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令和了 ★ 赤・:		けは、6つの基礎 食	E品(厚生党	(働省)と、	食べ物の3つ	のはた	とらき(文部科学省)をもとにして				士 野原正子
日		午後のおやつ		もな材料(多		日		午後のおやつ	あか あか	もな材料(原 きいろ	 全食) みどり
曜	献立名	(1~5歳児)	血や肉・骨と	熱や力とな	体の調子をよく	曜	献立名	(1~5歳児)	血や肉・骨と	熱や力とな	体の調子をよく
	豚肉ビビンバ		なる 豚もも肉	精白米	する Hコーン缶 ほうれん草		ロールパン		<u>なる</u> 白身魚 ベーコン	ロールパン	する パイン缶
2	フライドポテト		鶏ささみ	強化米(鉄)	もやし	17	魚フライ(卵不使用)		しらす干し	マカロニ	人参 りんご レーズン
	キャベツのスープ	ちんびん		じゃが芋	人参キャベツ	بار	マカロニサラダ	しらすおにぎり			きゅうり 白菜 パセリ
月	ネ ー ブル	L 保育乳			えのきたけ 赤ピーマン	火	白菜スープ りんご	保育乳			ブロッコリー ピーマン りんご
	 チキンカレー(強化米)	IN FO TO	鶏もも肉	精白米	人参		わかめごはん	ケーキ	わかめ	精白米	玉ねぎ
3	きゅうりのしらすあえ		しらす干し わかめ	強化米(鉄) じゃが芋	玉ねぎ Hコーン缶	18	チキン照り焼き	500	鶏もも肉 豚肩ロース	強化米(鉄) 白ゴマ	たけのこ 人参
	わかめスープ	玄米フレークスナック	絹ごし豆腐		GP ねぎ ピーマン		春雨の中華炒め		油揚げ	春雨 じゃが芋	キャベツ チンゲン菜
火	りんご *(^)*	保育乳 保育乳			きゅうり りんご	水	みそ汁	保育乳 保育乳			ニラ スイカ
	黒米ごはん	歯と口の健康週間	白身魚	精白米	かぼちゃ		スイカ お弁当 食育の日	体自和	豚ひき肉	精白米	玉ねぎ
4	魚の照り焼き		ハム(卵不使 用)	黒米 強化米(鉄)	人参 きゅうり	19	00)12		牛ひき肉 ウィンナー	強化米(鉄) じゃが芋	キャベツ 人参 にがうり
	かぼちゃのコロコロ揚げ	人参ケーキ	わかめ 調製豆乳	白ゴマ 春雨	大根 ねぎ			ミニマドレーヌ	豆腐 もずく		もやし きゅうり 赤ピーマン
水	拌三絲(バンサンスー)	保育乳 保育乳			スイカ	木		保育乳			Cコーン缶 ネーブル
	みそ汁 スイカ スパゲティミートソース	体自化	牛ひき肉	スパゲティ	人参		クファジューシー	琉球料理の日	ツナ缶	精白米	人参 ニラ
5	芋とひじきのサラダ		豚ひき肉 干ひじき	さつま芋	玉ねぎ トマト	20	昆布イリチー		ちくわ 豚肉	強化米(鉄) 練りごま	刻み昆布 かんぴょう
	とうがん汁	みそおにぎり	ツナ缶(水 煮)		セロリ ピーマン	_	ブロッコリーとトマトのごまあえ	ちんすこう(ココア風味)	カステラカマ ボコ	(白)	糸こんにゃく ブロッコリー
木	ネーブル	操 保育乳	わかめ		とうがん ネーブル	金	イナムドゥチ バナナ	保育乳			トマト しいたけ
	マージンごはん	休月孔	鶏もも肉	精白米	ほうれん草		ハヤシライス	休月孔	豚肩ロース	精白米	玉ねぎ
6	鶏肉のさっぱり煮		豆腐 ツナ缶	もちきび 白ゴマ	人参 Hコーン缶	21	スティックきゅうり(マヨ)			強化米(鉄) じゃが芋	人参 GP きゅうり
	ほうれん草炒め	ヒラヤーチー	わかめ スパム缶		きゅうり たけのこ	١.	コーンスープ	オートミールスナック			コーン缶 白菜
金	カリカリきゅうり みそ汁 バナナ	保育乳 保育乳			えのきたけ ねぎ バナナ	土	ネーブル	保育乳 保育乳			ネーブル
	もずくどんぶり	WHIL	もずく	精白米	ピーマン			MATE			
7	ブロッコリーとトマトのごまあえ		豚ひき肉 豆腐	強化米(鉄) 練りごま	赤ピーマン Hコーン缶	23		73	C */		
	みそ汁	スティックパン		(白)	ブロッコリー トマト 大根		慰霊の日(休園)			* *	
±	ネーブル	保育乳 保育乳			ねぎ ネーブル	月					
	三色ごはん(強化米)	PK1330	鶏ひき肉 豚ひき肉	精白米	人参 桃缶		キーマカレー(強化米入り)		鶏ひき肉	精白米	人参 GP
9	ポテトサラダ		もずく	強化米(鉄) じゃが芋	きゅうり	24		グレープゼリー	ウィンナー	強化米(鉄) じゃが芋	玉ねぎ Hコーン缶
月	豆腐とえのきのスープ	黒糖アガラサー 	豆腐	白ゴマ	パイン缶 レーズン	112	レタスのスープ	Caウエハース 麦茶			ピーマン
7	ネーブル 	保育乳			えのきたけ ねぎ ネーブル	火	│ バナナヨーグルト添え │	交 示			バナナ みかん 缶
	ひじきごはん		鶏もも肉 干ひじき	精白米 強化米(鉄)	人参 糸こんにゃく		黒米ごはん		鶏もも肉 ちくわ	精白米 黒米	<u>レタス えのき</u> 人参 ブロッコリー
10	鮭のみそマヨ焼き		油揚げ	白ゴマ	Hコーン缶 小松菜	25	鶏肉のマーマレード焼き	**	ツナ缶 もずく	強化米(鉄)	にがうり もやし
火	こんにゃくのソテー レタスのスープ	マシュマロサンド	豆腐	C 62.7	レタス	水	人参シリシリー もずくスープ	蒸し芋(焼き芋)	絹ごし豆腐	6747	とうがん ねぎ スイカ
	りんご	保育乳			えのきたけ りんご	"	スイカ	保育乳			42 717
	マージンごはん		豚レバー ちくわ	精白米 もちきび	ごぼう 人参 ニラ		肉みそうどん		豚肩ロース 油揚げ	▲茹うどん 精白米	大根 人参
11	レバーのかりん揚げ		油揚げ	白ゴマ	大参 ニノ 糸こんにゃく ほんしめじ	26	かぼちゃのコロコロ揚げ	1- 1. 14 1. 1- 1.	/四7勿1/	強化米(鉄)	人参 ねぎ かぼちゃ
水	きんぴらごぼう ブロッコリー(マコ)	ツナマヨトースト	わかめ ツナ缶		ブロッコリー	木	スティックきゅうり(マヨ) ネーブル	わかめおにぎり			きゅうり
	ブロッコリー(マヨ) みそ汁 バナナ	保育乳			白菜 バナナ	^	ホー ノル 	保育乳			ネーブル
	ごはん(強化米入り)		鶏もも肉 ちくわ	精白米 強化米(鉄)	人参 ブロッコリー		ごはん(強化米入り)		さば 鶏もも肉	精白米 強化米(鉄)	ごぼう 人参
12	チキンゴマ焼き	4×++ ·	ツナ缶	白ゴマ	もやし にがうり	27	さばのゴマだれ焼き	1 111 - 18 0:	海でも内	強化不(鉄) 白ゴマ 春雨	人参 さやいんげん チンゲン菜
 _木	│ 人参シリシリー ポテトの甘辛揚げ	お麩ラスク	わかめ	じゃが芋 <u>麩</u>	大根	金	┃ きんぴらごぼう(カレー風味) ┃ 中華スープ	揚げパン		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	長ねぎ
^	ホテトの日辛物に みそ汁 ホーブル	保育乳 保育乳			ねぎ ネーブル	377	中華スープ パイン缶	保育乳			Hコーン缶 パイン缶
\vdash	. 411 1 777								!		

	07 (11 /1)	N H TU			
12	ごはん(強化米入り)		鶏もも肉 ちくわ	精白米 強化米(鉄)	人参 ブロッコリー
'2	チキンゴマ焼き 人参シリシリー	トレイト お麩ラスク	ツナ缶 わかめ	白ゴマ じゃが芋	もやし にがうり
	ポテトの甘辛揚げ	00,22,77.7		麩	大根 ねぎ
'	みそ汁 ネーブル	保育乳			ネーブル
	沖縄そば		豚三枚肉 丸かまぼこ	沖縄そば 精白米	刻み昆布 ねぎ
13	トマトときゅうりの酢みそあえ		ちくわ	桐口木	トマト
	黄桃	いなり寿司	わかめ		きゅうり 桃缶
金					,,,,
		保育乳			
	豚肉のみそどんぶり		豚もも肉 ゆし豆腐	精白米 強化米(鉄)	人参 チンゲン菜
14	ブロッコリー(マヨ)		, , ,	32.10-1-12.0	玉ねぎ
١.	ゆし豆腐汁	シュガーラスク			ブロッコリー ねぎ
±	ネーブル	四大型			ネーブル
		保育乳		ht. (.).	
	マージンごはん		豚肩ロース 干ひじき	精白米 強化米(鉄)	大根 人参
16	豚大根のみそ煮	»	ハム(卵不使		糸こんにゃく
_	ひじきサラダ	ゴマ風味焼き菓子 	用)	そうめん 白ゴマ	きゅうり コーン缶
月	そうめん汁	// 本刻			ねぎ ネーブル
	ネーブル	保育乳			-1. 270
	•				
	_			0.200000	

ポテトスープ ネーブル ★ 材料、行事、その他の都合により、献立を変更することがあります。

マシュマロサンド

保育乳

ホットケーキ

保育乳

豆腐

ェ_圏 豚ひき肉 ベーコン(卵

不使用)

ひきわり納豆

ッナ缶 豚ひき肉

ボーコン(卵 不使用)

精白米

強化米(鉄) じゃが芋

精白米 強化米(鉄) 白ゴマ 練りごま (白) じゃが芋

- ★ 食物アレルギー対応食は、医師の診断書に基づき、『保育所における アレルギー対応ガイドライン(厚労省2019)』に沿って実施します。
- ★ 「離乳食の献立表」は、該当者だけに配布しています。

麻婆豆腐

バナナ

納豆みそ

ごはん(強化米入り)

ごはん(強化米入り)

とうがんのそぼろ煮

ブロッコリーとトマトのごまあえ

きゅうりの中華風 野菜スープ

28

30

★ 幼児食移行期(1歳~1歳半頃)は、咀嚼能力にあわせて調理形態や 食材を替える場合があります。



生しいたけ

大参 ニラ 玉ねぎ たけのこ きゅうり えのきたけ

ほうれん草

ねぎ GP とうがん ブロッコリー トマト えのきたけ ほうれん草 ネーブル





and the "Guidelines for Allergy Management in Daycare Centers

★ The "Weaning Food Menu" is distributed only to applicable children

(Ministry of Health Labor and Welfare 2019)" ,





Naohara Masako (Nutritionist)



★ The classification of red, yellow, and green food groups is based on the six basic food groups (Monistry of Health, Labor and Welfare) and

			Lunch Ingredients		日			Lunch Ingredients			
日	Menu	Snacks	Red	Yellow	Green		Menu	Snacks	Red	Yellow	Green
曜		(1∼5 yrs old)	Protein	Carbohydrates	Fruits and Vegetbles	曜		(1∼5 yrs old)	Protein	Carbohydrates	Fruits and Vegetables
	pork bibimbap		pork thigh	white rice fortified rice	corn spinach		bread rolls		white fish	bread rolls	pineapple
2	fried potato	1	chicken	(iron)	bean sprouts carrots cabbage	17	fried fish		bacon dried shirasu	macaroni	carrots cucumber
	cabbage soup	Okinawan pancake		white sesame	enoki		macaroni salad	rice ball			Chinese cabba
Mon	orange			potatoes	mushrooms	Tue	Chinese cabbage soup		<u> </u>		parsley broco
		milk			red peppers		apple	milk	<u> </u>		green bell pepper appl
	chicken curry		chicken thigh	white rice	carrots		rice w/ wakame seaweed	cake	wakame	white rice	onions
3	cucumber w/ sardines		sardines	fortified rice	onions apples	18		Carc	seaweed	fortified rice	bamboo sho
3		1	seaweed silken tofu	(iron)	canned h corn	10	chicken teriyaki		chicken thigh pork shoulder	(iron)	carrots cabb Chinese cabb
_	wakame soup	brown rice	SHKEH WIL	potatoes	green peas onions		Chinese fried vermicelli		fried tofu	white sesame potatoes	chives
Гuе	apple \checkmark	flake snack			green peppers	Wed	miso soup				watermelo
	\sim	milk			cucumbers		watermelon	milk			
	black rice	Dental Health Week	white fish ham	white rice black rice	pumpkin carrot		Obento Day 食育の日		minced pork minced beef	whited rice fortified rice	onions cabb carrots squ
4	teriyaki fish		wakame	fortified rice	cucumber	19			sausage	(iron)	bean sprou
	pumpkin croquet	carrot cake	seaweed	(iron)	radish			mini madeleines	tofu	potatoes	cucumbe
Ved	Bansan su (Chinese salad)		soy milk	white sesame vermicelli	spring onion watermelon	Thu			mozuku		red pepper canned c co
···	miso soup watermelon	milk		veriniceni	watermeron	1110		milk			orange
	1	IIIIK	ground beef	spaghetti	carrots		juicy rice		canned tuna	white rice	carrots chiv
_	spaghetti w/ meat sauce	ļ	ground pork	sweet potato	onions	20	l * *	Ryukyu Cooking Day	chikuwa	fortified rice	kelp kamp
5	hijiki salad		dried elbows		tomatoes	20	shredded kombu	<i>a</i>	pork	(iron)	konnyaku
	tougan soup	miso rice ball	canned tuna wakame		celery green peppers		broccoli & tomato w/ sesame dr	Chinsuku	castella kamaboko	sesame seed (white)	broccoli tomatoes
Γhu	orange		seaweed		green beans	Fri	inamduchi		Kumuooko	"	shiitake
		milk			orange		banana	milk			mushroon
	millet rice		chicken thigh	white rice	spinach		hayashi rice		pork shoulder	white rice	onions
6	simmered chicken		tofu tuna	glutinous millet	carrots corn cucumbers	21	cucumber stick w/ mayo		<u> </u>	fortified rice (iron)	carrots green pea
	stir fried spinach	Hirayachi	wakame	white sesame	bamboo shoots		corn soup	oatmeal snack		potatoes	cucumbe
Fri	sliced cucumber		seaweed		enoki	Sat	orange				canned co
	miso soup banana	milk	spam		mushrooms spring onions	Sat	orange of the state of the stat	milk	<u> </u>		Chinese cabl orange
	mozuku seaweed rice bowl		mozuku	white rice	green peppers						
7			minced pork	fortified rice	red peppers	22		30		•	
7	broccoli w/ sesame sauce		tofu	(iron)	canned h corn	23	Memorial Day	N.	Ja The	7	
	miso soup	stick pan		sesame (white)	broccoli tomatoes		(school closed)	1	4		
Sat	orange			()	radishes	Mon	(school closed)	•		,	
		milk			green onions						
	tricolor rice (fortified)		minced chicken	white rice fortified rice	carrots peach		keema curry		ground chicken	white rice fortified rice	carrots onio
9	potato salad	ļ	minced pork	(iron)	spinach cucumber	24	boiled sausage	grape jelly	sausage	(iron)	green pea corn peppe
	tofu & enoki mushroom soup	brown sugar agarasa	mozuku	potatoes	pineapple		lettuce soup	Ca wafer		potatoes	tomatoes
Mon	orange	ļ	tofu	white sesame	canned	Tue	banana w/ yogurt	Barley tea			bananas orar
		milk			raisins enoki		, ,		<u> </u>		lettuce enoki
	hijiki rice		chicken thigh	white rice	carrots		black rice		chicken	white rice	carrots
10	grilled salmon w/ miso mayo	ļ	dried elbows	fortified rice	ito konnyaku	25	bcaked chicken w/ marmalade	baked	thighs	black rice	broccoli
10			fried tofu	(iron)			beaked chicken w/ marmarade				natto cucumb
	_ ·	marshmallow sandwich	fried tofu	` ′	h canned corn	25			chikuwa	fortified rice	been enrou
_	sauteed konnyaku	marshmallow sandwich	salmon	white sesame	komatsuna		shredded carrot	sweet potato	canned tuna	(iron)	
Гuе	_ ·			` ′	komatsuna lettuce apples enoki	Wed	shredded carrot mozuku soup	sweet potato			water chestn leeks
Гue	sauteed konnyaku lettuce soup orange	marshmallow sandwich milk	salmon tofu	white sesame potato	komatsuna lettuce apples enoki mushrooms				canned tuna mozuku silken tofu	(iron) sweet potatoes	water chestn leeks watermelo
Гue	sauteed konnyaku lettuce soup		salmon tofu pork liver	white sesame potato	komatsuna lettuce apples enoki mushrooms burdock		mozuku soup	sweet potato	canned tuna mozuku silken tofu pork shoulder	(iron) sweet potatoes udon	watermelo radish
Гие 11	sauteed konnyaku lettuce soup orange		salmon tofu	white sesame potato	komatsuna lettuce apples enoki mushrooms		mozuku soup watermelon	sweet potato	canned tuna mozuku silken tofu	(iron) sweet potatoes	water chestn leeks watermelo radish carrot
	sauteed konnyaku lettuce soup orange millet rice		salmon tofu pork liver chikuwa	white sesame potato white rice glutinous	komatsuna lettuce apples enoki mushrooms burdock carrots chives	Wed	mozuku soup watermelon udon noodles	sweet potato	canned tuna mozuku silken tofu pork shoulder	(iron) sweet potatoes udon noodles	water chestn leeks watermelo radish carrot green onio
	sauteed konnyaku lettuce soup orange millet rice fried liver	milk	salmon tofu pork liver chikuwa abura-age wakame seaweed	white sesame potato white rice glutinous millet	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms	Wed	mozuku soup watermelon udon noodles pumpkin croquet	sweet potato milk	canned tuna mozuku silken tofu pork shoulder	(iron) sweet potatoes udon noodles white rice	water chestn leeks watermelo radish carrot green onio pumpkin cucumber
11	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo	milk	salmon tofu pork liver chikuwa abura-age wakame	white sesame potato white rice glutinous millet	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji	Wed 26	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick	sweet potato milk	canned tuna mozuku silken tofu pork shoulder	(iron) sweet potatoes udon noodles white rice fortified rice	water chestr leeks watermelo radish carrot green onio pumpkin
11	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana	milk tuna mayo toast	salmon tofu pork liver chikuwa abura-age wakame seaweed	white sesame potato white rice glutinous millet	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli	Wed 26	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange	sweet potato milk rice ball	canned tuna mozuku silken tofu pork shoulder	(iron) sweet potatoes udon noodles white rice fortified rice	water chestr leeks watermelo radish carrot green onio pumpkin cucumber orange
11 Ved	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice	milk tuna mayo toast	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa,	white rice glutinous millet white sesame	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts	Wed 26 Thu	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice)	sweet potato milk rice ball milk	canned tuna mozuku silken tofu pork shoulder abura-age	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice	water chestr leeks watermelo radish carrot green onio pumpkin cucumber orange
11 Ved	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste	milk tuna mayo toast milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned	white rice glutinous millet white sesame white rice fortified rice (iron)	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash	Wed 26	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce	sweet potato milk rice ball milk	canned tuna mozuku silken tofu pork shoulder abura-age	udon noodles white rice fortified rice (iron) white rice fortified rice (iron)	water chestr leeks watermeld radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot
11 Ved 12	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot	milk tuna mayo toast	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa,	white rice glutinous millet white sesame	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts	Wed 26 Thu 27	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor)	sweet potato milk rice ball milk	canned tuna mozuku silken tofu pork shoulder abura-age	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice	water chestr leeks watermele radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot chinese cabl
11 Ved 12	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste	milk tuna mayo toast milk fu rusk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish	Wed 26 Thu	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup	sweet potato milk rice ball milk fried bread	canned tuna mozuku silken tofu pork shoulder abura-age	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron)	water chestralecks watermelo radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot chinese cabt spring onic corn
11 Ved 12	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot	milk tuna mayo toast milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange	Wed 26 Thu 27	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple	sweet potato milk rice ball milk	canned tuna mozuku silken tofu pork shoulder abura-age	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli	water chestr leeks watermele radish carrot green onic pumpkin cucumbe orange burdocks carrots pea shoot chinese cabb spring onic corn pineappl
111 Wed 112	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato	milk tuna mayo toast milk fu rusk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed	white sesame potato white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp	Wed 26 Thu 27 Fri	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup	sweet potato milk rice ball milk fried bread	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh	udon noodles white rice fortified rice (iron) white sesame vermicelli	water chestraleeks watermeleeks watermelee radish carrot green onic pumpkir cucumbee orange burdocks carrots pea shoot chinese cabt spring onic corn pineappl shiitake
111 Wed 112	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange	milk tuna mayo toast milk fu rusk milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange	Wed 26 Thu 27	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple	sweet potato milk rice ball milk fried bread	canned tuna mozuku silken tofu pork shoulder abura-age	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli	water chestricks watermeld radish carrot green onion pumpkir cucumbe orange burdocks carrots pea shoot chinese cabb spring onion corn pineappl shiitake mushroon
111 Wed 112	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba	milk tuna mayo toast milk fu rusk milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber	Wed 26 Thu 27 Fri	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice)	sweet potato milk rice ball milk fried bread	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork	udon noodles white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron)	water chestr leeks watermele radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot chinese cabb spring onic corn pineappl shiitake mushroon carrots chiv onions
111 Ved 112 Thu 113	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare	milk tuna mayo toast milk fu rusk milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato	Wed 26 Thu 27 Fri 28	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber	sweet potato milk rice ball milk fried bread milk	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron)	water chestr leeks watermele radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot chinese cabb spring onic corn pineappl shiitake mushroon carrots chiv onions cucumber
111 Wed 112 Thu 113	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare	milk tuna mayo toast milk fu rusk milk ad miso inari sushi	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber	Wed 26 Thu 27 Fri	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron)	water chesticles watermeld radish carrot green onic pumpkir cucumbe orange burdock: carrots pea shoot chinese cabl spring onic corn pineappl shiitake mushroon carrots chironions cucumber bamboo sho
111 Ved 112 Thu 113	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach	milk tuna mayo toast milk fu rusk milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame seaweed ""	white rice glutinous millet white rice fortified rice (iron) white sesame potatoes fu Okinawa soba white rice	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches	Wed 26 Thu 27 Fri 28	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana	sweet potato milk rice ball milk fried bread milk	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork bacon	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron) potatoes	water chesti- leeks watermele radish carrot green onie pumpkin cucumbe orange burdock carrots pea shoo chinese cabl spring onie corn pineappl shiitake mushroor carrots chi onions cucumbe bamboo sh enoki
111 12 13 Fri	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach	milk tuna mayo toast milk fu rusk milk ad miso inari sushi	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches	Wed 26 Thu 27 Fri 28 Sat	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana rice (fortified rice)	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron)	water chestr leeks watermele radish carrot green onic pumpkir cucumbe orange burdocks carrots pea shoot chinese cabl spring onic corn pineappl shiitake mushroon carrots chiv onions cucumbee bamboo she enoki green onic
111 12 13 Fri	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach pork w/ miso rice bowl broccoli w/ mayo	milk tuna mayo toast milk fu rusk milk ed miso inari sushi milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame seaweed "	white rice glutinous millet white rice fortified rice (iron) white sesame potatoes fu Okinawa soba white rice	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches carrots chinese cabbage onions	Wed 26 Thu 27 Fri 28	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana rice (fortified rice) natto miso	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich milk	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork bacon ground natto canned tuna ground pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron) potatoes white rice fortified rice (iron)	water chestr leeks watermelo radish carrot green onic pumpkin cucumber orange burdocks carrots pea shoot chinese cabb spring onio corn pineapple shiitake mushroom carrots chiv onions cucumber bamboo sho enoki green onic green pea tougan
111 12 13 Fri	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach	milk tuna mayo toast milk fu rusk milk ad miso inari sushi	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame seaweed "	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu Okinawa soba white rice white rice fortified rice (iron)	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches carrots chinese cabbage onions broccoli	Wed 26 Thu 27 Fri 28 Sat	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana rice (fortified rice)	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork bacon ground natto canned tuna	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron) potatoes white rice fortified rice (iron) potatoes	water chestr leeks watermelo radish carrot green onic pumpkin cucumber orange burdocks carrots pea shoot chinese cabb spring onio corn pineapple shiitake mushroom carrots chiv onions cucumber bamboo sho enoki green onic green pea tougan broccoli
11	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach pork w/ miso rice bowl broccoli w/ mayo	milk tuna mayo toast milk fu rusk milk ed miso inari sushi milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame seaweed "	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu Okinawa soba white rice white rice fortified rice (iron)	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches carrots chinese cabbage onions	Wed 26 Thu 27 Fri 28 Sat	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana rice (fortified rice) natto miso	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich milk pancake	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork bacon ground natto canned tuna ground pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron) potatoes white rice fortified rice (iron)	water chestn leeks watermelo radish carrot green onio pumpkin cucumber orange burdocks carrots pea shoot chinese cabb spring onio corn pineapple shiitake mushroom carrots chiv onions cucumber bamboo sho enoki green onio green pea
111 112 112 113 114	sauteed konnyaku lettuce soup orange millet rice fried liver burdock root broccoli w/ mayo miso soup banana rice chicken w/ sesame paste shredded carrot sweet & spicy potato miso soup orange Okinawa soba tomato & cucumber w/ vinegare yellow peach pork w/ miso rice bowl broccoli w/ mayo tofu soup	milk tuna mayo toast milk fu rusk milk ed miso inari sushi milk	pork liver chikuwa abura-age wakame seaweed canned tuna chicken thigh chikuwa, tuna, canned tuna wakame seaweed pork tripe fish paste chikuwa wakame seaweed "	white rice glutinous millet white sesame white rice fortified rice (iron) white sesame potatoes fu Okinawa soba white rice white rice fortified rice (iron)	komatsuna lettuce apples enoki mushrooms burdock carrots chives konnyaku shimeji mushrooms broccoli bananas carrots broccoli bean sprouts butternut squash radish green onion orange kelp green onion tomato cucumber canned peaches carrots chinese cabbage onions broccoli leeks	Wed 26 Thu 27 Fri 28 Sat 30	mozuku soup watermelon udon noodles pumpkin croquet cucumber stick orange rice (fortified rice) griled mackerel w/ sesame sauce burdock root (curry flavor) Chinese soup pineapple rice (fortified rice) bean-curd soup w/ red pepper cucumber vegetable soup banana rice (fortified rice) natto miso bean-curd w/ simmered raddish	sweet potato milk rice ball milk fried bread milk mrachmallow sandwich milk pancake	canned tuna mozuku silken tofu pork shoulder abura-age mackerel chicken thigh tofu minced pork bacon ground natto canned tuna ground pork	(iron) sweet potatoes udon noodles white rice fortified rice (iron) white rice fortified rice (iron) white sesame vermicelli white rice fortified rice (iron) potatoes white rice fortified rice (iron) potatoes	water chestm leeks watermelo radish carrot green onio pumpkin cucumber orange burdocks carrots pea shoot chinese cabb spring onio corn pineapple shiitake mushroom carrots chiv onions cucumber bamboo sho enoki green onio green pea tougan broccoli tomatoes

cucumber

canned corn

green onion

orange

millet

somen

somen noodle soup

hijiki salad

orange

Mon

sesame flavored

baked sweets

milk