

Date	11/ 1(Wed)	11/ 2(Thu)	11/ 3(Fri)	11/ 4(Sat)	11/ 6(Mon)	11/ 7(Tue)	11/ 8(Wed)	11/ 9(Thu)	11/ 10(Fri)	11/ 11(Sat)	11/ 13(Mon)	11/ 14(Tue)	11/ 15(Wed)	11/ 16(Thu)	
Menu	Milk Vegetables Bar Rice Simmered White Fish Dressed Spinach Soybean Paste Soup Oranges	Milk Fried Crackers Grilled Chicken Bean-Starch Vermicelli Corn Soup Bananas	Rice Crackers	Milk Corn Snack Starchy Sauce Rice Bowl Dressed Soybean Sprout Wakame-Seaweed Soup Canned Mikan-Oranges	Milk Black Sesame Bar Rice Japanese Omelet Dressed Cabbage Soybean Paste Soup Apples	Milk Crackers Rice Salmon grilled with Cheese Chinese Cabbage Salad Soybean Paste Soup Mikan-Oranges	Milk Rice Crackers Rice Mapo Tofu Dressed Mustard Spinach Chinese Soup Bananas	Milk Fried Crackers Rice Pork Beans French Salad Consommé Soup Apples	Milk Corn Snack Rice Grilled White Fish Simmered Soybean Curd Clear Soup Oranges	Milk Black Sesame Bar Champion Noodles Rice Balls Dressed Spinach Canned Peaches	Milk Crackers Rice Grilled Chicken Dressed Cabbage Soybean Paste Soup Apples	Milk Rice Crackers Rice Grilled Salmon Cucumber Salad Vegetables Soup Oranges	Rice Fried Crackers Rice Simmered Chicken Liver Dressed Mustard Spinach Clear Soup Bananas	Milk Corn Snack Bread Rolls Chicken Cutlet Caesar Salad Vegetables Soup Apples	
Ingredient	Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Soybean Curd Spinach Carrot White Sesame Soy Sauce Sugar Chinese Cabbage Squash Dried Young Sardine Soybean Paste Orange	Chicken Starch, Salt Apple Carrot Onion Ginger White Sesame Soy Sauce, Sugar Bean-Starch Vermicelli Cucumber Loin Ham Sesame Oil Soy Sauce Sugar Vinegar Salt Corn Corn Cream Onion Carrot Chinese Stock Sweet Rice Wine, Japanese Rice Wine Soy Sauce Sesame Oil Banana	Public Holiday	Rice Pork Chinese Cabbage Onion Carrot Fish Cake Chinese Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Sesame Oil Cabbage Garlic Soybean Sprout Starch Soybean Sprout Cucumber Carrot Soy Sauce, Vinegar Sesame Oil Sugar Garlic White Sesame Wakame-Seaweed Onion Shiitake-Mushroom White Sesame Chinese Stock Canned Mikan-Orange	Rice Egg Chicken Shiitake-Mushroom Carrot Onion Soy Sauce Sugar Salt Cabbage Soybean Sprout Sugar Salt White Radish Carrot Green Onion Dried Young Sardine Soybean Paste Potato Onion Spinach Dried Young Sardine Soybean Paste Apple	Salmon Salt Mixed Cheese Chinese Cabbage Cucumber Carrot White Sesame Cooking Oil Vinegar Sugar Salt White Radish Carrot Green Onion Dried Young Sardine Mikan-Orange	Rice Soybean Curd Pork Potato Onion Carrot Green Pea Red Soybean Paste, Soybean Paste Sugar, Japanese Rice Wine Soy Sauce Sesame Oil Garlic Ginger Starch Japanese Mustard Spinach Soybean Sprout Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Wakame-Seaweed Bean-Starch Vermicelli Shimeji-Mushroom Chinese Stock Banana	Rice Pork Soybean Potato Onion Carrot Green Pepper Tomato Consommé Salt Ketchup Sugar Starch Cabbage Cucumber Carrot Cooking Oil Vinegar Sugar Salt Onion Spinach Bacon Consommé Apple	Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Black Sesame Freeze-Dry Soybean Curd Egg Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine	Chinee Noodles Pork Cabbage Carrot Onion Corn Chinese Stock Soy Sauce Sugar Japanese Rice Wine Sweet Rice Wine Sesame Oil Rice Dried Food Seasoning Spinach Soybean Sprout Carrot Soy Sauce Sugar Canned Peach	Rice Chicken Soy Sauce Sweet Rice Wine Ginger Starch Soybean Curd Cabbage Carrot White Sesame Soy Sauce Sugar Japanese Mustard Spinach Onion Enoki-Mushroom Soybean Curd Soybean Paste Apple	Rice Salmon Slat Mayonnaise Corn Cream Parsley Soybean Cucumber Corn Tuna Flaked Vinegar Soy Sauce Cooking Oil Sugar Salt Onion Carrot Potato Parsley Orange	Rice Chicken Liver Konjac Carrot Slat Garlick Ginger Soybean Paste Sugar Soy Sauce Japanese Mustard Spinach Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar Onion Wakame-Seaweed Soybean Curd Carrot Carrot Squash Onion Squash Carrot Parsley Consommé Apple Banana	Bread Roll Chicken Slat Wheat Flour Bread Crumbs Cooking Oil Cabbage Cucumber Carrot Cron Mayonnaise Parmesan Cheese Garlic Sugar Onion Squash Carrot Parsley Consommé Apple	
Snack	Milk Cheese Pancake Wheat Flour Baking Powder Sugar Cooking Oil Mixed Cheese	Milk Dried Young Sardine, Apples Dried Young Sardine Light Brown Sugar Mayonnaise Curry Powder Apple		Milk Rusk made from Starch Starch Brown Sugar	Milk Carrot and Milk Steam Bread Carrot, Wheat Flour Milk Baking Powder Sugar Cooking Oil	Milk Candied Sweet Potatoes Sweet Potatoes Cooking Oil Sugar Black Sesame	Milk Bracken Starch Dumpling Bracken Starch Flour Brown Sugar Soybean Flour Sugar	Milk Pancake Pancake Powder Milk Egg	Milk Bread Bread Dried Baby Sardine Mayonnaise Aosa-Seaweed Parmesan Cheese	Milk Toast topped with Baby Sardine Toast topped with Baby Sardine	Barley Tea Seasoned Rice Balls Rice Fried Soybean Curd Natural Stock Soy Sauce, Sugar White Sesame	Barley Tea Banana Yogurt Plain Yogurt Banana Sugar	Milk Sesame Cookie Egg Sugar Wheat Flour White Sesame	Milk Pizza Toast Bread Onion, Corn Bacon Ketchup Mixed Cheese	Barley Tea Seasoned Rice Rice Hijiki-Seaweed, Fried Soybean Curd Carrot Soy Sauce, Sweet Rice Wine Salt
Date	11/ 17(Fri)	11/ 18(Sat)	11/ 20(Mon)	11/ 21(Tue)	11/ 22(Wed)	11/ 23(Thu)	11/ 24(Fri)	11/ 25(Sat)	11/ 27(Mon)	11/ 28(Tue)	11/ 29(Wed)	11/ 30(Thu)			
Menu	Milk Black Sesame Bar Rice White Fish with Starchy Sauce Cooked Lotus Root Soybean Paste Soup Bananas	Milk Crackers Bowl of Seasoned Rice Dressed Chinese Cabbage Soybean Paste Soup Canned Mikan-Orange	Milk Rice Crackers Rice Spanish Omelet Coleslaw Vegetables Soup Apples	Milk Fried Crackers Rice Salmon grilled with Salt Simmered Hijiki-Seaweed Soybean Paste Soup Bananas	Milk Corn Snack Curry and Rice Chinese Cabbage and Apple Salad Consommé Soup Oranges		Milk Black Sesame Bar Rice Fried White Fish Seasoned Wakame-Seaweed Soybean Paste Soup Apples	Milk Crackers Rice Chicken grilled with Marmalade White Radish Salad Soybean Paste Soup Banana	Milk Rice Crackers Rice Grilled White Fish Fermented Soybean Egg Soup Oranges	Milk Corn Snack Rice Simmered Hamburg Steak Potato Salad Milk Soup Apples	Milk Black Sesame Bar Udon Noodles in Vegetables Soup Seasoned Rice Ball mixed Dressed Chinese Cabbage Bananas				
Ingredient	Rice Codfish Salt Starch Cooking Oil Onion Carrot Green Pepper Ketchup Soy Sauce, Sugar Vinegar Starch Lotus Root Carrot Tubular Fish Cake Sesame Oil Soy Sauce, Sugar Sweet Rice Wine White Sesame White Radish Fried Soybean Curd Wakame-Seaweed Dried Young Sardine Soybean Paste Banana	Rice Chicken Ginger Japanese Rice Wine Soy Sauce Sugar Egg Carrot Salt Spinach Chinese Cabbage Soybean Sprout Carrot Soy sauce Sugar	Rice Egg Tuna Flakes Potato Onion Carrot Parsley Ketchup Cabbage Cucumber Mayonnaise Shimeji- Mushroom Corn Onion Carrot Onion Consommé Apple	Rice Salmon Japanese Rice Wine Salt Hijiki-Seaweed Soybean Fried Soybean Curd Carrot Kidney Bean Soybean Sprout Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine White Radish Soybean Curd Carrot Dried Young Sardine Soybean Paste Banana	Rice Pork Onion Carrot Curry Roux Cooking Oil Chinese Cabbage Cucumber Apple Vinegar Cooking Oil Carrot Salt Soybean Sprout Japanese Mustard Spinach Carrot Consommé Orange		Rice Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil Wakame-Seaweed Soybean Sprout Carrot Fish Cake Vinegar Sugar Salt Onion Fried Soybean Sprout Carrot Consommé Dried Young Sardine Soybean Paste Apple	Chicken Marmalade Garlic Soy Sauce Sugar Japanese Rice Wine White Radish Cucumber Carrot Loin Ham Vinegar Soy Sauce Sugar Cooking Oil Salt Spinach Carrot Shimeji-Mushroom Dried Young Sardine Soybean Paste Banana	Rice Codfish Japanese Rice Wine Soy Sauce Sweet Rice Wine Fermented Soybean Chicken Carrot Spinach Sesame Oil Soy Sauce, Japanese Rice Wine Sugar, Ginger Egg Enoki-Mushroom Green Onion Natural Stock Soy Sauce Japanese Rice Wine Salt Starch Orange	Rice Beef, Pork Burdock Root Carrot White Radish White Leek Soybean Sprout Green Onion Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine Salt Rice Wakame-Seaweed Dried Baby Sardine Mayonnaise Sugar Salt Chinese Cabbage Soybean Sprout Carrot White Sesame Soy Sauce Sugar Banana					
Snack	Milk Soybean Flour Pancake Wheat Flour Baking Powder Soybean Flour Cooking Oil Sugar	Milk Simmered Sweet Potatoes Sweet Potato Lemon Juice Sugar Salt	Milk Raisin Steamed Bread Wheat Flour Raisin Baking Powder Sugar Cooking Oil	Milk Cocoa Short Bread Wheat Flour Sugar Cocoa Margarine	Milk French Toast Bread Milk Egg Sugar		Milk Boiled Macaroni Macaroni Soybean Flour Sugar Salt	Heart-Shaped Pie Cheese Heart-Shaped Pie Cheese	Milk Soybean Curd Doughnut Soybean Curd Butter Sugar Baking Powder Cooking Oil	Milk Sweet Potato Pie Sweet Potato Soybean Flour Sugar Black Sesame	Milk Banana Custard Banana Wheat Flour, Sugar Egg Milk Unsalted Butter	Milk Sesame Toast Bread Margarine Sugar White Sesame			

※Menu may change depending on the availability of ingredients.

