



《Goal》 Let your child clear the dishes as a member of the family

Day	Stable food	Lunch Menu	Ingredients			
			Yellow	Red	Green	
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
1 Mon.	rice	Fried pork with barbeques sauce Spaghetti salad, Mushroom clear soup	milk	sugar, oil, spaghetti, mayonnaise	pork, ham, tofu, milk	ketchup, garlic, cabbage, onion, green pepper, cucumber, carrot, enoki mushroom, shimeji mushroom, green onion
2 Tue.	rice	Fried horse-mackerel with ketchup sauce, Boiled vegetables, Vegetable soup with potatoes	milk	mayonnaise, wheat flour, panko bread, oil, sugar, potatoe	horse mackerel, Viennese sausage, milk	ketchup, cabbage, carrot, broccoli, onion
3 Wed.	rice with soy beans	Soybean rice, Vinegary seasoned grilled chicken, Perilla flavored vegetables, Miso soup with Daikon	milk	rice, sweet sake, sugar	Hijiki seaweed, boiled soy beans, deep fried tofu, chicken, tofu, wakme, miso, milk	carrot, ginger, cabbage, perilla leaf, daikon radish, onion, green onion
4 Thu.	rice	Thick fried tofu simmered with vegetables and ground pork, Tuna salad, Banana	milk	oil, sugar, sweet sake, starch, mayonnaise	thick fried tofu, ground pork, canned tuna, milk	onion, carrot, daikon radish, spinach, cabbage, banana
5 Fri.	rice	Lemon chicken and potatoes Clear soup with tofu, Cut-out rare cheese	milk	starch, oil, potatoe, sugar, sweet sake	chicken, tofu, cut-our rare cheese, milk	lemon juice, onion, carrot, green onion, enoki muhroom
8 Mon.	rice	Chicken and egg simmered in soy sauce, Lemon jelly, Tenderstem broccoli dresswed with sesami and mayonnaise	milk	sugar, mayonnaise, sesame, lemon jelly	chicken, egg, freeze-dried tofu, milk	onion, dried mushroom, carrot, green onion, tenderstem broccoli, cabbage, apple
9 Tue.	rice	Salt-grilled salmon, Chicken and vegetable miso soup, Sesami seasoned spinach	milk	sesame, sugar, taro, oil,	salmon, tubler fish paste, chicken, tofu, milk	spinach, Chinese cabbage, carrot, konjak, daikon radish, burdock, green onion
10 Wed.	rice with hashed beef	Hushed beef and rice Coleslaw salad	milk	rice, potatoe, oil, butter, wheat flour, sugar, mayonnaise	pork, ham, milk	onion, carrot, ketchup, cabbage, cucumber
12 Fri.	rice	Yellowtail teriyaki, Braised okara Miso soup with potatoes	milk	sweet sake, sugar, potatoe	yellow tale, okara (soy pulp), deep fried tofu, white miso, milk	ginger, dried shiitake mushrooms, carrot, konjak noodles, green onion, komatsuna greens, onion
15 Mon.	rice	Pork beans Spinach salad, Apple	milk	potatoe, oil, sugar, mayonnaise	boiled soybeans, ground pork, canned tuna, milk	carrot, onion, ketchup, spinach, cabbage, apple
16 Tue.	rice	Non-fried spoon croquette, Kelp seasoned Chinese cabbage, Clear tofu soup	milk	potatoe, sweet sake, panko bread, oil	ground beef and pork, cheese, processed soymilk, salted kelp, bacon, tofu, wakame seaweed, milk	onion, carrot, Chinese cabbage, shimeji mushrooms
17 Wed.	udon noodles with meat	Udon noodles soup with meat, Seasoned tenderstem broccoli, Yogurt	milk	dried udon, oil, sugar, sesame oil, sesame	beef, deep fried tofu, steamed fish paste, ham, yogurt, milk	carrot, onion, green onion, cabbage, tenderstem broccoli, apple
18 Thu.	rice	Chinese fried chiken with fragrant sauce, Sesame Daikon salad, Clear soup with plenty of vegetables and meat	milk	starch, oil, sugae, sesame oil, deep friede tofu, sesame	chicken, bacon, milk	green onion (white part), ginger, daikon radish, carrot, spinach, Chinese cabbage, onion, beansprout, dried parsley
19 Fri.	rice	Mackerel simmered in miso, Boiled vegetables with scrambled eggs, Clear soup with onion	milk	sugar, sweet sake, oil, sesame oil	mackerel, reddish brown miso, egg, ham, tofu, wheat gluten, milk	cabbage, carrot, broccoli, konjak noodles, onion, green onion
22 Mon.	rice	Simplified double cooked pork Clear wakame soup, Soymilk pudding	milk	sugar, sweet sake, oil	pork, reddish brown miso, tofu, wakame seaweed, soymilk pudding, milk	garlic, cabbage, carrot, onion, green pepper
24 Wed.	rice	Meat and Hijiki hamburg Boiled vegetables, Onion miso soup	milk	panko bread, sugar, oil	ground beef and pork, hijiki seaweed, processed soymilk, tofu, wakame seaweed, miso, milk	onion, carrot, ketchup, cabbage, shimeji mushroom, Chinese cabbage
25 Thu.	pilaf	Pilaf, Soymilk soup Mikan citrus	milk	rice, butter, potatoe	chicken, Viennese sausage, processed soymilk, milk	onion, carrot, green pepper, broccoli, mikan citrus
26 Fri.	rice	Tandoori chicken Daikon salad, Tofu miso soup	milk	mayonnaise	chicken, yogurt, ham, miso, tofu, milk	ketchup, daikon radish, cucumber, carrot, onion, beansprout, green onion

【The above menu is subject to change depending on the arrival of ingredients and climatic conditions. Thank you for your kind understanding.】