



2022

◆Please note that due to recent price increases, logistics and other factors, menu items and ingredients may change.

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

Date Day	Menu	Snack Morning (1~2yr) Afternoon (1~5yr)	Main Ingredients (Lunch)			Date Day	Menu	Snack Morning (1~2yr) Afternoon (1~5yr)	Main Ingredients (Lunch)		
			Red	Yellow	Green				Red	Yellow	Green
1 Fri	Baby Sardine Rice and Plum Paste Chicken with Sweet-and-Sour Sauce Sliced Cucumber with Mayo Miso Soup Apple	Rice Cracker Cinnamon Toast Milk	Sardines Chicken Seaweed	Polished Rice Fortified Rice White Sesame Potato	Onion, Chinese Cabbage Carrot, Chives Cucumber Mushroom Apple	16 Sat	Chicken Over Rice Broccoli with Mayo Miso Soup Orange	*** Tortoise Shell Rice Cracker Milk	Chicken Tofu Seaweed	Polished Rice Fortified Rice	Bamboo Onion Carrot Corn Broccoli Radish Orange
2 Sat	Okinawa Fried Rice Stir Fried Gree Pork Miso Sou Orange	*** Black Stick Milk	Canned Tuna Pork	Polished Rice Fortified Rice	Carrots Mushrooms Chinese Chives Canned Corn Tomato Broccoli Kelp Orange	19 Tues	Summer Vegetable Curry Crunchy Cucumber Mozuku Soup Orange	Rice Cracker Oatmeal Snack Milk	Chicken Seaweed Tofu	Polished Rice Fortified Rice Potato White Sesame	Carrot Onion Gourd Eggplant Green Pepper Cucumber Bamboo Shoot Orange
4 Mon	Rice Fish Teriyaki Sesame Pumpkin Hijiki Salad Clear Soup Orange	Rice Cracker Hard Cookie Milk	White Fish Dried Hijiki Bamboo	Polished rice Fortified rice Glutinous millet White Sesame	Pumpkin Cucumber Carrots Hechima Canned H-corn Bamboo Enoki Mushrooms Orange	20 Wed	Bread Roll Baked Salmon with Tartar Sauce Vegetable Salad Pumpkin Soup Banana	Apple Birthday Cake Milk	Salmon Bamboo Bacon Canned Tuna	Bread Roll Potato	Onion Broccoli Lettuce Corn Pumpkin Onion Banana
5 Tue	Purple Rice Grilled Ginger Pork Deep-fried Goya Potato Salad Miso Soup Orange	Banana Rusk Milk	Pork Tofu Seaweed	Polished Rice Black Rice Fortified Rice White Sesame Black Sesame Potato	Red Papper Onion Carrot Bitter Melon Broccoli Apple Radish Raisin Orange	21 Thu	Purple Rice Stewed Pork Stir-fried Vegetables Miso Soup Watermelon	Rice Cracker Marshmello Sandwich Milk	Pork Tofu Bamboo Seaweed	Polished Rice Black Rice Fortified Rice	Spinach Carrot Bean Sprouts Onion Radish Watermelon
6 Wed	Rice Miso and Meat Tofu Shredded Carrot Vinegared Mozuku Seaweed Miso Soup Banana	Rice Cracker Fried Bread Milk	Fried Bean Curd Ground Pork Chicken Canned Tuna Seaweed	Polished Rice Fortified Rice	Onion Carrots Bean Sprouts Broccoli Cucumber Bean Curd Banana	22 Fri	Three Ingredient Rice Radish Salad Somen/Miso Soup Orange	Banana Jam Sandwich Milk	Minced Chicken Minced Pork Chicken	Polished Rice Fortified Rice White Sesame Somen	Carrot Spinach Radish Cucumber Burdock Cabbage Orange
7 Thu	Tanabata Sushi Meatloaf Glazed Carrots Tomato Salad/ Somen Soup Watermelon Tanabata	Apple Star Cookies Tanabata Jelly	Salmon Flakes Minced Pork Ground Beef	Polished Rice ▲Somen	Carrot H Canned Corn Onion Tomato Lettuce Cucumber Watermelon Raisins	23 Sat	Rice Bean-curd Soup with Red Pepper Chinese Style Cucumber Corn Soup Orange	*** Tortoise Shell Rice Cracker Milk	Tofu Minced Pork	Polished Rice Fortified Rice	Shiitake Carrot Chive Onion Bamboo Cucumber Corn Cabbage Orange
8 Fri	Rice Okra and Natto Grilled Mackerel (curry flavored) Fried Chinese Noodles Miso Soup Apple	Rice Cracker Sweet Potato Milk	Ground Natto Mackerel Pork Thigh Fried Bean Curd Seaweed	Polished Rice Fortified Rice Glass Noodles	Okra Bamboo Carrots Cabbage Mushrooms Sugar Kidney Beans Eggplant	25 Mon	Seaweed Rice Bowl Fried Burdock Pumpkin Salad Fish Miso Soup Orange	Rice Cracker Calcium Cracker Ice Cream	Seaweed Pork White Fish	Polished Rice Fortified Rice White Sesame Potato	Green Pepper Red Pepper Corn Burdock Pumpkin Radish Orange
9 Sat	Rice with Minced Meat and Vegetables Sliced Cucumber with Mayo Clear Soup Orange	*** Rice Snack Milk	Chicken	Polished Rice Fortified Rice Potato	Onion Carrot Cucumber Bamboo Mushroom Orange	26 Tues	Rice Apple Sauce Mackerel Stir-fried Pork and Noodles Sliced Tomato Miso Soup, Watermelon	Apple Banana Cake Milk	Mackrel Pork Tofu Seaweed	Polished Rice Fortified Rice Glass Noodles	Onion Carrot Tomato Bok Choy Bamboo Shoots Shiitake Enoki Watermelon
11 Mon	Pork Bowl with Shimeji Mushrooms French Fries Cucumber Sticks (salty) Miso Soup Orange	Rice Cracker Brown Sugar Cake Milk	Pork Shoulder Tofu Seaweed	Polished Rice Fortified Rice Potato White Sesame	Onion Spinach Mushroom Carrot Mushroom Cucumber Radish Orange	27 Wed	Spaghetti with Meat Sauce Sesame Potatoes Vinegared Cucumber Corn Soup Orange	Rice Cracker Tuna Mayo Rice Ball Milk	Minced Beef Minced Pork Sardines Seaweed	▲Spaghetti Potato White Sesame	Carrot Onion Tomato Celery Green Pepper Cucumber Corn Cabbage
12 Tues	Purple Rice Grilled Salmon with Miso Mayo Radish Salad Broccoli with Sesame Paste Lettuce Soup, Banana	Apple Yoghurt Bread Milk	Salmon Pork Seaweed Tofu	Polished Rice Black Rice Fortified Rice White Sesame	Kiriboshi Daikon Kampyou carrot banana konnyaku thread broccoli Lettuce Onion Enoki mushroom	28 Thu	Rice Deep-Fried Liver Shredded Carrot Vinegared Mozuku Seaweed Miso Soup Banana	Apple Steamed Chocolate Bun Milk	Pork Liver Bamboo Seaweed Tofu	Polished Rice White Sesame	Carrot Broccoli Bitter Melon Bean Sprouts Okra Gourd Banana
13 Wed	Chilled Chinese Noodles Pumpkin Salad Miso Soup Orange	Rice Cracker Inari Sushi Milk	Ham Chicken Tofu Seaweed	Chinese Noodles Sesame Seeds Potato	Canned Corn Cucumber Pumpkin Orange	29 Fri	Purple Rice Grilled Miso Pork Sauteed Konnyaku Sweet and Spicy Fried Potato Clear Soup , Orange	Rice Cracker Frosted Flake Bar Milk	Pork Chicken Seaweed Tofu	Polished Rice Black Rice Fortified Rice Potato	Red Pepper Onion Konnyaku Carrot Spinach Corn Bamboo
14 Thu	Lunch Box Day 	Banana Carrot Sandwich Milk				30 Sat	Hijiki Rice Chinese Style Cucumber Boiled Tofu Soup Orange	*** Bread Stick Milk	Chicken Hijiki Tofu	Polished Rice	Konnyaku Carrot Burdock Cucumber Orange
15 Fri	Rice Sweet and Sour Fish and Veggies Hijiki with French Dressing Miso Soup Banana	Rice Cracker Sweet Potato Cake Milk	White Fish Dried Hijiki Ham Tofu	Polished Rice Fortified Rice	Onion Carrots Green Pepper Bamboo Cucumber Canned Corn Bitter Gourd Banana	<p>★ The menu is subject to change due to ingredient availability, events, or other reasons.</p> <p>★ 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)".</p>					

