| Date             | 2/1(Sat)   | 2/3(Mon)  | 2/ 4(Tue)  | 2/ 5(Wed)  | 2/6(Thu)   | 2/7(Fri)                                 | 2/8(Sat)                                    | 2/10(Mon)  | 2/11(Tue)   | 2/ 12(Wed)  | 2/13(Thu)   | 2/ 14(Fri)  | 2/15(Sat)  |
|------------------|--|---|--|--|--|--|---|--|---|---|---|---|--|
| Morning<br>Snack | Milk   | Milk  | Milk   | Milk   | Milk   | Milk                                     | Milk  | Milk   | 2, 11(100)  | Milk  | Milk  | Milk  | Milk   |
| Smack            | Fried Crackers   | Crackers  | Rice Crackers  | Vegetables Bar   | Biscuit  | Shrimp-Flavor Crackers                   |   | Crackers   |   | Rice Crackers   | Vegetables Bar  | Biscuit   | Shrimp-Flavor Cracker  |
| -                | Udon Noodle Soup<br>Seasoned Rice Ball   | Read Bean Rice<br>Fried Chicken   | Rice<br>Grilled White Fish   | Curry and Rice<br>Ham Salad  | Rice<br>Grilled Whitefish  | 【Italian Cuisine】<br>Spaghetti-Bolognese | Mapo Tofu Bowl<br>Spinach Salad             | Rice<br>Grilled Chicken  |   | Rice<br>Tuna Omelet   | Rice<br>Grilled Salmon  | Rice<br>Fried Whitefish   |  |
| Menu             | Dressed Spinach  | Seasoned White Radish   | Simmered Hijiki-Seaweed  |  | Dressed Japanese Mustard Spinach   | Italian Salad                            | Bean-Starch Vermicelli Sou                  |  |   | Coleslaw  | Dressed Vegetables  | Dressed Spinach   |  |
| 2                | Canned Peaches   | Clar Soup   |  | Mikan-Orange   | Soybean Paste Soup   | Italian Soup                             |   | Soybean Paste Soup   |   | Soybean Milk Soup   | Soybean Paste Soup  | Soybean Paste Soup  |  |
|                  |  | Bananas   | Apples   |  | Bananas  | Oranges                                  |   | Bananas  |   | Apples  | Oranges   | Bananas   |  |
|                  | Udon noodles<br>Pork   | Red Bean Rice<br>Black Sesame   | Rice   | Rice   | Rice   | Spaghetti<br>Pork                        | Rice<br>Soybean Curd                        | Rice   |   | Rice  | Rice  | Rice  |  |
|                  | Burdock Root   | Black Sesame  | Codfish  | Pork<br>Onion  | Codfish  | Onion                                    | Pork  | Chicken  |   | Egg   | Salmon  | Codfish   |  |
|                  | Carrot   | Carrot  | Salt   | Potato   | Salt   | Carrot                                   | Onion                                       | Salt   |   | Tuna  | Japanese Rice Wine  | Ginger  |  |
|                  | Squash   | Soy Sauce   | Japsese Rice Wine  | Carrot   | Soy Sauce  | Green Pepper                             | Carrot                                      | Mixed Cheese   |   | Onion   | Salt  | Japanese Rie Wine   |  |
|                  | Onion  | Ginger, Garlic  | Carrot   | Curry Roux   | Sweet Rice Wine  | Ketchup                                  | Green Onion                                 | Parsley  |   | Carrot  | n . 10 1  | Soy Sauce   |  |
|                  | Soybean Curd<br>Green Onion  | Sweet Rice Wine<br>Japanese Rice Wine, Sugar  | Mayonnaise<br>Powder Cheese  | Cooking Oil  | White Sesame   | Worcestershire Sauce<br>Soy Sauce        | Giger<br>Garlic                             | Chinese Cabbage  |   | Salt<br>Ketchup   | Fermented Soybean<br>Japanese Mustard Spinach   | Sweet Rice Wine<br>Starch   |  |
|                  | Natural Stock  | Salt, Starch  | Parsley  | Chinese Cabbage  | Soybean Curd   | Consommé                                 | Soybean Paste                               | Tuna Flakes  |   | Parsley   | Soybean Sprout  | Cooking Oil   |  |
|                  | Soy Sauce  | Cooking Oil   |  | Cucumber   | Japanese Mustard Spinach   | Cooking Oil                              | Red Soybean Paste                           | Cucumber   |   | -   | Carrot  | **********  |  |
|                  | Sweet Rice Wine  |   | Hijiki-Seaweed   | Carrot   | Soybean Sprout   |  | Sugar                                       | Carrot   |   | Cabbage   | Soy sauce   | Spinach   |  |
|                  | Japanese Rice Wine<br>Salt   | White Radish<br>Carrot  | Fried Soybean Curd<br>Carrot   | Loin Ham   | Carrot   | Cabbage                                  | Soy Sauce, Japanese Rice Wine<br>Sesame Oil |  |   | Soybean Sprout  | Sugar   | Soybean Sprout<br>Carrot  |  |
| Ħ                | Starch   | Wakame-Seaweed  | Kidney Bean  | Cooking Oil<br>Vinegar   | Soy Sauce<br>Sugar   | Cucumber<br>Carrot                       | Starch                                      | Vinegar<br>Cooking Oil   |   | Corn<br>Mayonnaise  | Soybean Curd  | Soy Sauce   |  |
| Ingredient       | Starch   | Red Fish cake   | Sesame Oil   | Sugar  | bugai  | Corn                                     | Staren                                      | Sugar  | Public Holiday  | Sugar   | Wakame-Seaweed  | Sugar   |  |
| é                | Rice   | Soy Sauce   | Soy Sauce  | Salt   | Dried White Radish Stripes   |  | Spinach                                     | Salt   | (National   | Salt  | Onion   |   | <b>Box Lunch Day</b>   |
| lie              | Dried Food Seasoning   | Sugar   | Sugar  |  | Carrot   | Cooking Oil                              | Soybean Sprout                              |  | Foundation Day)   | -11 -11   | Dried Young Sardine   | Potato  | •  |
| ᆵ                | Spinach  | Flower-Shaped Starch  | Sweet Rice Wine<br>Japanese Rice Wine  | Onion<br>Squash  | Wakame-Seaweed<br>Dried Young Sardine  | Sugar<br>Salt                            | Carrot<br>Sesame Oil                        | Onion<br>Potato  |   | Chinese Cabbage<br>Carrot   | Soybean Paste   | Onion<br>Carrot   |  |
|                  | Soybean Sprout   | Onion Starch  | oupanese rice wille  | Squasn<br>Shimeji-Mushroom   | Soybean Paste  | Suit                                     | Soy Sauce, Vinegar                          | Wakame-Seaweed   |   | Shimeji-Mushroom  | Orange  | Dried Young Sardine   |  |
|                  | Carrot   | Carrot  | Spinach  | Consommé   | ,  | Egg                                      | Sugar                                       | Dried Young Sardine  |   | Soymilk   |   | Soybean Paste   |  |
|                  | Soy Sauce  | Green Onion   | Onion  |  | Banana   | Carrot                                   | Salt  | Soybean Paste  |   | Consommé  |   | •   |  |
|                  | Sugar  | Natural Stock   | Shiitake-Mushroom  | Mikan-Orange   |  | Spinach                                  | Malakama Carrara                            | Ponone   |   | Salt  |   | Banana  |  |
|                  | Canned Peach   | Soy Sauce<br>Japanese Rice Wine   | Dried Young Sardine<br>Sovbean Paste   |  |  | Canned Tomato<br>Consommé                | Wakame-Seaweed<br>Bean-Starch Vermicelli    | Banana   |   | Apple   |   |   |  |
|                  | Carried 1 cacil  | Sweet Rice Wine   | oo, bean raste   |  |  | Collouinic                               | Onion                                       |  |   | - Ppic  |   |   |  |
|                  |  | Salt  | Apple  |  |  | Orange                                   | Chinese Stock                               |  |   |   |   |   |  |
|                  |  | Panana  |  |  |  |  | C1263 O                                     |  |   |   |   |   |  |
|                  |  | Banana  |  |  |  |  | Canned Mikan-Orange                         |  |   |   |   |   |  |
|                  |  |   |  |  |  |  |   |  |   |   |   |   |  |
|                  | Milk   | Milk  | Milk   | Milk   | Milk   | Green Tea                                | Milk  | Milk   |   | Milk  | Green Tea   | Milk  | Milk   |
| (n               |  | Soybean Flour Cookies   |  | Bread Pudding  | Candies Sweet Potatoes   |  | Boiled Macaroni                             | Brown Sugar Rusk   |   | Pancake   | Fruits Yogurt   | Cocoa Steamed Bread   | Rice Cracker, jelly  |
| Snack            | Sweet Potato<br>Sugar  | Wheat Flour<br>Sugar  | Milk<br>Cocoa  | Bread<br>Egg   | Sweet Potato<br>Cooking Oil  | Rice<br>Dried Soybean Curd, Burdock Root | Macaroni<br>Sovbean Flour                   | Bread<br>Brown Sugar   |   | Pancake Powder<br>Milk  | Plain Yogurt<br>Banana  | Wheat Flour<br>Cocoa  |  |
| Ç                | Salt   | Soybean Flour   | Agar   | Milk   | Sugar  | Shimeji-Mushroom, Kidney Bean            |   | Diomii ougai   |   | Egg   | Canned Mikan-Orange   | Baking Powder   |  |
|                  |  | Cooking Oil   | Sugar  | Sugar  | Starch   | Soy Sauce, Sweet Rice Wine               |   |  |   | 30  | Sugar   | Sugar   |  |
| D-4              | 0/15/35>   | 0/10/m)   | 0/10/717-3)  | o/ os(ml)  | Black Sesame   | Salt                                     | 0/0/04)                                     | 0 / 05/m)  | 0/06/347-3)   | o / o=/ml)  | a/a0(P-1)   | Cooking Oil   | 1  |
| Date             | 2/ 17(Mon)<br>Milk   | 2/ 18(Tue)<br>Milk  | 2/ 19(Wed)<br>Milk   | 2/ 20(Thu)<br>Milk   | 2/ 21(Fri)<br>Milk   | 2/ 22(Sat)<br>Milk                       | 2/ 24(Mon)                                  | 2/ 25(Tue)<br>Milk   | 2/ 26(Wed)<br>Milk  | 2/ 27(Thu)<br>Milk  | 2/ 28(Fri)<br>Milk  | +   |  |
| Morning<br>Snack | Fried Crackers   | Crackers  | Rice Crackers  | Vegetables Bar   | Biscuit  | Shrimp-Flavor Crackers                   |   | Fried Crackers   | Crackers  | Rice Crackers   | Vegetables Bar  |   |  |
| н                | Rice   | Rice  | Rice   | Bread  | Rice   |  |   | Rice   | Rice  | Int   | I TO 2  |   |  |
| Иe               | Grilled Chicken<br>Dressed Chinese Cabbage   | Grilled White Fish  | Simmered Liver   | Chili Con Cane   |  |  |   |  |   | Rice  | Rice  |   | (F)  |
| Menu             | Soybean Paste Soup   |   | Simmered Freeze Des Soubage Com-   |  | Stir-Fried Vegetables  |  |   | Simmered Whitefish   | Spanish Omelet  | Stir-Fried Pork   | Grilled White Fish  |   | <b>⊕</b> 3   |
|                  | Bananas  | Consommè Soup   | Simmered Freeze Dry Soybean Cure   | Egg Salad  | Dried White Radish Salad   |  |   | Simmered Whitefish<br>Hijiki Salad   | Spanish Omelet<br>Dressed Vegetables  | Stir-Fried Pork<br>Dressed Vegetables   | Grilled White Fish<br>Spinach Salad   |   | (F)  |
|                  |  | Consommé Soup<br>Oranges  | Simmered Freeze Dry Soybean Curv<br>Egg Soup<br>Apples   |  |  |  |   | Simmered Whitefish   | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup   | Stir-Fried Pork   | Grilled White Fish  |   | (4) (4) (4) (4) (4) (4) (4) (4) (4) (4)  |
|                  | Rice   |   | Egg Soup   | Egg Salad<br>Milk Soup   | Dried White Radish Salad<br>Soybean Paste Soup   |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup   | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup   | Stir-Fried Pork<br>Dressed Vegetables<br>Soybean Paste Soup   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup   | 6   | **   |
|                  |  | Oranges<br>Rice   | Egg Soup<br>Apples<br>Rice   | Egg Salad<br>Milk Soup<br>Oranges<br>Bread   | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice   |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice  | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup<br>Bananas<br>Rice  | Stir-Fried Pork<br>Dressed Vegetables<br>Soybean Paste Soup<br>Apples<br>Rice   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice  | 9   | **   |
|                  | Chicken  | Oranges   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver  | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean  | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd   |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish   | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup<br>Bananas<br>Rice  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges  | 2   |  |
|                  | Chicken<br>Soy Sauce<br>Sugar  | Oranges<br>Rice<br>Codfish<br>Salt<br>Mayonnaise  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot  | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean<br>Chicken<br>Onion  | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion  |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce  | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup<br>Bananas<br>Rice<br>Egg<br>Bacon<br>Potato  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice  | 2   |  |
|                  | Chicken<br>Soy Sauce<br>Sugar<br>Sweet Rice Wine   | Oranges Rice Codfish Salt Mayonnaise Powder Cheese  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger  | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean<br>Chicken<br>Onion<br>Carrot  | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach  |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce<br>Japanese Rice Wine  | Spanish Omelet<br>Dressed Vegetables<br>Vegetables Soup<br>Bananas<br>Rice<br>Egg<br>Bacon<br>Potato<br>Onion   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese   | 2   |  |
|                  | Chicken<br>Soy Sauce<br>Sugar<br>Sweet Rice Wine<br>Ginger   | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste   | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean<br>Chicken<br>Onion<br>Carrot<br>Garlic  | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt  |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce<br>Japanese Rice Wine<br>Sweet Rice Wine   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout   | 2   |  |
|                  | Chicken<br>Soy Sauce<br>Sugar<br>Sweet Rice Wine   | Oranges Rice Codfish Salt Mayonnaise Powder Cheese  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger  | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean<br>Chicken<br>Onion<br>Carrot<br>Garlic<br>Tomato  | Dried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach  |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce<br>Japanese Rice Wine  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese   | 2   |  |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd  | Egg Salad<br>Milk Soup<br>Oranges<br>Bread<br>Soybean<br>Chicken<br>Onion<br>Carrot<br>Garlic<br>Tomato<br>Ketchup<br>Consommé   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil  |  |   | Simmered Whitefish<br>Hijiki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce<br>Japanese Rice Wine<br>Sweat Rice Wine<br>Sugar<br>Hijiki-Seaweed  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot  | Febr  | FILERY   |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout   | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot  | Is gaslad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar  | bried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine  |  |   | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce   | Febr  | ruary  |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot  | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes   |  |   | Simmered Whitefish<br>Hijliki Salad<br>Soybean Paste Soup<br>Canned Mikan-Orange<br>Rice<br>Codfish<br>Ginger<br>Soy Sauce<br>Japanese Rice Wine<br>Sweet Rice Wine<br>Sugar<br>Hijiki-Seaweed<br>Cucumber<br>Soybean Sprout   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>(Cooking Oil   | Febr  | ruary  |
| In               | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shitlake-Mushroom<br>Kidney Bean  | Is gaslad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar  | bried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes   |  |   | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>Cooking Oil  | Febr  | ruary  |
| Ingr             | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybaen Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shiitake-Mushroom<br>Kidney Bean<br>Natural Stock<br>Soy Sauce  | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg  | bried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot   |  |   | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  Soybean Curd Spinach Soybean Sprout Carrot Carrot Carrot  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>(Cooking Oil   | Febr  | ruary  |
| Ingred           | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise  | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shiitake-Mushroom<br>Kidney Bean<br>Natural Stock<br>Soy Sauce  | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot<br>Vinegar  | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>1 Cooking Oil<br>Vinegar<br>Sugar<br>Salt  |   |  |
| Ingredier        | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise Sugar Salt   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shiitake-Mushroom<br>Kidney Bean<br>Natural Stock<br>Soy Sauce<br>Sugar  | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot  | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot<br>Vinegar<br>Soy Sauce   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>1 Cooking Oil<br>Vinegar<br>Sugar<br>Salt  | ☆Italian  | . Cuisine☆   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise Sugar Salt Onion   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soybean Paste<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shiitake-Mushroom<br>Kidney Bean<br>Natural Stock<br>Soy Sauce  | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrott<br>Vinegar<br>Soy Sauce  | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar   | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>1 Cooking Oil<br>Vinegar<br>Sugar<br>Salt  |   | . Cuisine☆   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise Sugar Salt   | Egg Soup<br>Apples<br>Rice<br>Chicken Liver<br>Konjac<br>Carrot<br>Garlic, Ginger<br>Soy Sauce, Sugar<br>Freeze Dry Soybean Curd<br>Carrot<br>Shiitake-Mushroom<br>Kidney Bean<br>Natural Stock<br>Soy Sauce<br>Sugar<br>Sweet Rice Wine<br>Japanese Rice Wine   | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot  | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot<br>Vinegar<br>Soy Sauce   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash  | Grilled White Fish<br>Spinach Salad<br>Soybean Paste Soup<br>Oranges<br>Rice<br>Codfish<br>Salt<br>Mixed Cheese<br>Soybean Sprout<br>Spinach<br>Carrot<br>Corn<br>Soy Sauce<br>(Cooking Oil<br>Vinegar<br>Sugar<br>Salt   | ☆Italian  | . Cuisine☆   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom  | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carbbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot<br>Vinegar<br>Soy Sauce   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout   | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot  | ☆Italian  | Cuisine☆   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion  | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice<br>Fried Soybean Curd<br>Pork<br>Onion<br>Japanese Mustard Spinach<br>Salt<br>Soy Sauce<br>Sweet Rice Wine<br>Sesame Oil<br>Dried Bonito Flakes<br>Dried White Radish Stripes<br>Cucumber<br>Carrot<br>Vinegar<br>Soy Sauce<br>Cooking Oil<br>Sugar<br>Salt   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  Soybean Curd Spinach Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ☆Italian  Italy, with its lor  Italy has diver  | Cuisine☆ ng stretch of land rse climates and   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot   | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach  | legg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carbot Tuna Flakes Vinegar, Solt Sugar, Salt Potato Onion  | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice Fried Soybean Curd<br>Pork Onion Japanese Mustard Spinach<br>Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage  | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout   | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine  | ☆Italian  Italy, with its lor  Italy has diver natural feature  | Cuisine☆ ng stretch of land rse climates and   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Legg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce   | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato   | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice Fried Soybean Curd<br>Pork Onion Japanese Mustard Spinach<br>Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom  | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice  Egg Bacon Potato Onion Carrot Salt Parsley Ketchup  Soybean Curd Spinach Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Poung Sardine Soybean Paste  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ☆Italian Italy, with its lor Italy has diver natural feature country.   | a Cuisine☆ ng stretch of land rse climates and s within the  |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine   | legg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé  | pried White Radish Salad<br>Soybean Paste Soup<br>Apples<br>Rice Fried Soybean Curd<br>Pork Onion Japanese Mustard Spinach<br>Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ∴Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea  | ng stretch of land rese climates and is within the ch region has   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Legg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce   | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carbot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk  | pried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste                                       | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijliki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Poung Sardine Soybean Paste  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o  | e Cuisine \( \frac{1}{2} \) ag stretch of land rese climates and s within the ch region has wn unique  |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Sugar Japanese Rice Wine   | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley  | pried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine   | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijliki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Poung Sardine Soybean Paste  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ∴Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea  | e Cuisine \(  \) ag stretch of land rese climates and s within the ch region has wn unique   |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste  | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine   | legg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé  | pried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste                                       | Box Lunch Day                            | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijliki-Seaweed Cucumber Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé   | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Poung Sardine Soybean Paste  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste  | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and  | e Cuisine  ag stretch of land as e climates and as within the ach region has awn unique al local dishes.                                       |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana   | Oranges Rice  Rice  Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley  Potato Cucumber Carrot Com Mayonnaise Sugar Salt  Onion Cabbage Carrot Consommé Orange                                  | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybaen Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Salt Apple  | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley  | pried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Apple                                 |  | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange  | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaies Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana                               | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple  | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste Orange   | ☆Italian Italy, with its lor Italy has diver natural feature country. As a result, ea developed its o ingredients an The hallmark                                       | e Cuisine  ag stretch of land ag stretch of land as e climates and as within the ach region has wen unique al local dishes. of Italian cuisine |
| Ingredient       | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana   | Oranges Rice Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé Orange                                     | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Agg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Salt Apple              | Is Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley Orange   | bried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Apple  Milk                           | Milk                                     | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana Milk                          | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple                             | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste Orange   | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and The hallmark is its simplicity                 | ng stretch of land rese climates and s within the ch region has wn unique d local dishes. of Italian cuisine and the                           |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana   | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Com Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé Orange   | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Japanese Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Sait Apple Milk Dried Young Sardine, Fruits Dried Young Sardine, Fruits              | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley Orange  Green Tea Wakame Rice Ball                     | bried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Apple  Milk Boiled Potatoes           |  | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweat Rice Wine Sweat Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Say Sauce Cooking Oil Sugar Salt  Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange   | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana  Milk French Toast            | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple  Milk Sesame Doughnuts                         | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Voung Sardine Soybean Paste Orange  Milk Raisin Steamed Bread                    | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and The hallmark is its simplicity emphasis on the | ng stretch of land rese climates and s within the ch region has wn unique of Italian cuisine and the natural flavors                           |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana Milk Soybean-Flour Pancake                            | Oranges Rice  Rice  Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley  Potato Cucumber Carrot Corn Mayonnaise Sugar Salt  Onion Cabbage Carrot Consommé Orange                                 | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Apple Milk Dried Young Sardine, Fruits Dried Young Sardine | Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley Orange  Green Tea Wakame Rice Ball Rice                   | bried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Cooking Oil Sugar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Apple  Milk Boiled Potatoes | Milk                                     | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange  Milk Yogurt Cake Wheat Flour                                 | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana  Milk French Toast Bread      | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple  Milk Sesame Doughnuts Rice Flour              | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce (Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste Orange  Milk Raisin Steamed Bread Wheat Flour         | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and The hallmark is its simplicity                 | ng stretch of land rese climates and s within the ch region has wn unique of Italian cuisine and the natural flavors                           |
|                  | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana  Milk Soybean-Flour Pancake Wheat Flour Soybean Flour | Oranges Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Potato Cucumber Carrot Corn Mayonnaise Sugar Salt Onion Cabbage Carrot Consommé Orange  Milk Okinawan Cookies Wheat Flour Sugar | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Japanese Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Sait Apple Milk Dried Young Sardine, Fruits Dried Young Sardine, Fruits              | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley Orange  Green Tea Wakame Rice Ball                     | bried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Apple  Milk Boiled Potatoes           | Milk                                     | Observed Holiday                            | Simmered Whitefish Hijliki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange  Milk Yogurt Cake Wheat Flour Baking Powder Sugar Cooking Oil | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Sait Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana  Milk French Toast Bread Milk | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple  Milk Sesame Doughnuts                         | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Voung Sardine Soybean Paste Orange  Milk Raisin Steamed Bread                    | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and The hallmark is its simplicity emphasis on the | ng stretch of land  rese climates and s within the  ch region has wn unique of local dishes. of Italian cuisine and the natural flavors        |
| Ingredient Snack | Chicken Soy Sauce Sugar Sweet Rice Wine Ginger Starch Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar White Radish Carrot Dried Young Sardine Soybean Paste Banana Milk Soybean-Flour Pancake                            | Oranges Rice  Rice  Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley  Potato Cucumber Carrot Corn Mayonnaise Sugar Salt  Onion Cabbage Carrot Consommé Orange                                 | Egg Soup Apples Rice Chicken Liver Konjac Carrot Garlic, Ginger Soybean Paste Soy Sauce, Sugar Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Egg Enoki-Mushroom Onion Spinach Natural Stock Soy Sauce Japanese Rice Wine Apple Milk Apple  Milk Dried Young Sardine, Fruits Dried Young Sardine Sugar      | In Egg Salad Milk Soup Oranges Bread Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Cabbage Carrot Tuna Flakes Vinegar, Cooking Oil Sugar, Salt Potato Onion Corn Milk Consommé Parsley Orange  Green Tea Wakame Rice Ball Rice Wakame-Seaweed | bried White Radish Salad Soybean Paste Soup Apples Rice Fried Soybean Curd Pork Onion Japanese Mustard Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Dried White Radish Stripes Cucumber Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Dried Young Sardine Soybean Paste Apple  Milk Boiled Potatoes Potato Aosa-Seaweed        | Milk                                     | Observed Holiday                            | Simmered Whitefish Hijiki Salad Soybean Paste Soup Canned Mikan-Orange Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sweet Rice Wine Sugar Hijiki-Seaweed Cucumber Soybean Sprout Soybean Sprout Soybean Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Dried Young Sardine Soybean Paste Canned Mikan-Orange  Milk Yogurt Cake Wheat Flour Baking Powder                    | Spanish Omelet Dressed Vegetables Vegetables Soup Bananas Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Soybean Curd Spinach Soybean Sprout Carrot Mayonnaise Soy Sauce Sugar White Radish Chinese Cabbage Cron Consommé Banana  Milk French Toast Bread      | Stir-Fried Pork Dressed Vegetables Soybean Paste Soup Apples Rice Pork Onion Green Pepper Ginger Soy Sauce Sweet Rice Wine Japanese Rice Wine Cooking Oil Japanese Mustard Spinacl Cucumber Enoki-Mushroom Dried Baby Sardine Soy Sauce Sugar Squash Wakame-Seaweed Fried Soybean Sprout Dried Young Sardine Soybean Paste Apple  Milk Sesame Doughnuts Rice Flour Soybean Curd | Grilled White Fish Spinach Salad Soybean Paste Soup Oranges Rice Codfish Salt Mixed Cheese Soybean Sprout Spinach Carrot Corn Soy Sauce 1 Cooking Oil Vinegar Sugar Salt Potato Onion Carrot Dried Young Sardine Soybean Paste Orange  Milk Raisin Steamed Bread Wheat Flour Raisin | ☆Italian  Italy, with its lor  Italy has diver natural feature country.  As a result, ea developed its o ingredients and The hallmark is its simplicity emphasis on the | ng stretch of land  rese climates and s within the  ch region has wn unique of local dishes. of Italian cuisine and the natural flavors        |



## **February**