

Date	1/4 (Sat)	1/6(Mon)	1/7(Tue)	1/8(Wed)	1/9(Thu)	1/10(Fri)	1/11(Sat)	1/13(Mon)	1/14(Tue)	1/15(Wed)	1/16(Thu)	1/17(Fri)	1/18(Sat)
Menu	Green Tea Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Biscuit	Milk Shrimp-Flavor Crackers	Milk Fried Crackers 【Korean Cuisine】	Milk Crackers		Milk Rice Crackers	Milk Vegetables Bar	Milk Biscuit	Milk Shrimp-Flavor Crackers	Milk Fried Crackers
	Rice Grilled Chicken Dressed Japanese Mustard Spinach Soybean Baste Soup Apples	Rice Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar	Rice Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil	Hushed Pork and Rice Vegetables Salad Vegetables Soup Mikan-Oranges	Rice Pork Onion Carrot Shimeji-Mushroom Hushed Meat Flakes Cooking Oil	Rice Grilled Whitefish Dressed Spinach Egg Soup Apples	[Korean Cuisine] Bibimbap Bowl Seasoned Vegetable Wakame-Seaweed Soup Bananas	Udon Noodle Soup Dressed Spinach Canned Mikan-Orange		Rice Cheese Omelet Coleslaw Milk Soup Bananas	Champion Noodle Soup Japanese Mustard Spinach Salad Mikan-Oranges	Rice Simmered Pork and Soybean Curd Dressed Vegetables Clear Soup Apples	Wakame Rice Grilled Salmon Simmered Hijiki-Seaweed Soybean Paste Soup Bananas
Ingredient	Box Lunch Day							Public Holiday (Coming of Age Day)					
		Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar	Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil	Pork Onion Carrot Shimeji-Mushroom Hushed Meat Flakes Cooking Oil	Codfish Ginger Sugar Japanese Rice Wine Sweet Rice Wine Soybean Paste	Pork Onion Soy Sauce, Japanese Rice Wine Carrot Shimeji-Mushroom Fried Soybean Curd Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine Salt	Udon Noodles Chicken Onion Carrot Shimeji-Mushroom Fried Soybean Curd Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine Salt			Rice Egg Mixed Cheese Carrot Onion Salt Ketchup Parsley	Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch	Pork Soybean Curd Onion Carrot Shiitake-Mushroom Green Onion Cooking Oil Milk Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch	Rice Wakame-Seaweed Salt Salmon Japanese Rice Wine Salt Hijiki-Seaweed Fried Soybean Curd Soybean Carrot Sesame Oil Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Salt
Snack	Milk Rice Cracker, Jelly	Milk Corn Steamed Bread	Milk Seven Spring-Herb Rice Porridge	Green Tea Banana Yogurt	Milk Toast	Milk Sweet Red Bean Soup	Milk Starch Rusk		Milk Steamed Sweet Potatoes	Green Tea Cocoa Pudding	Milk Hoasted Dried Young Sardine, Banana	Milk Melon-Flavor Toast	Milk Boiled Macaroni
	Wheat Flour Corn Baking Powder Sugar Cooking Oil	Wheat Flour Corn Baking Powder Sugar Cooking Oil	Rice, White Radish Japanese Mustard Spinach, Carrot Natural Stock Soy Sauce Salt	Plain Yogurt Banana Sugar	Bread Soybean Flour Sugar Butter	Rice Dumpling Soybean Curd Sugar Red Bean Sugar, Salt	Rice Soybean Curd Sugar Red Bean Sugar, Salt	Starch Brown Sugar	Sweet Potato Salt	Cocoa Pudding Milk Cocoa Agar Sugar	Dried Young Sardine Light Brown Sugar Mayonnaise Curry Powder Banana	Bread Unsalted Butter Granulated Sugar Flour	Macaroni Soybean Flour Sugar Salt
Date	1/20(Mon)	1/21(Tue)	1/22(Wed)	1/23(Thu)	1/24(Fri)	1/25(Sat)	1/27(Mon)	1/28(Tue)	1/29(Wed)	1/30(Thu)	1/31(Fri)		
Menu	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Biscuit	Milk Shrimp-Flavor Crackers	Milk Fried Crackers	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Biscuit	Milk Shrimp-Flavor Crackers		
	Rice Stir-Fried Pork Chinese Cabbage Salad Soybean Pastes Soup Mini Jelly	Rice Stir-Fried Liver Dressed Vegetables Consommé Soup Mikan-Oranges	Rice Simmered Whitefish Dressed Vegetables Soybean Paste Soup Apples	Bread Roll Chicken White Radish Stew Banana	Rice Grilled Whitefish Simmered Freeze-Dry Soybean Curd Soybean Paste Soup Oranges	Rice Dressed Japanese Mustard Spinach Soybean Paste Soup Canned Peaches	Japanese Pasta Grilled Salmon Spinach Salad Milk Soup Bananas	Rice Grilled Salmon Spinach Salad Milk Soup Bananas	Rice Japanese Omelet Simmered Dried-White Radish Strips Soybean Paste Soup Apples	Rice Fried Chicken Dressed Vegetables Bean-Starch Vermicelli Soup Mikan-Oranges	Rice Pork Beans French Salad Soy Milk Soup Bananas	Rice topped with Dried Food Seasoning Fried Whitefish Potato Salad Consommés Soup, Apples Rice	
Ingredient													
	Pork Bean-Starch Vermicelli Onion Carrot Gren Pepper Chinese Stock Soy Sauce Sugar Japanese Rice Wine Sesame Oil	Chicken Liver Ginger Soy Sauce Starch Potato Green Pea Cooking Oil, Ketchup Sugar, Japanese Rice Wine Worcestershire Sauce Parsley	Codfish Chicken Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar	Chicken Marmalade Garlic Soy Sauce Sugar Japanese Rice Wine	Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Black Sesame	Spaghetti Chicken Onion Carrot Shimeji-Mushroom Salt Butter Soy Sauce Dried Seaweed	Salmon Salt Mayonnaise Cream Corn Parsley	Salmon Salt Mayonnaise Cream Corn Parsley	Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Salt	Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil	Pork Soybean Potato Onion Carrot Green Pepper Tomato Consommé Salt Ketchup Sugar Starch	Codfish Salt Japanese Rice Wine Wheat Flour Bread Crumbs Parmesan Cheese Parsley Cooking Oil	
Snack	Milk Brown Sugar Rusk	Milk Yogurt Cake	Milk Cracker, Cheese	Green Tea Seasoned Rice	Milk Milk and Starch Cake	Milk Simmered Sweet Potatoes	Milk Lemon Cake	Milk Pizza Toast	Green Tea Milk Jelly	Milk Boiled Potatoes	Milk Crepe		
	Bread Brown Sugar	Wheat Flour Baking Powder Sugar Cooking Oil Plain Yogurt	Rice, Fried Soybean Curd Carrot, Burdock Root Soy Sauce Sweet Rice Wine Salt	Rice, Fried Soybean Curd Carrot, Burdock Root Soy Sauce Sweet Rice Wine Salt	Milk Starch Sugar Soybean Flour Sugar	Sweet Potato Sugar Salt	Pancake Powder Egg Unsalted Butter Granulated Sugar Lemon Juice	Bread Onion, Green Pepper Bacon Ketchup Mixed Cheese	Milk Canned Pineapple Agar Sugar	Potato Aosa-Seaweed Salt	Wheat Flour, Salt Egg Milk, Sugar, Cooking Oil Whipped Cream, Sugar Bananas, Canned Mikan-Oranges		



January

☆Korean Cuisine☆

Why is Korean food spicy ?

Korea has harsh winters, so it was necessary to preserve food for long periods. The chili peppers commonly used in Korean cuisine became associated with traditional preservation techniques, forming the basis for its characteristic spiciness ♪

※Menu may change depending on the availability of ingredients.