

Date	Day	Snack at 9 o'clock	Menu	Ingredient			Snack at 3 o'clock	
				For blood, muscle and bone	For body heat and energy	For body conditioning		
2	Mon	Milk, Deep Fried Rice Crackers	Chicken and Egg Bowl, Wakame-Seaweed seasoned with Vinegar, Soybean Paste Soup, Bananas	Milk, Chicken, Soybean Paste, Soybean, Egg, Fish Cake-Crab Meat Flavor, Soybean Flour	Rice, Potato	Onion, Carrot, Green Onion, Wake-Seaweed, White Radish, Mushroom, Banana	Milk, Simmered Beans coated with Soybean Flour	
6	Fri	Milk, Vegetables Bar	Rice, Salmon grilled with Cheese and Mashed Potato, Vegetables dressed with Sesame, Soybean Paste Soup, Oranges	Milk, Salmon, Cheese, Soybean Paste	Rice, Potato, Sesame, Bread, Corn	Onion, Carrot, Wakame-Seaweed, Cabbage, Parsley, Orange	Milk, Brown Sugar Rusk	
7	Sat	Milk, Deep Fried Rice Crackers	Box Lunch Day					Milk, Jerry, Cookies
9	Mon	Milk, Fish Chips	Rice, Chili Con Cane, Corn Salad, Vegetable Soup, Apples	Milk, Minced Chicken, Soybean	Rice, Corn, Bracken-Starch Flour	Onion, Carrot, Tomato, Green Pepper, Wakame-Seaweed, Soybean Sprout, Cabbage, White Radish, Apple	Milk, Bracken-Starch Dumpling	
10	Tue	Milk, Crackers	Rice, Deep fried White Fish, Dried White Radish Stripes seasoned with Vinegar, Soybean Paste Soup, Bananas	Milk, White Fish, Soybean Paste, Yogurt	Rice	Carrot, Cucumber, Onion, Dried White Radish Stripe, Japanese Mustard Spinach, Apple	Milk, Mikan-Orange Yogurt	
11	Wed	Milk, Deep Fried Rice Crackers	Rice, Omelet-Japanese Style, French Salad, Consommé Soup, Oranges	Milk, Chicken, Egg	Rice, Corn, Sweet Potato	Carrot, Soybean Sprout, Mushrooms, Onion, Wakame-Seaweed, White Radish, Orange	Milk, Candied Sweet Potatoes	
12	Thu	Milk, Corn Snacks	Rice, Pork stir-fried with Ginger Sauce, Vegetables dressed with Chinese Seasoning, Egg Soup, Bananas	Milk, Egg, Pork, Dried Young Sardine	Rice, Corn, Mayonnaise	Carrot, Onion, Japanese Mustard Spinach, Cabbage, Green Pepper, Apple, Banana	Milk, Apples, Dried Young Sardines dressed with Curry and Mayonnaise Sauce	
13	Fri	Milk, Vegetables Bar	Rice, White Fish grilled with Sweetened Soybean Paste, Spinach dressed with Japanese White Sauce, Clear Soup, Apples	Milk, White e Fish, Soybean Paste, Soybean Curd	Rice, Sesame, Wheat Flour	Ginger, Carrot, Onion, Green Onion, Spinach, Pumpkin, Apple	Milk, Pumpkin Cake	
14	Sat	Milk, Corn Snacks	Chicken Curry and Rice, Tuna Salad, Consommé Soup, Canned Pineapples	Milk, Chicken, Tuna	Rice, Potato	Cabbage, Pineapple, Soybean Sprout, Pumpkin, Green Pea, Spinach, Canned Pineapple	Milk, Steamed Sweet Potatoes	
16	Mon	Milk, Crackers	Rice, Salmon grilled with Salt, White Radish Salad, Soybean Paste Soup, Oranges	Milk, Salmon, Red Bean Jam	Rice, Wheat Flour	Dried White Radish Stripe, Onion, Carrot, Cucumber, Wakame-Seaweed, Orange	Milk, Steamed Bread stuffed with Red Bean Jam	
17	Tue	Milk, Deep Fried Rice Crackers	Rice, Pork stir-fried with Vegetables, Boiled Japanese Mustard Spinach, Soybean Paste Soup, Bananas	Milk, Minced Pork, Soybean Paste, Egg, Soybean Curd	Rice, Bread	Burdock Root., Soybean Sprout, Mushroom, Japanese Mustard Spinach, Carrot, Onion, Banana	Milk, Bread Pudding	
18	Wed	Milk, Corn Snacks	Rice, Omelet, - Chinese Flavor, Bean-Starch Vermicelli Salad, Clear Soup, Apples	Milk, Egg, Soybean Curd, Yogurt, Fish Cake- Crab Meat Flavor	Rice, Wheat Flour, Bean-Starch Vermicelli	Carrot, Green Pepper, Onion, Spring Onion, Cabbage, Apple	Milk, Yogurt Cake	
19	Thu	Milk, Vegetables Bar	Rice, Spicy Sichuan Dish of Soybean Curd and Minced Pork, Seasoned Vegetables- Korean Flavor, Chinese Soup, Oranges	Milk, Soybean Curd, Minced Pork, Dried Baby Sardine	Rice, Bread	Carrot, Mushroom, Soybean Sprout, Japanese Mustard Spinach, Leek, Giger, Orange	Milk, Toast coated with Dried Baby Sardines	
20	Fri	Milk, Fish Chips	Rice, Deep Fried White Fish coated with Aonori-Seaweed, Cabbage dressed with Sesame, Soybean Paste Soup, Bananas	Milk, White Fish, Soybean Paste	Rice, Corn, Starch, Sesame	Cabbage, Soybean Sprout, Carrot, Onion, Mushroom, Banana	Milk, Rusk made from Caramel-Flavored Starch	
21	Sat	Milk, Crackers	Bowl of Rice with Pork and Vegetables Topping, Japanese Mustard Spinach dressed with Dried Bonito Flakes, Soybean Paste Soup, Canned Mikan-Oranges	Milk, Pork, Egg	Rice, Pancake Flour,	Onion, Carrot, Mushroom, Japanese Mustard Spinach, Soybean Sprout, Spring Onion, Canned Mikan-Orange	Milk, Cocoa Pancake	
23	Mon	Milk, Deep Fried Rice Crackers	Rice, White Fish grilled with Soybean Paste, Japanese Salad, Vegetable Soup, Oranges	Milk, White Fish, Fish Cake- Crab Meat Flavor	Rice, Sweet Potato, Sesame	Cabbage, Soybean Sprout, Onion, Carrot, Green Onion, Orange	Milk, Sweet Potatoes simmered with Lemon Slices	
24	Tue	Milk, Corn Snacks	Rice, Pork simmered with Potatoes, Wakame-Seaweed seasoned with Vinegar, Soybean Paste Soup, Apples	Milk, Pork, Soybean Curd, Soybean Paste, Fish Cake-Crab Meat Flavor	Rice, Wheat Flour, Potato	Carrot, Onion, Soybean Sprout, Kidney Bean, Cabbage, Mushroom, Apple	Milk, Soybean Curd Doughnuts	
25	Wed	Milk, Vegetables Bar	Rice, White Fish grilled with Sweetened Soy Sauce, Stir-Fried Hijiki-Seaweed, Soybean Paste Soup, Bananas	Milk, White Fish, Soybean Paste	Rice, Macaroni, Corn	Onion, Carrot, Mushroom, Cabbage, Green Onion, Hijiki-Seaweed, Wakame-Seaweed, Banana	Milk, Boiled Macaroni coated with Soybean Flour	
26	Thu	Milk, Fish Chips	Bread Roll, Pork Beans, Egg Salad, Consommé Soup, Oranges	Milk, Pork, Soybean, Egg	Bread, Sweet Potato, Potato	Onion, Carrot, Soybean Sprout, Green Pepper, Cabbage, Spinach, Orange	Milk, Sweet Potato Pie	
27	Fri	Milk, Crackers	☆Rice mixed with Wakame-Seaweed ☆Hamburg Steak ☆Tuna Salad ☆Milk Soup ☆Apples	Milk, Minced Pork, Tuna, Cheese, Egg	Rice, Wheat Flour, Bread Crumb, Corn	Wakame-Seaweed, Onion, Cabbage, Soybean Sprout, Carrot, Pumpkin, Parsley, Broccoli, Apple	Milk, Steamed Bread dressed with Corn and Sesame	
28	Sat	Milk, Deep Fried Rice Crackers	Tuna Spaghetti-Japanese Style, Sesame and Mayonnaise Salad, Vegetable Soup, Canned Peaches	Tuna	Rice, Spaghetti, Mayonnaise	Mushrooms, Carrot, Onion, Spinach, Cabbage, Canned Peach	Green Tea, Rice Balls mixed with Dried Bonito Flakes	
30	Mon	Milk, Corn Snacks	Bowl of Rice with Meat and Vegetables Topping, Vegetable dressed with Dried Bonito Flakes, Mozuku-Seaweed Soup, Bananas	Milk, Minced Meat, Soybean Curd, Fish Cake-Crab Meat Flavor	Rice, Bread, Sesame	Green Pepper, Onion, Soybean Sprout, Carrot, Mushroom, Spinach, Banana	Milk, Toast coated Sesame	
31	Tue	Milk, Vegetables Bar	Rice, Chicken grilled with Marmalade, French Salad, Vegetables Soup, Oranges	Milk, Chicken	Rice, Potato, Butter, Corn	Cabbage, Soybean Sprout, Carrot, Green Pea, Onion, Orange	Milk, Baked Potato with Butter Topping	

It has been a month since the new school year began and it seems that our children have been getting used to new environment. Children tend

to get sick this time of year and we should be careful about their health condition. In Japan, we have Children's Day in May, which takes place on May 5th and its purpose is to celebrate children's happiness and to respect their personalities. Traditional Japanese foods such as *Kashiwa Mochi*, rice cake wrapped in oak leaves, and *Chimaki*, rice dumpling wrapped in bamboo leaves, are eaten on that day.

Enjoy Children's Day wishing for happiness of your child, eating such traditional foods!

Menu of the day is posted on our Facebook and Instagram accounts.

Menu may change depending on the availability of ingredients.

