

Lunch Menu, November 2022



Manner Goal : Let's say the proper aisatsu for our meals.

Nutrition Goal : Let's learn about seasonal foods.

Principal Yuichi Hashimoto Ayako Koide School Nutritionist

1 T				For building our bodies	Yellow Food Group For warming our bodies	For balancing our bodies	Other	Kcal	protein g
		☆Family Reading Week ☆	Inspire	ed by "Various Mushrooms"ar	d "The Giant Turnip" and "The Mo	_			
2	Tu	Kinoko Rice		fried tofu	rice	shiitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock		28.2
بتنكني	2-	Miso Soup w/Turnip and Komatsuna	0	miso		turnip, komatsuna, scallion	bonito flake stock	653	
	i?	Hanasaki Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce		
(الأ	Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
		☆Family Reading Week ☆	Inspire	by "Okawari he no Michi," "Inochi no Tabemono," and "Mikan Oishiku Na-re" ☆					
2 \	W	Rice Balls (Jako and Wakame, Red Perilla)		wakame seaweed seasoning, chirimen jakko, nori	rice		yukari shiso (red perilla)		
~ ~	$\overline{}$	Tori-jiru	0	chicken, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock	600	26.8
	₽,"	Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt		
OF THE	b).	Fruit (Satsuma Orange)	1			satsuma orange			
3 T	Th	3000 A	760		Culture Day	\$\$ \$\$ \$\$ \$\$ \$\$		\$760	≨
		☆Family Reading Week ☆	Inspire	ed by "Help in the Kitchen"ar	d "Don't Forget the Bacon" and "	Oshaberi no Tamagoyaki" ☆			
4	F	Chicken Rice		chicken	rice, butter, cooking oil	onion, carrot, mushroom, canned corn, green peas	salt, paprika powder, white wine, pepper, tomato puree, ketchup	676	20.6
X	7	Bacon and Vegetable Chowder	0	bacon, milk	cooking oil, potato, wheat flour	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf powder	676	20.6
	- L	Okashina Fried Egg		agar powder(kanten), calpis		canned apricot			
		Barley Rice			rice, barley				
		Miso Soup w/Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock		27.0
7 1	М	Rolled Egg w/Tuna	0	tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce	625	
		Jako Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake		
		Kakitama Udon		pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	bonito flake stock, kelp stock, mirin, salt, soy sauce		
8 T	Tu	Chinese Cabbage Isoae	0	nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce	582	26.8
	İ	Aonori Beans	1	soy bean, nori	cooking oil, starch, potato		salt		
		Rice			rice				
9 \	w	Clear Soup w/Hanpen	0	hanpen		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce	540	25.6
		Grilled Squid w/Scallion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
10 T	Th	Curry and Rice	0	chicken	rice, cooking oil, potato, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, curry powder, ketchup, coriander, cinnamon powder, garam masala, Worcestershire sauce	752	20.2
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine		
		Soy Bean Powder and Sugar Toast		soy bean flour	(domestic) wheat flour bread, butter, (white) sugar				
11	F	Pork and Beans	0	pork, bacon, soy bean	cooking oil, potato	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce	614	27.7
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, canned corn, onion	vinegar, salt, pepper		
	<u>, </u>	Japanese Event Lunch ☆ School Anniversary ☆							
祝		Celebratory Rice	-		rice, glutinous rice, cowpea, black sesame seeds		salt		ļ
كمهما		Celebratory Clear Soup		naruto		komatsuna, carrot	bonito flake stock, kelp stock, salt		
14 N	М	Fried Chicken Kara-age	0	chicken	cooking oil, starch	ginger	soy sauce, sake	661	23.8
		Shichifuku Namasu			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	salt, soy sauce, Thin soy sauce, vinegar		
XX4III	>>	Kouhaku Jelly		agar powder (kanten), milk	(white) sugar	grenadine syrup			

Notice about the Lunch Fee
The school lunch fee is calculated based on the price of each meal, so the fee is different every month. We will inform you of the amount each month in the menu. The withdrawal date for November is the 10th (Th).

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥3540☆	¥3,776	¥3870☆	¥4,128	¥4200☆	¥3920 ★

 $\dot{\alpha}$ Grades 1, 3 and 5 will be charged for 1 less meal because of their excursions on 10/7 (G1), 11/18 (G3), and 10/5 (G5). $\dot{\alpha}$ G6 will be charged for 2 less meals, because of the Inter-School Sports Day on 10/4 and social studies field trip on 11/15.

Day	Dat e	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	proteir g
15 Tı		Chinese Fried Noodles		pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, pea pods	salt, pepper, soy sauce, vinegar	E00	
	Tu	Chinese Salad w/Broccoli and Cabbage	0		cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce	590	25.3
		Fruit (Apple)	1			apple			
		Rice			rice				
		Tofu Hamburg Steak	0	chicken, tofu, egg, miso	panko, sesame oil, cooking oil,	onion, ginger, dried shiitake	salt, pepper, soy		26.2
16	W	Cabbage and Cucumber		emeken, tora, egg, mise	(light brown) sugar, starch		sauce, mirin, sake salt, yukari shiso (red	605	
		with Yukari				cucumber, cabbage	perilla) bonito flake stock,		
		Furofuki Daikon (Yuzu Miso)		miso	(light brown) sugar	daikon, yuzu	salt, soy sauce, mirin, sake		
	Th	Sandwich (Tuna·Cheese)		tuna, cheese	bread, non-egg mayonnaise, whole wheat bread	cucumber	salt, pepper, grain mustard		26.5
17		Tomato Stew w/Chicken and Vegetables	0	chicken	cooking oil, potato, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf	588	
		Turnip Salad	1		cooking oil	cabbage, turnip, cucumber,	vinegar, salt, pepper		
			⊹Kum	amoto Prefecture∜	COOKING OIL	onion	villegal, satt, pepper		
18	F	Let's Enjoy Local Cuisine ☆Kumamoto Prefecture☆ Takana Fried Rice lice, sesame oil, white sesame							
		Takana Tried Nice	_	C39	seeds, cooking oil	ginger, carrot, Chinese cabbage,	mirin chicken broth, sake,		
)	Taipien	0	pork, shrimp, squid	cooking oil, vermicelli, sesame oil rice flour, wheat flour, (white)	bamboo shoots, cloud ear mushroom, pea pods	oyster sauce, salt, pepper, soy sauce	656	21.5
•		Ikinari Dango			sugar, sweet potato, skinless bean paste		salt		1
		Rice			rice				
		Miso Soup w/Potato and Onion		wakame (seaweed), miso	potato	onion	bonito flake stock		26.7
21	М	Stamina Natto	0	natto, chicken	sesame oil, (light brown) sugar	ginger, garlic, scallion	soy sauce, sake, tabasco	615	
		Chikuzenni Stew		chicken	cooking oil, konnyaku, (light brown) sugar	burdock, carrot, bamboo shoots, lotus root, daikon, dried shiitake, string bean	bonito flake stock, sake, salt, soy sauce		
		Let's Enjoy the Flavor of Washoku Broth!							
22	Tu	Rice with Soybeans and		fried tofu, soy bean, hijiki(seaweed)	rice, glutinous rice, cooking oil, (light brown) sugar	carrot	sake, salt, soy sauce,		28.3
~_	5	Hijiki	0	nijiki(seaweed)		carrot, daikon, shiitake, shimeji,	kelp stock, mirin bonito flake stock,	610	
7		Mushroom Soup			taro, konnyaku, starch	enoki mushroom, scallion	kelp stock, salt, soy sauce	618	
\$	*	Grilled Mackerel with Miso		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce		
	/	Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
23	W		 	, , , , , , , , ,		cabbage	soy sauce	• • •	Y
23	W		 • • • •	pork, miso, tofu	sesame seeds Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar,	cabbage	sake, soy sauce, sweet bean paste	• • •	•
23	W	Seed Dressing WWWWWWW			Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake,	sake, soy sauce, sweet bean paste chicken broth, sake,	624	₹ 24.9
		Mabo Rice Bowl Chinese Egg Soup		pork, miso, tofu	Labor Thanksgiving Dirice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce	624	24.9
		Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad	0		Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake,	sake, soy sauce, sweet bean paste chicken broth, sake,	624	24.9
		Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice		egg	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard	624	24.9
		Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup	0	egg miso, tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock	624	♥ 24.9
24	Th	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW		egg	sesame seeds Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake		
24	Th	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad		egg miso, tofu pork	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper		
24	Th	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice		egg miso, tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake		
24	Th	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and Komatsuna		egg miso, tofu pork	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper		
24	Th	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and	- 0	egg miso, tofu pork saury	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce	- 606	26.3
24	Th	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	- 0	egg miso, tofu pork saury fried tofu, miso	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock	- 606	26.3
24	Th F	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	- 0	egg miso, tofu pork saury fried tofu, miso	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce	- 606	26.3
25	Th F	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and Komatsuna Marinated Cabbage with Salted Kelp Fruit (satsuma orange)	0	egg miso, tofu pork saury fried tofu, miso	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds	cabbage Day garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce	606	26.3
24	Th F	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	- 0	egg miso, tofu pork saury fried tofu, miso salted kelp	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce	- 606	26.3
25	Th F	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, sesame oil, taro	cabbage Day Garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange burdock, carrot, daikon, scallion Chinese cabbage, cucumber,	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce salted koji, sake	606	26.3
25	Th F	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken fried tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, starch	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce	606	26.3
24 25 28 29	Th F	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and Komatsuna Marinated Cabbage with Salted Kelp Fruit (satsuma orange) Rice Kenchin Soup Grilled Chicken with Salted Koji Chinese Cabbage and Deep-Fried Tofu salad Let's Enjoy Food from Arol	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken fried tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, sesame oil, taro cooking oil, sesame oil, taro	cabbage Day Garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange burdock, carrot, daikon, scallion Chinese cabbage, cucumber,	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce salted koji, sake	606	26.3
25	Th F	Seed Dressing WWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken fried tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, sesame oil, taro	cabbage Day Garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange burdock, carrot, daikon, scallion Chinese cabbage, cucumber,	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce salted koji, sake vinegar, salt, soy sauce	606	26.3
24 25 28 29	Th M	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and Komatsuna Marinated Cabbage with Salted Kelp Fruit (satsuma orange) Rice Kenchin Soup Grilled Chicken with Salted Koji Chinese Cabbage and Deep-Fried Tofu salad Let's Enjoy Food from Arol	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken fried tofu	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, sesame oil, taro cooking oil, sesame oil, taro	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion, carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange burdock, carrot, daikon, scallion Chinese cabbage, cucumber, carrot, ginger	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce bonito flake stock soy sauce white wine, chicken broth, salt, pepper, bay leaf powder	606	26.3
24 25 28 29	Th M	Mabo Rice Bowl Chinese Egg Soup Vermicelli Salad Rice Hearty Miso Soup Stir-fried Ginger Pork Potato Salad Sanma Rice Miso Soup w/Turnip and Komatsuna Marinated Cabbage with Salted Kelp Fruit (satsuma orange) Rice Kenchin Soup Grilled Chicken with Salted Koji Chinese Cabbage and Deep-Fried Tofu salad Let's Enjoy Food from Arol Maple Toast	0	egg miso, tofu pork saury fried tofu, miso salted kelp tofu chicken fried tofu e World! ☆ Canada ☆	Labor Thanksgiving D rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil starch vermicelli, cooking oil, sesame oil rice konnyaku cooking oil, starch potato, non-egg mayonnaise rice, cooking oil, starch, (light brown) sugar, white sesame seeds white sesame seeds rice cooking oil, sesame oil, taro cooking oil, (light brown) sugar, white sesame seeds	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive ginger, carrot, dried shiitake, bamboo shoots, scallion carrot, cucumber, bean sprouts carrot, burdock, komatsuna, scallion ginger, onion carrot, cucumber, canned corn ginger turnip, komatsuna, scallion cabbage, bean sprouts, carrot satsuma orange burdock, carrot, daikon, scallion Chinese cabbage, cucumber, carrot, ginger	sake, soy sauce, sweet bean paste chicken broth, sake, salt, pepper, soy sauce vinegar, salt, soy sauce, mustard bonito flake stock soy sauce, sake vinegar, salt, pepper salt, soy sauce bonito flake stock soy sauce bonito flake stock soy sauce bonito flake stock soy sauce white wine, salt, soy sauce white wine, chicken broth, salt, pepper,	606	26.3

 $\mbox{$\not \simeq$}$ There may be changes to the menu due to availability of food.

\sim To Parents and Guardians \sim

If your child has to <u>miss funch for more than 5 days in a row</u>, a refund for the fee is available. To be eligible, parents/guardians must inform their child's teacher 10 days in advance and submit the necessary paperwork one week in advance. If there is a change in the absence period, please inform your homeroom teacher. In the event of an extensive absence or school transfer, a full or partial refund will be deposited into the 1P Yucho account at the end of the term and a handling fee will be charged.