





🜟 The red, yellow, and green food groupings are based on the six basic food groups and the three functions of food as delcared by the Japanese government.

★ Th	e red, yellow, and green food g				, · · ·				-		
Date		Snack		Ingredients		Date		Snack		Ingredients (
_	Menu	Morning (1~2yr)	Red	Yellow	Green	_	Menu	Morning (1~2yr)	Red	Yellow	Green
Day		Afternoon(1~5yr)	Protein	Carbs	Produce	Day		Afternoon(1~5yr)	Protein	Carbs	Produce
	Rice	Rice Cracker	Chicken ●Ham	White Rice Fortified	Pumpkin Radish		Rice (fortified)	Apple	Pork Hijiki	White Rice Fortified	Konyaku Onion Carrot
1	Fried Chicken with Ketchup Sauce		Mozuku	Rice	Carrot	16	Meat and Potatoes	Cake	●Ham	Rice Potato	Mushroom Cucumber
	Steamed Pumpkin	Oatmeal Snack		Mochikibi White	Burdock Cucumber	_	Hijiki with French Dressing	ALL ALL AND	♦Tofu ♦Soy Milk		CornRadish
Wed	Kiriboshi-Daikon with Sesame Vine			Sesame	Bamboo	Thu	Sliced Tomato	No manage	V,		Tomato Watermelon
	Mozuku Seaweed Soup/ Apple		Chicken	White Rice	Apple Carrot		Miso Soup/ Watermelon	Milk	White Fish	White Rice	Cabbage
2	Hechima Rice Bowl (fortified rice	Apple	Fish	Fortified	Mushroom Onion	17	Rice	Rice Cracker	Pork	Fortified	Bamboo
2	Fish Tempura Tomato and Cucumber with Vinegared I	Jam Sandwich	 Bamboo Wakame 	Rice Tempura	Hechima Spinach	17	Deep-Fried Fish with Ketchup Sau- Chinese Dish	ce Chcolate Pudding		Rice Mochikibi	Carrot Shiitake
Thu	Tofu Soup	Jani Sandwich	Tofu	Batter	Tomato Cucumber	Fri	Somen Soup	Rice Cracker		▲Somen	Banana
inu	Orange	Milk			Orange		Banana	Milk			
	Purple Rice	Rice Cracker	Pork	White Rice	Radish Kelp		Hayashi Rice (white meat)	***	White Meat	White Rice	Onion
3	Okinawa-style Simmered Vegetable	l	♦Tofu Wakame	Purple Rice Fortified	Mushroom Carrot	18	Sliced Cucumber			Fortified Rice	Carrot Cucumber
	Macaroni Salad	Sesame Sticks	Wakaiiie	Rice	Pineapple Apple		Clear Soup	Turtle Shell Rice		Potato	Bamboo
Fri	Miso Soup			▲ Macaroni White	Raisin Cabbage	Sat	Orange	Cracker			Enoki Mushroom
	Watermelon	Milk		Sesame	Watermelon			Milk			Orange
	Chicken Teriyaki Rice Bowl	***	Chicken	White Rice	Carrot		Grilled Pork over Rice	Rice Cracker	Pork	White Rice	Onion Carrot Pepper
4	Cucumber #\$\famile_{\psi} \tau_{\psi} \tau_{\psi}		♦Tofu Wakame	Fortified Rice	Green Beans Cucumber	20	Macaroni Salad			Fortified Rice	Pineapple
	Miso Soup	Cake Stick		White	Radish Orange		Miso Soup	Okinawa Crepe		White	Apple Cucumber
Sat	Orange			Sesame	Orange	Mon	Orange			Sesame Macaroni	Gourd Orange
	Good Habits for Oral Health	Milk	A	14# :- D:			Nutrition Education Day	Milk	M: 15 6	40 1	
•	Rice and Natto	Rice Cracker	♦Natto Pork	White Rice Fortified	Red Pepper Onion		Spaghetti with Meat Sauce	Banana	Minced Beef Minced Pork	▲Spaghetti Potato	Carrot Onion
6	Grilled Pork with Ginger	Б	Hijiki ●Bamboo	Rice ▲Somen	Carrot Konyaku	21	Boiled Sausage	D: D !!	 Sausage Sardines 		Tomato Celery Green Pepper
Man	Simmered Vegetable Hijiki Broccoli	Rusk	Balliboo	▲Bran	Green Beans Broccoli	Tue	Mashed Potatoes	Rice Balls	Sardines		Corn Cabbage
Mon	Somen Soup/ Orange	Milk			Orange	Tue	Corn Soup Watermelon	Milk			Watermelon
	Purple Rice	Apple	Mackrel	White Rice	Carrot		Purple Rice	Rice Cracker	White Fish	White Rice	Onion
7	Grilled Mackerel with Miso	Apple	♦Tofu	Purple Rice	Broccoli Bean Sprouts	22	Fish and Veggies with Sweet and Sour	l — — — — — — — — — — — — — — — — — — —	♦Tofu	Fortified	Carrot Bell Pepper
•	Carrot Salad	Soy Sauce Rice	White Fish Sardines	Fortified Rice White	Cucumber Enoki		Sesame Pumpkin	Tuna Toast	Wakame	Rice Purple Rice White	Bamboo
Tue	Chinese Style Cucumber	Cracker		Sesame Glass	Carrot	Wed	Miso Soup			Sesame	Pumpkin Hechima
	Noodle Soup/ Banana	Milk		Noodles	Banana		Orange	Milk			Orange
	Cabbage Rice	Rice Cracker	Chicken	White Rice	Lettuce			T			
8	Stewed Chicken		Minced Meat	Purple Rice White	Shiitake Onion	23		(3	W		
8	Stewed Chicken Fried Tofu	Steamed Sweet	Minced Meat Hijiki	White Sesame	Onion Green Beans	23	Memorial D	ay 🍣			
		Steamed Sweet Potato	Minced Meat	White	Onion	23 Thu	Memorial D	ay			
	Fried Tofu Miso Soup Watermelon	Potato Milk	Minced Meat Hijiki Wakame	White Sesame Black Sesame	Onion Green Beans Eggplant Watermelon					**	
Wed	Fried Tofu Miso Soup Watermelon Okinawa Soba	Potato Milk Banana	Minced Meat Hijiki	White Sesame Black	Onion Green Beans Eggplant	Thu	Summer Curry (white meat)	Pay Rice Cracker	Chicken	White Rice Fortified	Carrot Onion Hechima
	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past	Potato Milk Banana	Minced Meat Hijiki Wakame Pork	White Sesame Black Sesame A Soba Sesame Seed	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato		Summer Curry (white meat) Cucumber with Sesame Paste	Rice Cracker		Fortified Rice	
Wed 9	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato	Potato Milk Banana	Minced Meat Hijiki Wakame Pork ●Fish Cake	White Sesame Black Sesame	Onion Green Beans Eggplant Watermelon Kelp Broccoli	Thu 24	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu			Fortified	Hechima Eggplant Bell Pepper Cucumber
Wed	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past	Potato Milk Banana e Wakame Rice Balls	Minced Meat Hijiki Wakame Pork ●Fish Cake	White Sesame Black Sesame A Soba Sesame Seed	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange	Thu	Summer Curry (white meat) Cucumber with Sesame Paste	Rice Cracker Sesame Sweets		Fortified Rice Potato	Hechima Eggplant Bell Pepper
Wed 9	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange	Potato Milk Banana e Wakame Rice Balls Milk	Minced Meat Hijiki Wakame Pork ●Fish Cake	White Sesame Black Sesame A Soba Sesame Seed	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange	Thu 24	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon	Rice Cracker Sesame Sweets Milk		Fortified Rice Potato	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom
Wed 9 Thu	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice	Potato Milk Banana e Wakame Rice Balls	Minced Meat Hijiki Wakame Pork Fish Cake Wakame Liver Chicken	White Sesame Black Sesame A Soba Sesame Seed Potato White Rice White	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans	Thu 24 Fri	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice	Rice Cracker Sesame Sweets	♦Tofu Mozuku Minced Pork	Fortified Rice Potato Sesame White Rice Fortified	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper
Wed 9	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker	Minced Meat Hijiki Wakame Pork Fish Cake Wakame	White Sesame Black Sesame A Soba Sesame Seed Potato White Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange	Thu 24	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage	Rice Cracker Sesame Sweets Milk	◆Tofu Mozuku	Fortified Rice Potato Sesame	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage
Wed 9 Thu	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker	Minced Meat Hijiki Wakame Pork ●Fish Cake Wakame Liver Chicken White Fish	White Sesame Black Sesame A Soba Sesame Seed Potato White Rice White Sesame	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish	Thu 24 Fri	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup	Rice Cracker Sesame Sweets Milk ***	◆Tofu Mozuku Minced Pork Tuna	Fortified Rice Potato Sesame White Rice Fortified	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish
9 Thu	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauce	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker	Minced Meat Hijiki Wakame Pork ●Fish Cake Wakame Liver Chicken White Fish	White Sesame Black Sesame A Soba Sesame Seed Potato White Rice White Sesame Mashed	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber	Thu 24 Fri 25	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup	Rice Cracker Sesame Sweets Milk ***	◆Tofu Mozuku Minced Pork Tuna	Fortified Rice Potato Sesame White Rice Fortified	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber
9 Thu	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker Banana Cake	Minced Meat Hijiki Wakame Pork Fish Cake Wakame Liver Chicken White Fish Tofu	White Sesame Black Sesame A Soba Sesame Seed Potato White Rice White Sesame Mashed Sesame	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Gucumber Radish Watermelon	Thu 24 Fri 25	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack	◇Tofu Mozuku Minced Pork Tuna ◇Tofu	Fortified Rice Potato Sesame White Rice Fortified Rice	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Com Cabbage Cucumber Radish Orange
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9 Thu 10 Fri Sat	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu ◇ Tofu Ork Wakame Chicken ● Ham Pork ● Bamboo	White Sesame Black Sesame Black Sesame Seed Potato White Rice Sesame Mashed Sesame White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd	Thu 24 Fri 25 Sat 27 Mon	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu ◇Tofu Chicken Pork	Fortified Rice Potato Sesame White Rice Fortified Rice White Sesame Glass Noodles Sesame White Rice Fortified Rice Fortified Rice Fortified Rice	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima
9 Thu 10 Fri 11 Sat	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucumt Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu ◇ Tofu Ork Wakame Chicken ● Ham Pork ● Bamboo	White Sesame Black Sesame Black Sesame Seed Potato White Rice Sesame Mashed Sesame White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Gucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Gumber Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange	Thu 24 Fri 25 Sat 27 Mon	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu ◇Tofu Chicken Pork	Fortified Rice Potato Sesame White Rice Fortified Rice White Rice White Sesame Glass Noodles Sesame White Rice Purple Rice Fortified Rice White	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon
9 Thu 10 Fri 11 Sat 13 Mon	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu ◇ Tofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon Shittake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir—Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame	Fortified Rice Potato Sesame White Rice Fortified Rice White Sesame White Rice Purple Rice Purple Rice Fortified Rice White Rice Fortified Fortified Rice White Sesame White Rice Fortified Fortified Rice White Fortified	Hechima Eggplant Bell Pepper Courmber Chois Mushroom Watermelon Green Pepper Corn Cabbage Cucumber Radish Orange Orarot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Garrot Hechima Konyaku Tomato Watermelon Carrot Orion Carrot Orange Carrot Ora
9 Thu 10 Fri 11 Sat	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin	Potato Milk Banana e Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk	Minced Meat Hijiki Wakame Pork Fish Cake Wakame Liver Chicken White Fish ◇Tofu Pork Wakame Chicken ●Ham Pork ●Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame White Rice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon Shittake Carrot Onion Bamboo Chive Guember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Corn Corn Corn Corn Corn Lettuce	Thu 24 Fri 25 Sat 27 Mon	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame	Fortified Rice Potato Sesame White Rice Fortified Rice White Rice White Sesame White Rice Purple Rice Fortified Rice White Rice White Sesame White Rice White Sesame	Hechima Eggplant Bell Pepper Couumber Enoki Mushroom Watermelon Green Pepper Corn Cabbage Cucumber Radish Orange Orarot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon Corn Spinach
9 Thu 10 Fri 11 Sat 13 Mon	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucumt Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin Corn Salad	Potato Milk Banana Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu OTofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame Mice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cucmber Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir—Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame White Fish Pork Hijiki	Fortified Rice Potato Sesame White Rice Fortified Rice White Sesame White Rice White Sesame White Rice Purple Rice Fortified Rice White Sesame White Rice Fortified Rice White Sesame White Rice Fortified Rice Mochikibi Sweet	Hechima Eggplant Bell Pepper Couumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon Corn Spinach Lettuce Enoki
9 Thu 10 Fri 11 Sat 13 Mon	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin	Potato Milk Banana Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple	Minced Meat Hijiki Wakame Pork ●Fish Cake Wakame Liver Chicken White Fish ◇Tofu ◇Tofu Pork Wakame Chicken ●Ham Pork ●Bamboo Wakame Pork ▼Pizza Cheese Seaweed	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame Mice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Corn Lettuce Cabbage	Thu 24 Fri 25 Sat 27 Mon 28 Tue	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy Sauteed Konyaku	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame	Fortified Rice Potato Sesame White Rice Fortified Rice White Rice White Sesame White Rice Purple Rice Fortified Rice White Sesame White Rice Fortified Rice White Sesame	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon Konyaku Carrot Onion Corn Spinach Lettuce
9 Thu 10 Fri 11 Sat 13 Mon	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucumt Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin Corn Salad Soy Milk Soup	Potato Milk Banana Banana Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple Tuna Mayo Rice Balls	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu OTofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame White Rice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Com Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Carrot Orange Pumpkin Carrot Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy Sauteed Konyaku Potato and Hijiki Salad	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce Yoghurt Scone	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame White Fish Pork Hijiki Wakame ◇Tofu Pork	Fortified Rice Potato Sesame White Rice Fortified Rice White Sesame White Rice Glass Noodles Sesame White Rice Purple Rice Fortified Rice White Sesame White Rice White Sesame White Rice White Sesame White Rice Mochikibi Sweet Potato	Hechima Eggplant Bell Pepper Courmber Enoki Mushroom Watermelon Green Pepper Corn Cabbage Cucumber Radish Orange Orarrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Garrot Hechima Konyaku Tomato Watermelon Corn Spinach Lettuce Enoki Pineapple
9 Thu 10 Fri 11 Sat 13 Mon	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin Corn Salad Soy Milk Soup Banana	Potato Milk Banana Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple Tuna Mayo Rice Balls Milk	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu OTofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame Mashed Sesame Mice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Com Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Carrot Orange Pumpkin Carrot Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir—Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy Sauteed Konyaku Potato and Hijiki Salad Cabbage Soup/ Pineapple	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce Yoghurt Scone Milk	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame White Fish Pork Hijiki Wakame ◇Tofu	Fortified Rice Potato Sesame White Rice Fortified Rice White Sesame Glass Noodles Sesame White Rice Fortified Rice White Rice Fortified Rice White Sesame White Rice Fortified Rice Mochikibi Sweet Potato White Rice Fortified Fortified Rice Mochikibi	Hechima Eggplant Bell Pepper Courumber Enoki Mushroom Watermelon Green Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon Corn Spinach Lettuce Enoki Pineapple Onion Carrot Lettuce Tomato Carrot Lettuce Tomato Carrot Lettuce Tomato
Wed 9 Thu 10 Fri 11 Sat 13 Mon 14 Tue	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin Corn Salad Soy Milk Soup Banana	Potato Milk Banana Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple Tuna Mayo Rice Balls Milk	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu OTofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame White Rice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Com Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Carrot Orange Pumpkin Carrot Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue 29 Wed	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir—Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy Sauteed Konyaku Potato and Hijiki Salad Cabbage Soup/ Pineapple Taco Rice	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce Yoghurt Scone Milk	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame White Fish Pork Hijiki Wakame ◇Tofu Pork	Fortified Rice Potato Sesame White Rice Fortified Rice White Rice White Sesame White Rice Fortified Rice White Rice Fortified Rice White Rice Fortified Rice Mochikbis Sweet Potato White Rice Fortified Rice Mochikbis Sweet Potato White Rice Fortified Rice Mochikbis Sweet Potato White Rice Fortified Rice Mochikbis	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon Konyaku Carrot Onion Corn Spinach Lettuce Enoki Pineapple Onion Carrot Lettuce Conion Carrot Lettuce Carrot Onion Carrot Lettuce Carrot Conion Carrot Lettuce Carrot Conion Carrot Lettuce Carrot Carr
Wed 9 Thu 10 Fri 11 Sat 13 Mon 14 Tue	Fried Tofu Miso Soup Watermelon Okinawa Soba Broccoli and Tomato with Sesame Past Mashed Potato Orange Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauc Corn Salad Fish Miso Soup/ Watermelon Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucuml Cabbage Soup Orange Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange Bread Roll Pumpkin and Pork Gratin Corn Salad Soy Milk Soup Banana	Potato Milk Banana Wakame Rice Balls Milk Rice Cracker Banana Cake Milk *** Break Sticks Milk Rice Cracker Carrot Pancakes Milk Apple Tuna Mayo Rice Balls Milk Rice Cracker	Minced Meat Hijiki Wakame Pork ● Fish Cake Wakame Liver Chicken White Fish ◇ Tofu OTofu Pork Wakame Chicken ● Ham Pork ● Bamboo Wakame Pork ● Bamboo Wakame	White Sesame Black Sesame Black Sesame Seed Potato White Rice White Sesame Mashed Sesame White Rice Fortified Rice White Rice Fortified Rice	Onion Green Beans Eggplant Watermelon Kelp Broccoli Tomato Orange Carrot Burdock Carrot Green Beans Com Salad Orange Cucumber Radish Watermelon Shiitake Carrot Onion Bamboo Chive Cuember Lettuce Enoki Mushroom Orange Carrot Spinach Corn White Gourd Orange Pumpkin Carrot Onion Carrot Orange Pumpkin Carrot Orange	Thu 24 Fri 25 Sat 27 Mon 28 Tue 29 Wed	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon Seaweed Rice Tuna and Cabbage Miso Soup Orange Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon Rice Fried Fish with Sweet Vinegar and Soy Sauteed Konyaku Potato and Hijiki Salad Cabbage Soup/ Pineapple Taco Rice Burdock and Rice	Rice Cracker Sesame Sweets Milk *** Rice Puff Snack Milk Rice Cracker Chocolate Steamed Bun Milk Banana Carrot Cracker Milk Rice Cracker Sauce Yoghurt Scone Milk Apple	Mozuku Minced Pork Tuna ◇Tofu Pork ●Bamboo Wakame ◇Tofu Chicken Pork Wakame White Fish Pork Hijiki Wakame ◇Tofu	Fortified Rice Potato Sesame White Rice Fortified Rice White Rice White Sesame Glass Noodles Sesame White Rice Purple Rice Fortified Rice White Sesame White Rice White Sesame White Rice White Fortified Rice Mochikibi Sweet Potato White Rice Fortified Rice	Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange Onion Garrot Cabbage Mushroom Gourd Green Beans Broccoli Orange Enoki Radish Gurd Carrot Onion Curn Spinach Lettuce Enoki Pineapple Onion Carrot Lettuce Tomato Burdock Union Corn Spinach Lettuce Tomato Burdock Burdock Burdock

[★] The menu is subject to change due to ingredient availability, events, or other reasons.



