

Date	Day	Snack at 9 o'clock	Menu	Ingredient			Snack at 9 o'clock	
				For blood, muscle and bone	For body heat and energy	For body conditioning		
1	Wed	Milk, Fish Chips	Rice, Salmon grilled with cheese and mashed potato, Simmered Dried White Radish Stripes, Soybean Paste Soup, Apples	Milk, Salmon, Soybean Paste, Cheese Fried Soybean Curd	Rice, Potato, Bracken-Starch Dumpling Flour	Onion, Carrot, Dried White Radish Stripes, Kidney bean, Green Onion, Apple	Milk, Bracken Starch Dumpling	
2	Thu	Milk, Crackers	Rice, Pork Beans, Tuna Salad, Vegetable Salad, Canned Pineapples	Milk, Pork, Soybean Flour, Soybean, Tuna Flakes	Rice, Potato, Wheat Flour	Onion, Carrot, Tomato, Green Pepper, Cabbage, Canned Pineapple	Milk, Cocoa Steam Bread	
3	Fri	Milk, Deep Fried Rice Crackers	Rice, Soybean Curd Hamburg Steak, Vegetables dressed with Sesame, Soybean Paste Soup, Bananas	Milk, Minced Beef and Pork, Soybean Paste, Soybean Curd, Soybean, Soybean Flour	Rice, Corn	Wakame-Seaweed, Cabbage, Soybean Sprout, Onion, Green Onion, Banana	Milk, Beans coated with Soybean Flour	
4	Sat	Milk, Corn Snacks	Bowl of Rice with Grilled Pork Topping, Vegetables seasoned with Vinegar, Soybean Paste Soup, Canned Mikan-Oranges	Milk, Pork, Soybean Paste	Rice, Sweet Potato	Onion, Carrot, Mushroom, Soybean Sprout, Cucumber, Canned Mikan-Orange	Milk, Steamed Sweet Potatoes	
6	Mon	Milk, Vegetables Bar	Rice, White Fish grilled with Soybean Paste, Wakame-Seaweed seasoned with Vinegar, Clear Soup, Oranges	Milk, White Fish, Soybean Paste	Rice, Bread, Wheat Flour	Onion, Carrot, Japanese Mustard Spinach, Green Onion, Orange	Milk, Melon-Flavored Toast	
7	Tue	Milk, Fish Chips	Rice, tandoori Chicken, Egg Salad, Vegetable Soup, Apples	Milk, Chicken, Yogurt, Soybean Curd, Egg	Rice, Wheat Flour, Mayonnaise	Garlic, Onion, Carrot, Cabbage, Parsley, Apple	Milk, Soybean Curd Nuggets	
8	Wed	Milk, Crackers	Rice, Minced Chicken Omelet, Boiled Spinach, Clear Soup, Bananas	Milk, Egg, Minced Chicken, Soybean Flour	Rice, Macaroni	Onion, Carrot, Spinach, Wakame-Seaweed, Green Onion, Banana	Milk, Macaroni coated with Soybean Flour	
9	Thu	Milk, Deep Fried Rice Crackers	Rice, Pork and Soybean simmered with Sweetened Soy Sauce, Cabbages dressed with Sesame, Soybean Paste Soup, Oranges	Milk, Minced Pork, Soybean Curd, Soybean Paste	Rice, Wheat Flour, Sesame, Corn	Cabbage, Onion, Carrot, Soybean Sprout, Mushroom, Orange	Milk, Lemon Cake	
10	Fri	Milk, Corn Snacks	Rice, Simmered Chicken and Root Vegetables, Cucumbers seasoned with Vinegar, Soybean Paste Soup	Milk, Chicken, Soybean Paste	Rice Potato, Butter	Mushroom, Burdock Root, Carrot, Kidney Bean, Cucumber, Apple	Milk, Baked Potato with Butter Topping	
11	Sat	Milk, Vegetables Bar	Box Lunch Day					Milk, Jerry, Rice Cracker
13	Mon	Milk, Fish Chips	Rice, Stir-Fried Green Pepper and Pork, Vegetables dressed with Chinese Seasoning. Consommé Soup, Oranges	Milk, Pork, Red Bean Jam	Rice, Potato, Wheat Flour	Ginger, Green Pepper, Carrot, Onion, Cabbage, Orange	Milk, Mini Japanese Pancake stuffed with Red Bean Jam	
14	Tue	Milk, Crackers	Rice, Grilled White Fish-Kyoto Style, Stir-Fried and Simmered Hijiki Seaweed and Vegetables, Clear Soup, Apples	Milk, White Fish, Soybean Paste	Rice, Wheat Flour, Corn	Onion, Carrot, Hijiki-Seaweed, Cabbage, Apple	Milk, Steamed Bread-Brown Sugar Flavor	
15	Wed	Milk, Deep Fried Rice Crackers	Rice, Spicy Sichuan Dish of Minced Pork and Soybean Curd-Curry Flavor, Bean-Starch Vermicelli Salad, Vegetable Soup, Bananas	Milk, Minced Pork, Soybean Curd, Dried Baby Sardine	Rice, Bean-Starch vermicelli, Bread	Japanese Mustard Spinach, Carrot, Soybean Sprout, Wakame-Seaweed, Green Onion, Onion, Banana	Milk, Toast with Dried Young Sardine Topping	
16	Thu	Milk, Corn Snacks	Rice, Japanese Pork and Potato Stew, Vegetables dressed with Smashed Soybean Curd, Soybean Paste Soup, Oranges	Milk, Pork, Soybean Paste, Soybean Curd	Rice, Potato, Sesame	Carrot, Onion, Spinach, Green Onion, Orange	Milk, Soybean Curd Doughnut	
17	Fri	Milk, Vegetables Bar	Rice, Fried White Fish with Starchy Vegetables Sauce, Japanese Salad, Soybean Paste, Apples	Milk, Chicken, Yogurt, Soybean Curd	Rice, Potato, Wheat Flour	Cabbage, Soybean Sprout, Carrot, Mushroom, Spinach, Banana	Milk, Blueberry Jam Yogurt	
18	Sat	Milk, Fish Chips	Spaghetti- Meat Sauce, Sesame and Mayonnaise Salad, Bananas	Milk, Minced Pork	Rice, Spaghetti, Mayonnaise	Cabbage, Onion, Carrot, Banana	Milk, Sweet Potatoes simmered with Lemon Slices	
20	Mon	Milk, Crackers	Rice, Minced Pork stir-fried with Soybean Curd, Seasoned Soybean Sprout and Carrot-Korean Flavor, Chinese Soup, Oranges	Milk, Minced Pork, Soybean Curd, Dried Young Sardine	Rice, Wheat Flour	Onion, Carrot, Soybean Sprout, Cucumber, Wakame-Seaweed, Orange	Milk, Apples, Dried Young Sardine	
21	Tue	Milk, Deep Fried Rice Crackers	Rice, Cheese Omelet, Spinach dressed with Sesame, Soymilk Soup, Apples	Milk, Egg, Cheese, Soymilk	Tice, Wheat Flour, Sesame	Onion, Carrot, Spinach, Pineapple, Soybean Sprout, Apple	Milk, Pineapple Cake	
22	Wed	Milk, Corn Snacks	Rice, White Fish grilled with Tartar Sauce, French Salad, Wakame-Seaweed Soup, Bananas	Milk, White Fish	Rice, Corn, Mayonnaise	Cabbage, Onion, Carrot, Green Onion, Wakame-Seaweed, Banana	Milk, Rusk made from Starch	
23	Thu	Milk, Vegetables Bar	Bread Roll, Chicken simmered with Tomato Sauce, Vegetable Soup, Oranges	Chicken, Soybean	Bread Roll, Rice	Onion, Carrot, Green Pepper, Cabbage, Burdock Root, Orange	Green Tea, Seasoned Rice Ball	
24	Fri	Milk, Fish Chips	Rice, Salmon grilled with Salt, Japanese Mustard Spinach dressed with Dried Bonito Flakes, Soybean Paste Soup, Apples	Milk, Salmon, Soybean Paste	Rice, Macaroni	Japanese Mustard Spinach, Onion, Carrot, Pumpkin, Wakame-Seaweed, Apple	Milk, Deep Fried Macaroni coated with Brown Sugar	
25	Sat	Milk, Crackers	Keema Curry and Rice, Corn Salad, Consommé Soup, Canned Peach	Milk, Minced Pork, Soybean Curd	Rice, Corn, Mayonnaise	Onion, Carrot, Cabbage, Soybean Sprout, Green Onion, Canned Peach	Milk, Soybean Curd Doughnut	
27	Mon	Milk, Deep Fried Rice Crackers	Rice, Pork stir-fried with Ginger Sauce, Boiled Spinach, Soybean Paste Soup, Bananas	Milk, Pork	Rice, Pancake Flour, Sesame	Ginger, Green Pepper, Carrot, Onion, Cabbage, Banana	Milk, Sesame Pancake	
28	Tue	Milk, Corn Snacks	Rice, White Fish grilled with Sweetened Soy sauce, Japanese Salad, Egg Soup, Oranges	Milk, White Fish, Egg Soybean Flour	Rice, Bread	White Radish, Cucumber, Onion, Green Onion, Orange	Milk, Toast coated with Soybean Flour	
29	Wed	Milk, Vegetables Bar	Rice, Fried Chicken, Coleslaw, Soybean Paste Soup, Apples	Milk, Chicken	Rice, Flour, Mayonnaise, Corn	Onion, Carrot, Cabbage, Green Onion, Apple, Banana	Milk, Bananas, Rice Crackers	
30	Thu	Milk, Fish Chips	Rice, Pork stir-fried with Vegetables, Vegetables seasoned with Vinegar, Wakame-Seaweed Soup, Canned Pineapple	Milk, Chicken	Rice, Sweet Potato	Onion, Carrot, Cabbage, Wakame-Seaweed, Canned Pineapple	Milk, Sweet Potato Pie	

June is the month of Dietary Education in Japan. Taking this opportunity, it would be nice for you to talk about food with your family members.

In the meantime, it gets hot and humid this time of year in Japan, and we should be careful about food poisoning since germs

tend to propagate because of humid weather. Make sure to wash your hands before eating meals. Also, make sure to practice

any preventive measures necessary to avoid food poisoning.

