

Date	3/1(Sat)	3/3(Mon)	3/4(Tue)	3/5(Wed)	3/6(Thu)	3/7(Fri)	3/8(Sat)	3/10(Mon)	3/11(Tue)	3/12(Wed)	3/13(Thu)	3/14(Fri)	3/15(Sat)	3/17(Mon)
Menu	<b>Milk Biscuit</b> Chicken and Egg Bowl Dressed Japanese Mustard Spinach Soybean Paste Soup Canned Pineapples	<b>Milk Shrimp-Flavor Crackers</b> Chirashi Sushi Grilled Chicken Seasoned Wakame-Seaweed Clear Soup Bananas	<b>Milk Fried Crackers</b> Udon Noodle Soup Rice Ball Dressed Spinach Apples	<b>Milk Crackers</b> Rice Fried Whitefish Cabbage Salad Soybean Paste Soup Oranges	<b>Milk Rice Crackers</b> Rice Simmered Chicken Liver Dressed Vegetables Milk Soup Bananas	<b>Milk Vegetables Bar</b> Rice Grilled White Fish Simmered Hijiki-Seaweed Soybean Paste Soup Apples	<b>Milk Biscuit</b> Mapo Tofu Bowl Japanese Mustard Spinach Salad Bean-Starch Vermicelli Soup Canned Mikan Orange	<b>Milk Shrimp-Flavor Crackers</b> Rice Grilled Chicken Ham Salad Wakame Soup Mini Jelly	<b>Milk Fried Crackers</b> Rice Grilled Whitefish Simmered Dried White Radish Soybean Paste Soup Bananas	<b>Milk Crackers</b> Rice Stir-Fried Pork Dressed Vegetables Egg Soup Apples	<b>Milk Rice Crackers</b> Bread Roll Hamburg Steak Potato Salad Vegetables Soup Oranges	<b>Milk Crackers</b> Rice Grilled Whitefish Dressed Vegetables Clear Soup Bananas	<b>Milk Biscuit</b>	<b>Milk Shrimp-Flavor Crackers</b> Rice Grilled Salmon Cabbage Soybean Paste Oranges
Ingredient	Rice Chicken Egg Carrot Onion Shiitake-Mushroom Green Onion Natural Stock Soy Sauce Sugar Japanese Rice Wine Dried Seaweed Japanese Mustard Spinach Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar Onion Wakame-Seaweed Wheat Gluten Dried Young Sardine Soybean Baste Canned Pineapple	Kelp Stock Vinegar, Salt Sugar, Sweet Rice Wine Carrot Shiitake-Mushroom Lotus Root Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Egg Chicken Soy Sauce, Sugar Sweet Rice Wine, Ginger Starch Wakame-Seaweed Soybean Sprout White Radish Cucumber Carrot Vinegar, Sugar Wheat Gluten Canola Onion Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Banana	Udon Noodles Chicken Onion Shimeji-Mushroom Fried Soybean Curd Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Rice Dried Baby Sardine White Sesame Salt Spinach Soybean Sprout Corn Soy Sauce Sugar Apple	Rice Codfish Slat Starch Cooking Oil Water Carrot Green Pepper Soy Sauce Ketchup Soy Sauce Sugar Vinegar Cabbage Soybean Sprout Tuna Flakes Vinegar Wakame-Seaweed Dried Young Sardine Soybean Paste Salt Wakame-Seaweed Onion Carrot Dried White Radish Stripes Dried Young Sardines Soybean Paste Orange	Rice Chicken Liver Onion Carrot Ketchup Water Salt Worcestershire Sauce Soy Sauce Curry Powder Soybean Curd Japanese Mustard Spinach Cucumber Carrot White Sesame Mayonnaise Soy Sauce Sugar Onion Potato Shimeji-Mushroom Milk Consommé Parsley Banana	Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Hijiki-Seaweed Carrot Fried Soybean Curd Soybean Sesame Oil Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine White Radish Carrot Wakame-Seaweed Dried Young Sardine Soybean Paste Apple	Rice Soybean Curd Pork Onion Carrot Green Onion Ginger Garlic Water Soybean Paste Red Soybean Paste Sugar Soy Sauce Vinegar Cooking Oil Sugar Salt Japanese Mustard Spinach Cucumber Carrot White Sesame Sesame Oil Soy Sauce Vinegar Sugar Bean-Starch Vermicelli Onion Wakame-Seaweed Chinese Stock Canned Mikan-Orange	Rice Chicken Salt Mixed Cheese Parsley Spinach Soybean Sprout Loin Ham Corn Soy Sauce Vinegar Cooking Oil Sugar Salt Onion Carrot Wakame-Seaweed Chinese Seasoning Powder Mini Jelly	Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Black Sesame Soy Sauce Sugar Fried White Radish Stripes Fried Soybean Curd Carrot Kidney Bean Natural Stock Soy Sauce Suga Sweet Rice Wine Japanese Rice Wine Squash Onion Japanese Mustard Spinach Dried Young Sardine Soybean Paste Banana	Rice Pork Fried Soybean Curd Carrot Onion Green Pepper Soy Sauce Vinegar Cooking Oil Starch Potato Cucumber Carrot Tuna Flakes Mayonnaise Sugar Salt Soybean Sprout Cabbage Carrot Consommé Orange	Wheat Gluten Banana	<b>Box Lunch Day</b> Rice Salmon Salt Mayonnaise Cream Corn Parsley Cabbage Cucumber Carrot Cooking Oil Soy Sauce Vinegar Sugar Salt White Sesame Onion Carrot Wheat Gluten Wakame-Seaweed White Radish Carrot Consommé Salt Orange	Rice	
Snack	<b>Milk Simmered Sweet Potatoes</b> Sweet Potato Sugar Salt	<b>Calpis-Yogurt Trifle</b> Wheat Flour Spinach, Strawberry, Jam Baking Powder Whipped Cream, Sugar Rice Crackers	<b>Milk Banana Soft Cookie</b> Pancake Powder Butter Milk Banana	<b>Milk Brown Sugar Rusk</b> Bread Brown Sugar	<b>Milk Milk Jelly</b> Canned Pineapple Agar Sugar	<b>Milk Boiled Potatoes</b> Potato Salt Dried Green Seaweed	<b>Milk Pancake</b> Pancake Powder Milk Egg	<b>Milk Boiled Macaroni</b> Macaroni Soybean Wheat Flour Sugar Salt	<b>Milk Wheat Gluten Rusk</b> Wheat Gluten Brown Sugar	<b>Milk Yogurt Cake</b> Wheat Flour Baking Powder Sugar, Cooking Oil Plain Yogurt Canned Pineapples	<b>Green Tea Seasoned Rice Ball</b> Rice Dried Soybean Curd Natural Stock Soy Sauce, Sugar White Sesame	<b>牛乳 Cocoa Steamed Bread</b> Wheat Flour Cocoa Baking Powder Cooking Oil Sugar	<b>Milk Heart-Shaped Pie, Cheese</b>	<b>Milk Milk and Starch Cake</b> Milk Strach Sugar Soybean Flour Sugar
Date	3/18(Mon)	3/19(Wed)	3/20(Thu)	3/21(Fri)	3/22(Sat)	3/24(Mon)	3/25(Tue)	3/26(Wed)	3/27(Thu)	3/28(Fri)	3/29(Sat)	3/31(Mon)		
Menu	<b>Milk Fried Crackers</b> Rice Grilled Chicken Dressed Japanese Mustard Spinach Soybean Paste Soup Bananas	<b>Milk Crackers (Spanish Cuisine)</b> Rice Spanish Tortilla Macaroni Salad Garlic Soup Apples		<b>Milk Vegetables Bar</b> Rice Grilled Whitefish Chinese Cabbage Salad Consommé Soup Bananas	<b>Milk Biscuit</b> Japanese Pasta Dressed Japanese Mustard Spinach Soybean Paste Soup Canned Pineapple	<b>Milk Shrimp-Flavor Crackers</b> Rice Fried Whitefish Dressed Cabbage Soybean Paste Soup Bananas	<b>Milk Rice Crackers</b> Rice Cheese Omelet vegetables Salad Milk Soup Apples	<b>Milk Vegetables Bar</b> Rice Simmered Pork and Vegetables Dressed Spinach Clear Soup Oranges	<b>Milk Biscuit</b> Rice Grilled Whitefish Hijiki-Salad Soybean Paste Soup Mini Jelly	<b>Milk Shrimp-Flavor Crackers</b> Rice Grilled Chicken Simmered Freeze Dry Soybean Curd Soybean Paste Soup Oranges	<b>Milk Fried Crackers</b>	<b>Milk Crackers</b> Curry and Rice Caesar Salad Vegetables Soup Apples		
Ingredient	Rice Chicken Salt Butter Potato Onion Japanese Mustard Spinach Soybean Sprout Carrot Parsley Ketchup Dried Bonito Flakes Soy Sauce Sugar Macaroni Carrot Wakame-Seaweed Tuna Flakes Corn Cucumber Soybean Curd Dried Young Sardine Soybean Paste Banana	Rice Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Macaroni Carrot Tuna Flakes Corn Cucumber Apple Vinegar Sugar Salt Olive Oil Wheat Gluten Onion Spinach Garlic Consommé Apple	<b>Public Holiday (Spring Equinox Day)</b>	Rice Codfish Salt Mayonnaise Powder Cheese Bread Crumbs Parsley Chinese Cabbage Soybean Sprout Carrot White Sesame Vinegar Soy Sauce Cooking Oil Sugar Salt Onion Carrot Corn Consommé Banana	Spaghetti Chicken Onion Carrot Shimeji-Mushroom Salt Butter Soy Sauce Dried Seaweed Japanese Mustard Spinach Soybean Sprout Carrot Tuna Flakes Soy Sauce Sugar Wakame-Seaweed Onion Fried Soybean Curd Dried Young Sardine Soybean Paste Canned Pineapple	Rice Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil Cabbage Soybean Sprout Carrot White Sesame Soy Sauce Sugar Onion Carrot Japanese Mustard Spinach Dried Young Sardine Soybean Paste Banana	Rice Egg Mixed Cheese Onion Carrot Green Onion Salt Ketchup Parsley Cucumber Soybean Corn Tuna Flakes Vinegar Soy Sauce Cooking Oil Sugar Salt Squash Shinese Cabbage Shimeji-Mushroom Milk Consommé Apple	Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Starch Spinach Soybean Sprout Carrot Soy Sauce Sugar Enoki-Mushroom White Radish Carrot Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Orange	Rice Codfish Marmalade Onion Carrot Soy Sauce Sweet Rice Wine Ginger Starch Freeze Dry Soybean Curd Carrot Shiitake-Mushroom Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Onion Wakame-Seaweed Dried Young Sardine Soybean Paste Mini Jelly	Rice Chicken Soy Sauce Carrot Onion Green Pepper Soy Sauce Vinegar Cooking Oil Starch Soybean Sprout Japanese Mustard Spinach Fried Soybean Curd Dried Young Sardine Soybean Paste Orange	<b>Box Lunch Day</b> Rice Pork Onion Potato Carrot Curry Roux Cooking Oil Cabbage Cucumber Corn Mayonnaise Vinegar Parmesan Cheese Garlic Sugar Salt Soybean Sprout Carrot Spinach Consommé Apple			
Snack	<b>Milk Toast</b> Bread Dried Baby Sardine Mayonnaise Aosa-Seaweed Powder Cheese	<b>Milk Lemon Cake</b> Pancake Powder Egg Unsalted Butter Crystal Sugar Lemon		<b>Milk Candied Sweet Potatoes</b> Sweet Potato Cooking Oil Sugar Starch Black Sesame	<b>Milk Boiled Soybeans</b> Soybean Soybean Flour Sugar Salt	<b>Milk Sesame Toast</b> Bread Margarine Sugar White Sesame	<b>Milk Baked Mashed Potato Cake</b> Potato Starch Butter Cooking Oil	<b>Milk Cookies</b> Wheat Flour Sugar Cooking Oil	<b>Green Tea Fruits Yogurt</b> Plain Yogurt Canned Peach Apple Sugar	<b>Milk Dried Young Sardine, Bananas</b> Dried Young Sardine Light Brown Sugar Mayonnaise Curry Powder Banana	<b>Milk Rice Cracker, Jelly</b>	<b>Milk Soybean Flour Pancake</b> Wheat Flour Soybean Flour Baking Powder Cooking Oil Sugar		

※Menu may change depending on the availability of ingredients.



March

☆Spanish Cuisine☆

**Spanish Tortilla**

A taste of home from Spain! A thick omelet with potatoes. It's cooked in a frying pan, shaped into a circle, and cut like a cake to be served.

**Sopa de Ajo**

Sopa de Ajo: 'Sopa' means soup, and 'Ajo' means garlic. It's a soup that warms your body."