



# School Lunch Menu

2022

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Date	Menu	Snack	Main Ingredients (Lunch)			Date	Menu	Snack	Main Ingredients (Lunch)		
Day		Morning (1~2yr)	Red	Yellow	Green	Day		Morning (1~2yr)	Red	Yellow	Green
		Afternoon (1~5yr)	Protein	Carbs	Produce			Afternoon (1~5yr)	Protein	Carbs	Produce
1	Rice Fried Chicken with Ketchup Sauce Steamed Pumpkin Kiriboshi-Daikon with Sesame Vinegar Mozuku Seaweed Soup/ Apple	Rice Cracker	Chicken ● Ham Mozuku	White Rice Fortified Rice Mochikibi White Sesame	Pumpkin Radish Carrot Burdock Cucumber Bamboo Apple	16	Rice (fortified) Meat and Potatoes Hijiki with French Dressing Sliced Tomato Miso Soup/ Watermelon	Apple Cake 	Pork Hijiki ● Ham ◇ Tofu ◇ Soy Milk	White Rice Fortified Rice Potato	Konyaku Onion Carrot Mushroom Cucumber Corn Radish Tomato Watermelon
		Oatmeal Snack Milk									
2	Hechima Rice Bowl (fortified rice) Fish Tempura Tomato and Cucumber with Vinegar Tofu Soup Orange	Apple	Chicken Fish ● Bamboo Wakame Tofu	White Rice Fortified Rice Tempura Batter	Carrot Mushroom Onion Hechima Spinach Tomato Cucumber Orange	17	Rice Deep-Fried Fish with Ketchup Sauce Chinese Dish Somen Soup Banana	Rice Cracker	White Fish Pork	White Rice Fortified Rice Mochikibi ▲ Somen	Cabbage Bamboo Carrot Shiitake Banana
		Jam Sandwich Milk								Chocolate Pudding Rice Cracker Milk	
3	Purple Rice Okinawa-style Simmered Vegetables Macaroni Salad Miso Soup Watermelon	Rice Cracker	Pork ◇ Tofu Wakame	White Rice Purple Rice Fortified Rice ▲ Macaroni White Sesame	Radish Kelp Mushroom Carrot Pineapple Apple Raisin Cabbage Watermelon	18	Hayashi Rice (white meat) Sliced Cucumber Clear Soup Orange 	***	White Meat	White Rice Fortified Rice Potato	Onion Carrot Cucumber Bamboo Enoki Mushroom Orange
		Sesame Sticks Milk								Turtle Shell Rice Cracker Milk	
4	Chicken Teriyaki Rice Bowl Cucumber Miso Soup Orange 	***	Chicken ◇ Tofu Wakame	White Rice Fortified Rice White Sesame	Carrot Green Beans Cucumber Radish Orange	20	Grilled Pork over Rice Macaroni Salad Miso Soup Orange Nutrition Education Day	Rice Cracker	Pork ◇ Tofu Wakame	White Rice Fortified Rice White Sesame ▲ Macaroni	Onion Carrot Pepper Pineapple Apple Cucumber Gourd Orange
		Cake Stick Milk								Okinawa Crepe Milk	
6	Rice and Natto Grilled Pork with Ginger Simmered Vegetable Hijiki Broccoli Somen Soup/ Orange	Rice Cracker	◇ Natto Pork Hijiki ● Bamboo	White Rice Fortified Rice ▲ Somen ▲ Bran	Red Pepper Onion Carrot Konyaku Green Beans Broccoli Orange	21	Spaghetti with Meat Sauce Boiled Sausage Mashed Potatoes Corn Soup Watermelon	Banana	Minced Beef Minced Pork ● Sausage Sardines	▲ Spaghetti Potato	Carrot Onion Tomato Celery Green Pepper Corn Cabbage Watermelon
		Rusk Milk								Rice Balls Milk	
7	Purple Rice Grilled Mackerel with Miso Carrot Salad Chinese Style Cucumber Noodle Soup/ Banana	Apple	Mackerel ◇ Tofu White Fish Sardines	White Rice Purple Rice Fortified Rice White Sesame Glass Noodles	Carrot Broccoli Bean Sprouts Cucumber Enoki Carrot Banana	22	Purple Rice Fish and Veggies with Sweet and Sour Sauce Sesame Pumpkin Miso Soup Orange	Rice Cracker	White Fish ◇ Tofu Wakame	White Rice Fortified Rice Purple Rice White Sesame	Onion Carrot Bell Pepper Bamboo Pumpkin Hechima Orange
		Soy Sauce Rice Cracker Milk								Tuna Toast Milk	
8	Cabbage Rice Stewed Chicken Fried Tofu Miso Soup Watermelon	Rice Cracker	Chicken ◇ Tofu Minced Meat Hijiki Wakame	White Rice Purple Rice White Sesame Black Sesame	Lettuce Shiitake Onion Green Beans Eggplant Watermelon	23	Memorial Day 				
		Steamed Sweet Potato Milk									
9	Okinawa Soba Broccoli and Tomato with Sesame Paste Mashed Potato Orange	Banana	Pork ● Fish Cake Wakame	▲ Soba Sesame Seed Potato	Kelp Broccoli Tomato Orange Carrot	24	Summer Curry (white meat) Cucumber with Sesame Paste Clear Soup with Tofu Watermelon	Rice Cracker	Chicken ◇ Tofu	White Rice Fortified Rice Potato Sesame	Carrot Onion Hechima Eggplant Bell Pepper Cucumber Enoki Mushroom Watermelon
		Wakame Rice Balls Milk								Sesame Sweets Milk	
10	Seaweed Rice Liver with Sesame Sauce Burdock Root with Curry Sauce Corn Salad Fish Miso Soup/ Watermelon	Rice Cracker	Liver Chicken White Fish ◇ Tofu	White Rice White Sesame Mashed Sesame	Burdock Carrot Green Beans Corn Salad Orange Cucumber Radish Watermelon	25	Seaweed Rice Tuna and Cabbage Miso Soup Orange 	***	Mozuku Minced Pork Tuna ◇ Tofu	White Rice Fortified Rice	Green Pepper Red Pepper Corn Cabbage Cucumber Radish Orange
		Banana Cake Milk								Rice Puff Snack Milk	
11	Rice (fortified) Red Pepper Bean-curd Soup Chinese Style Cucumber Cabbage Soup Orange 	***	◇ Tofu Pork Wakame	White Rice Fortified Rice	Shiitake Carrot Onion Bamboo Chive Cucumber Lettuce Enoki Mushroom Orange	27	Rice Spiced Grilled Pork Stir-Fry Noodles Broccoli with Sesame Paste Bean Curd Soup/ Orange	Rice Cracker	Pork ● Bamboo Wakame	White Rice White Sesame Glass Noodles Sesame	Onion Bamboo Carrot Cabbage Mushroom Gourd Green Beans Broccoli Orange
		Break Sticks Milk								Chocolate Steamed Bun Milk	
13	Curry pilaf Marmalade Baked Pork Fried Spinach Miso Soup Orange	Rice Cracker	Chicken ● Ham Pork ● Bamboo Wakame	White Rice Fortified Rice	Carrot Spinach Corn White Gourd Orange	28	Purple Rice Deep-Fried Tofu with Mushroom Sauce Radish Salad Tomato Miso Soup/ Watermelon	Banana	◇ Tofu Chicken Pork Wakame	White Rice Purple Rice Fortified Rice White Sesame	Enoki Radish Gourd Carrot Hechima Konyaku Tomato Watermelon
		Carrot Pancakes Milk								Carrot Cracker Milk	
14	Bread Roll Pumpkin and Pork Gratin Corn Salad Soy Milk Soup Banana	Apple	Pork ★ Pizza Cheese Seaweed ● Bacon ◇ Tofu	◎ Bread Roll Pumpkin Carrot Onion Corn Lettuce Cabbage Orange Mushroom Banana		29	Rice Fried Fish with Sweet Vinegar and Soy Sauce Sauteed Konyaku Potato and Hijiki Salad Cabbage Soup/ Pineapple	Rice Cracker	White Fish Pork Hijiki Wakame ◇ Tofu	White Rice Fortified Rice Mochikibi Sweet Potato	Konyaku Carrot Onion Corn Spinach Lettuce Enoki Pineapple
		Tuna Mayo Rice Balls Milk								Yoghurt Scone Milk	
15	Lunch Box Day 	Rice Cracker				30	Taco Rice Burdock and Rice Cabbage and Corn Soup Banana	Apple	Pork ★ Pizza Cheese	White Rice Fortified Rice White Sesame	Onion Carrot Lettuce Tomato Burdock Corn Cabbage Banana
		Mochi Milk								Calpis Jelly Rice Cracker Milk	

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

★ For those with food allergies, a doctor's note is required for special preparation of meals.  
These meals will be prepared in accordance with the "Allergy Response Guidelines  
(Ministry of Health, Labor and Welfare 2019)".

