



Day	Week of the day	Staple food	Lunch Menu	Ingredients			
				Yellow	Red	Green	
				Energy food	Foods to produce blood, muscles, and bones	Foods to keep your health	
1	Fri.	rice	Curried pork beans Marinated greens and hijiki seaweed Cut-out cheese	milk	potato, oil, curry powder, sugar, sesame	boiled soybeans, ground pork, hijiki seaweed, cut-out cheese, milk	carrot, onion, ketchup, bay leaf, spinach, cabbage, beansprout
4	Mon.	rice	Simmered fried tofu and vegetables, Kelp seasoned vegetables, Sweet potato miso soup	milk	starch, sugar, oil, sweet potato	tofu, miced chicken, dried baby sardines, hijiki seaweed, green dried seaweed, kelp, miso, milk	carrot, ketchup, cabbage, daikon raddish, onion, green onions
5	Tue.	rice	Stir fried pork with miso flavor Ham salad Clear soup with wheat gluten bread	milk	sugar, sweet sake, oil, mayonnaise	pork, reddish brown miso, ham, tofu, wheat gluten cake, milk	ginger, cabbage, carrot, onion, green pepper, green onion, cucumber
6	Wed.	rice	Chicken outlet, Boiled vegetables Soup with Daikon raddish	milk	mayonnaisae, flour, panko bread, oil, sugar	chicken, bacon, tofu, dried wakame, milk	ketchup, cabbage, carrot, daikon radish, onion
7	Thu.	rice	Rice with mushrooms Salad with starch noodles Miso soup with Daikon raddish	milk	rice, Japanese vermiceli, mayonnaise	chicken, ham, deep fried tofu, miso, tofu, milk	shimeji mushrooms, burdock, drid shitake mushroom, carrot, maitake mushroom, cucumber, cabbage, onion, canned orange, daikon, green onion
8	Fri.	rice	Spanish mackerel simmered with miso Vegetables with dried bonito flavor Clear soup with Chinese cabbage	milk	sugar, sweet sake	Spanish mackerel, reddish brown miso, tubler fish cake, dried bonito, tofu, milk	ginger, cabbage, carrot, Chinese cabbage, onion, green onion
11	Mon.	rice	Teriyaki chicken, Daikon and persimon pickled in sweet vinegar, Chinese cabbage miso soup	milk	oil, sweet sake, sugar, sesame	chicken, tofu, deep fried tofu, wakame seaweed, miso, milk	persimon, daikon, carrot, Chinese cabbage, onion, green onion
12	Tue.	rice	Grilled salmon with miso-sesame sauce Root crops fred and boiled in sweet soy sauce, Clear soup with wakame seaweed	milk	sugar, sweet sake, sesame, sesame oil	salmon, miso, deep fried fish cake, tofu, wakame seaweed, milk	Japanese white leek, burdock, carrot, green pepper, konjak noodles, onion, enoki mushroom
13	Wed.	rice	Thick fried tofu simmered with vegetables and minced pork/ Chopped salad with potato, ham, carrot etc. in Macedonian style/Apple jelly	milk	oil, sugar, sweet sake, starch, potato, apple jelly, mayonnaise	deep fried tofu, ground pork, ham, milk	onion, carrot, Daikon raddish, cucumber, canned orange
14	Thu.	rice	Glazed sesame chicken Japanese-style salad Soymilk miso soup	milk	starch, oil, sugar, sweet sake, sesame	chicken, tofu, processed soymilk, miso, milk	ginger, cucumber, cabbage, carrot, canned pineapple, Chinese cabbage, onion, green onion
15	Fri.	spaghetti	Spaghetti Napolitan, Soup with plenty of vegetables and meat, Banana	milk	spaghetti, rice flour, butter	ground beef and pork, Viense sausage, tofu, milk	onion, carrot, green pepper, ketchup, Daikon raddish, cabbage, dried parclely, banana
18	Mon.	pilaf	Curry flavored pialf Soymilk soup, Yogurt	milk	rice, potato, butter	chicken, bacon, processed soymilk, yogurt, milk	onion, carrot, green pepper, Chinese cabage, dried parclely
19	Tue.	rice	Mapo tofu, Baby sardine and cucumber dressed in sweet vinegar, Banana	milk	starch, sugar, oil	ground pork, tofu, reddish brown miso, dried bqby sardines, tubler fish paste, wakame seaweed, milk	onion, Chinese chive, carrot, ginger, dried shitake mushroom, cucumber, banana
20	Wed.	rice	Tandoori chicken, Hijiki seaweed salad Soup with shimeji mushroom	milk	sugar, mayonnaise	chicken, yogurt, hijiki seaweed, canned tuna, bacon, tofu, milk	ketchup, carrot, cabbage, shimeji mushroom, onion
21	Thu.	rice	Miso flavored hamburg Kelp seasoned Chinese cabbage Soup with tofu	milk	oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, bacon, tofu, milk	onion, Chinese cabbage, breansprout, carrot, cabbage
22	Fri.	rice	Simmered Spanish mackerel and arame seaweed, Daikon raddish salad, Miso soup with nameko mushrooms	milk	sweet sake, sugar, mayonnaise	Spanish mackerel, arame seaweed, ham, tofu, deep fried tofu, reddish brown miso, milk	ginger, Daikon raddish, cucumber, carrot, nameko mushroom, onion, green onion
25	Mon.	sweet potato rice	Rice mixed with sweet potato, Wakame clear soup, Vegetables with perilla flavor, Vinegary seasoned drilled chicken	milk	rice, sweet potato, sesame, sugar, sweet sake	chicken, tofu, wakame seaweed, dried wheat gluten cake, milk	ginger, cabbage, carrot, perila leaf, onion
26	Tue.	rice	Saury with sweet soy sauce Daikon raddish with sesame Miso soup with mushrooms	milk	starch, oil, sugar, sweet sake, sesame	saury, deep fried tofu, tofu, wakame seaweed, miso, milk	Daikon raddish, carrot, cabbage, enoki mushroom, shimeji mushroom, onion, green onion
27	Wed.	rice	Fried chicken, Cabbage soup Pak-choi with lemon	milk	starch, oil, sugar	chicken, canned tuna, bacon, milk	ginger, pak-choi, cucumber, carrot, lemon juice, cabbage, onion, shimeji mushroom
28	Thu.	rice	Braised beef and tofu in Sukiyaki style, Vinegary seasoned vegetables with nori seaweed, Pumpkin pudding	milk	sugar, oil, pumpkin pudding	beef, broiled tofu, dry baked wheat gluten, canned tuna, nori seaweed, milk	carrot, onion, konjak noodles, enoki mushroom, Chinese cabbage, green onion, cabbage
29	Fri.	rice	Ginger pork Spinach salad, Clear soup with onion	milk	sugar, sweet sake, oil, mayonnaise	pork, canned tuna, tofu, wakame seaweed, milk	ginger, Daikon raddish, spinach, cabbage, ginger, carrot, corn, onion, green onion

