

Date	12/ 1(Fri)	12/ 2 (Sat)	12/ 4 (Mon)	12/ 5 (Tue)	12/ 6 (Wed)	12/ 7 (Thu)	12/ 8 (Fri)	12/ 9 (Sat)	12/ 11 (Mon)	12/ 12 (Tue)	12/ 13 (Wed)	12/ 14 (Thu)	12/ 15 (Fri)
Morning Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Corn Snack	Milk Black Sesame Bar	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Corn Snack	Milk Black Sesame Bar	Milk Crackers
Menu	Rice Fried White Fish Cabbage Salad Soybean Paste Soup Mikan-Orange		Rice Cheese Omelet Dressed Vegetables Vegetables Soup Bananas	Rice Simmered White Fish Simmered Hijiki-Seaweed Soybean Paste Soup Oranges	Rice Simmered Liver Cabbage Salad Consommé Soup Mikan-Orange	Rice Stir-Fried Chicken Dressed Mustard Spinach Soybean Paste Soup Bananas	Rice Grilled Salmon Cooked Lotus Root Clear Soup Oranges	Chicken and Egg Bowl Dressed Mustard Spinach Soybean Paste Soup Canned Mikan-Orange	Rice Grilled Chicken Caesar Salad Vegetables Soup Mikan-Orange		Rice Simmered Pork and Vegetables Dressed White Radish Soybean Paste Soup Mikan-Oranges	Rice Grilled Salmon Cabbage Salad Soy Milk Soup Oranges	Rice Chop Suey Seasoned Wakame Seaweed Egg Soup Bananas
Ingredient	Rice  Codfish Salt Japanese Rice Wine Wheat Flour Bread Crumbs Parmesan Cheese Parsley Cooking Oil  Cabbage Cucumber Carrot Corn Vinegar Cooking Oil Sugar Salt  Onion Carrot Green Onion Dried Young Sardine Soyabean Paste Soup  Mikan-Orange	Box Lunch Day	Rice  Egg Mixed Cheese Carrot Onion Salt Ketchup Parsley  Soybean Curd Chinese Cabbage Carrot White Sesame (Ground) Mayonnaise Soy Sauce Sugar  Onion Corn Cabbage Consommé  Banana	Rice  Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar  Hijiki-Seaweed Soy Bean Carrot Kidney Bean Sesame Oil Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine  Onion Squash Fried Soybean Curd Dried Young Sardine Soybean Paste  Orange	Rice  Chicken Liver Onion Carrot Ketchup Salt Worcestershire Sauce Soy Sauce Curry Powder  Cabbage Cucumber Loin Ham Vinegar Soy Sauce Cooking Oil Sugar Salt  Onion Spinach Enoki-Mushroom Consommé Soup  Mikan-Orange	Rice  Chicken Fried Soybean Curd Shimeji-Mushroom Onion Kidney Bean Soy Sauce Sugar Vinegar Cooking Oil Starch  Japanese Mustard Spinach Soybean Sprout Carrot White Sesame Sugar  White Radish Carrot Wakame-Seaweed Dried Young Sardine Soybean Paste  Banana	Rice  Salmon White Soybean Paste Sweet Rice Wine Sugar  Lotus Root Carrot Green Pepper Sesame Oil Soy Sauce Vinegar Cooking Oil Starch  Sweet Rice Wine White Sesame  Soybean Curd Onion Japanese Mustard Spinach Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt  Orange	Rice  Chicken Egg Carrot Onion Green Onion Natural Stack Soy Sauce Sugar Japanese Rice Wine Dried Seaweed  Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar  White Radish Dried Soybean Curd Wakame-Seaweed Dried Young Sardine Soybean Paste  Canned Mikan-Orange	Rice  Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Mixed Cheese Parsley  Cabbage Cucumber Carrot Mayonnaise Vinegar Parmesan Cheese Garlic Sugar  Potato Carrot Onion Consommé  Mikan-Orange	Box Lunch Day	Rice  Pork Onion Chinese Cabbage Konjac Noodles Grilled Soybean Curd Cooking Oil Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar  White Radish Cucumber Carrot Dried Bonito Flakes Soy Sauce Sugar  Carrot Soybean Sprout Enoki-Mushroom Green Onion Dried Young Sardine Soybean Paste	Rice  Salmon Slat Mayonnaise Bread Crumbs Parsley  Cabbage Carrot Tuna Green Soybean Vinegar Cooking Oil Sugar Salt  Onion Sweet Potato Soy Milk Consume Salt Parsley  Orange	Rice  Pork Carrot Onion Chinese Cabbage Shiitake-Mushroom Chinese Stock Soy Sauce Sugar Sesame Oil Starch  Wakame-Seaweed Cucumber Soybean Sprout Tubular Fish Cake Vinegar Sugar  Egg Soybean Curd Carrot Chinese Stock  Banana
Snack	Milk Pancake	Milk Jerry, Biscuit	Milk Boiled Macaroni	Milk Carrot Pancake	Milk Melon -Flavored Toast	Milk Boiled Potato	Milk Sesame Cookie	Milk Steamed Sweet Potatoes	Milk Pancake	Milk Rice Cake	Milk Sesame Toast	Milk Cocoa Steam Bread	Milk Simmered Soybean
	Wheat Flour Soybean Flour Baking powder Cooking Oil Sugar	Jerry Biscuit	Macaroni Sugar Soy Sauce Starch	Wheat Flour Carrot Milk Baking Powder Sugar, Cooking Oil	Bread Unsalted Butter Granulated Sugar Wheat Flour	Potato Aosa-Seaweed Salt	Egg Sugar Wheat Flour White Sesame	Sweet Potato Salt	Pancake Powder Milk Egg	Rice Cake Soybean Flour Sugar Salt	Bread Margarine Sugar White Sesame	Wheat Flour Cocoa Sugar Cooking Oil Baking Powder	Soybean Soybean Flour Sugar Salt
Date	12/ 16 (Sat)	12/ 18 (Mon)	12/ 19 (Tue)	12/ 20 (Wed)	12/ 21 (Thu)	12/ 22 (Fri)	12/ 23 (Sat)	12/ 25 (Mon)	12/ 26 (Tue)	12/ 27 (Wed)	12/ 28 (Thu)		
Morning Snack	Milk Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Corn Snack	Milk Black Sesame Bar	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Corn Snack	Milk Black Sesame Bar		
Menu	Hashed beef and Rice Sesame and Mayonnaise Salad Consommé Soup Canned Pineapple	Rice Japanese Omelet Cabbage Salad Soybean Paste Soup Oranges	Rice Grilled White Fish Simmered White Radish French Salad Soybean Paste Soup Mikan-Oranges	Rice Carrot Rice Fried Chicken French Salad Corn Soup Bananas	Bread Roll  Soy Bean Chicken Onion Carrot Garlic Tamati Ketchup Consommé Sugar Salt, Cooking Oil  Egg Soybean Sprout Spinach Loin Ham Vinegar, Cooking Oil Soy Sauce, Sugar, Salt  Onion Carrot Enoki-Mushroom Milk Consommé Butter Parsley  Banana	Rice Simmered Soybean Curd Soybean Paste Soup Oranges	Udom Noodle Soup Rice Ball Dressed Mustard Spinach Canned Peaches	Rice Grilled Salmon Cabbage Salad Consommé Soup Bananas	Rice Grilled Chicken Dressed Chinese Cabbage Soybean Paste Soup Oranges	Rice Fried White Fish Dressed Mustard Spinach Egg Soup Mikan-Oranges	Rice Curry and Rice Tuna Salad Consommé Soup Banana		
Ingredient	Rice  Pork Onion Carrot Shimeji-Mushroom Hashed Beef Roux Cooking Oil  Cabbage Soybean Sprout Carrot White Sesame Mayonnaise  Onion Corn Japanese Mustard Spinach Consommé  Canned Pineapple	Rice  Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt  Cabbage Soybean Sprout Carrot Vinegar, Sugar Soy Sauce Cooking Oil, Salt  Soybean Curd Onion Wakame-Seaweed Dried Young Sardine Soybean Paste  Orange	Rice  Codfish Salt Soy Sauce Sweet Rice Wine White Sesame  Dried White Radish Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine  Onion Squash Green Onion Dried Young Sardine Soybean Paste Soup  Mikan-Orange	Rice Carrot, Onion Butter, Salt Consommé  Chicken Soy Sauce Garlic, Ginger  Sweet Rice Wine, Japanese Rice Wine Sugar, Salt Starch Cooking Oil  Cabbage Cucumber Carrot Cooking Oil, Vinegar Sugar, Salt  Corn Onion Canned Corn Cream Milk Consommé Butter Parsley  Banana	Bread Roll  Soy Bean Chicken Onion Carrot Garlic Tamati Ketchup Consommé Sugar Salt, Cooking Oil  Egg Soybean Sprout Spinach Loin Ham Vinegar, Cooking Oil Soy Sauce, Sugar, Salt  Onion Carrot Enoki-Mushroom Milk Consommé Butter Parsley  Mikan-Orange	Rice  Codfish Carrot Onion Enoki-Mushroom Natural Stock Soy Sauce, Sugar Japanese Rice Wine, Sweet Rice Wine Starch  Freeze-Dried Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine  White Radish Shimeji-Mushroom Wakame-Seaweed Dried Young Sardine Soybean Paste  Orange	Udon Noodles Pork Squash White Radish Carrot Shimeji-Mushroom Fried Soybean Curd Green Onion Natural Stock Sweet Rice Wine Soybean Paste Starch  Rice Dried Food Seasoning  Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar  Canned Peach	Rice  Salmon Salt Mayonnaise Canned Corn Cream Parsley  Cabbage Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt  Onion Potato Carrot Consommé Parsley  Banana	Rice  Chicken Salt Butter  Chinese Cabbage Carrot Shimeji-Mushroom Dried Bonito Flakes Soy Sauce Sugar  White Radish Wakame-Seaweed Dried Young Sardine Soybean Paste  Orange	Rice  Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil  Japanese Mustard Spinach Soybean Sprout Cucumber Tuna Salad Corn Mayonnaise  Onion Japanese Mustard Spinach Carrot Consommé  Banana			
Snack	Milk Rusk made from Starch	Milk Pizza Toast	Milk Pineapple Cake	Milk Snow Ball Cookie	Green-Tea Seasoned Rice Ball	Milk Cheese Cookie	Milk Dried Young Sardine, Jerry	Milk French Toast	Green Tea Fruit Yogurt	Milk Simmered Sweet Potatoes	Milk Cheese Pancake		
	Rusk Brown Sugar	Bread Onion, Green Pepper Vienna Sausage Ketchup Mixed Cheese	Canned-Pineapple Wheat Flour Egg Sugar Cooking Oil	Wheat Flour Sugar Butter Powdered Sugar	Rice Fried Soybean Curd Natural Stock Soy Sauce, Sugar White Sesame	Wheat Flour Sugar Cooking , Oil Parmesan Cheese	Dried Young Sardine Sugar White Sesame Jerry	Bread Milk Egg Sugar	Plain Yogurt Apple Banana Sugar	Sweet Potato Lemon Juice Sugar	Wheat Flour Baking Powder Sugar Cooking Oil Mixed Cheese		

※Menu may change depending on the availability of ingredients.

