thu.	rice	Tandoori chicken / Spinach salad / Clear soup with plenty of vegetable and meat	milk	mayonnaise	chicken, yogurt, canned tuna, bacon, milk	ketchup, spinach, cabbage, carrot, daikon radish, onion, parsley
9 Fri.	Hashed beef rice	Hashed beef with rice Fruits moose	milk	rice, potato, oil, butter, flour, sugar, mousse mix	ground beef, milk	onion, carrot, ketchup, banana, canned pineapple, orange, and peach
12 Mon.	rice	Baked orange marmalade chicken / Vegetables dressed with semsami and mayonnaise / Clear soup with mushrooms	milk	oil, marmalade, mayonnaise, sesame	chicken, steamed fish paste, tofu, milk	orange juice, spinach, cabbage, carrot, enoki mushroom, shimeji mushroom, onion, welsh onion
13 Tue.	rice	Fried salmon in ketchup sauce Boiled vegetables / Clear soup with beansprot	milk	mayonnaise, flour, panko powder, oil, sugar	salmon, bacon, tofu, milk	ketchup, cabbage, carrot, beansprout, onion
14 Wed.	rice	Curried pork beans / Hijiki seaweed and spinach salad / Pumpkin pudding	milk	potato, oil, sugar, sesame, pumpkin pudding	boiled soybeans, ground pork, hijiki seaweed, milk	carro, onion, ketchup, spinach, beansprout
15 Thu.	meatsauce udon	Udon noodles with sweet meatsauce Coleslaw salad	milk	dried udon noodles, oil, starch, mayonnaise, sugar	ground pork, red brownish miso, ham, milk	ginger, carot, shiitake mushroom, onion, cabbage, cucumber, cannged orange
16 Fri.	rice	Lemon roasted chilcken with potatoes Clear soup with Chinese cabbage / Banana	milk	starch, oil, potato, sugqar, sweet sake	chicken, tofu, Vienna sausage, milk	lemon, Chinese cabbage, onion, carrot, parsley, banana
19 Mon.	sweet potato rice	Sweet potato rice/ Vinegary seasoned grilled chicken / Vegetables with perilla flavor / Clear soup with wakame seaweed	milk	rice, sweet potato, black sesame, sugar, sweet sake	chicken, tofu, wakame seaweed, wheat gluten cake, milk	ginger, cabbage, carrot, perilla leaf, onion
20 Tue.	rice	Salt grilled salmon / Daikon radish salad / Miso soup with nameko mushroom	milk	mayonnaise	salmon, ham, tofu, fried tofu, reddish-brown miso, milk	daikon, cucumber, carrot, namko mushroom, welsh onion
21 Wed.	rice	Deep-fried chicken Japanese salad / Cabbage soup	milk	starch, oil, sugar	chicken, bacon, milk	ginger, cucumber, cabbage, carot, canned pineapple, cabbage, onion, shimeji mushroom
22 Thu.	rice	Ginger pork / Sesami-vinegar seasoned vegetables / Clear soup with wheat gluten	milk	sugar, sweet sake, oil, sesame oil, sesame	pork, tofu, flower shaped wheat gluten, milk	ginger, daikon radish, cucumber, beansprout, carrot, onion, welsh onion
23 Fri.	rice	Simmered deep fried tofu and vegetables / Kelp seasoned Chinese cabbage / Miso soup with sweet potato	milk	starch, sugar, oil, sweet potato	tofu, chicken, dried baby sardine, hijiki seaweed, salted kelp, miso, milk	carrot, ketchup, Chinese cabbage, daikon radish, onion, welsh onion
26 Mon.	rice	Sauted tofu with ground pork and chilipepper Dried bonito seasoned spinach/ Grape jelly	milk	starch, sugar, oil, grape jelly	ground pork, tofu, reddish-brown miso, boiled fish paste, milk	onion, leek, carrot, ginger, shiitake mushroom, spinach, Chinese cabbage
27 Tue.	rice	Simmered spanish mackerel / Daikon radish and persimon seasoned in vinegar / Mison soup with Chinese cabbage	milk	sweet sake, sugar, sesame	mackerel, tofu, fried tofu, wakame seaweed, miso, milk	ginger, persimon, daikon radish, carrot, Chinese cabbage, onion, welsh onion
28 Wed.	rice	Braised beef and tofu in sukiyaki style / Vinegary seasoned vegetables with nori seaweed / Cut-out cheese	milk	sygar, oil	ground beef, grilled tofu, grilled wheat gluten, canned tuna, nori seaweed, cut out cheese, milk	carrot, onion, konnyakiu noodles, enoki mushroom, Chinese cabbage, welsh onion, cabbage
29 Thu.	mushroom rice	Mushroom rice / Macaroni salad / Miso soup with beansprout	milk	rice, oil, sweet sake, mayonnaise	chickne, ham, tofu, fried tofu, miso, milk	shimeji, shiitake, maitake mushrooms, burdock, carrot, cucumber, canned orange, cabbage, beansprout, onion
30 Fri.	rice	Deep-fried tofu and vegetables simmered with ground pork / Hijiki seaweed salad / Banana	milk	potato, oil, sugar, sweet sake, starch, mayonnaise, sesame	thick fried tofu, ground pork, hijiki seaweed, canned tuna, yogurt drink	onion, carrot, cabbage, banana

【The menu items may alter subject to availability and climatic change. Thank you for your kind understanding to the situation.】

【Each pre-school presents the countries/areas of origin of the main ingredients that were actually used for lunch.】

