

Lunch Menu for February Pre-school to Gr.9

Mon.	Tue.	Wed.	Thu.	Fri.
				1
				rice
				hamburg
				French fries
				simmered cabagge & tuna with consomme
				simmered soybeans
				tossed lotus root with mayonnaise
				tossed deep fried eggplant with bonito flakes
4	5	6	7	8
rice	vegetable rice ball	rice	rice	Conference (not a normal school day)
simmered egg and chicken	cod fish teriyaki style	simmered beef with tomato	simmered thick fried tofu	
simmered deep fried tofu & kidney beans	sweet simmered pumpkin	spinach & ham salad	stir-fried konjac & green laver	
wiener tempura	tossed seaweed & enoki with vinegar	kidney beans tempura	carrot kinpira style	
tossed shungiku & tuna	tossed cauliflower with mayonnaise	sweet potato & corn	tossed green pepper & young serdines	
stir-fried bean sprout curry flavor	lotus root tempura	sautéed macaroni	meat ball	
simmered hijiki	stir-fried vegetable	simmered mushroom & fried tofu with ginger	potato & boiled egg salad	
11	12	13	14	15
No school National holiday	No school	rice with stir-fried minced chicken	rice	rice
		grilled mackerel	teriyaki chicken curry flavor	pork cutlet
		kinpira style lotus root	simmered deep fried eggplant with tomato	tossed spinach & corn
		shredded radish	broccoli tempura	snap peas
		fish cake tempura	tossed Chinese cabagge & shredded kelp	simmered pumpkin
		tossed bok choy	simmered wheat bran with egg	German potato
		green soybeans	mushroom spaghetti	simmered thick fried tofu with shredded radish
18	19	20	21	22
rice	rice	rice	rice	rice
simmered pork with curry	fried chicken	stir-fried pork with leek & bean sprout	grilled salmon with butter	mapo tofu
tossed deep fried eggplant	simmered corn & carrot	deep fried taro yuzu flavor	eggplant tempura	sautéed burdock & carrot
sweet spicy deep fried fish paste	thick fried tofu with minced chicken thick sauce	spring roll	simmered hijiki	French fries
sweet beans	tossed shredded radish & seaweed	simmered mushroom with shredded radish	sweet-spicy stir-fried lotus root & carrot	broccoli with thick sauce
canola flower & ham salad	spaghetti ketchup	tossed cauliflower with mayonnaise	simmered freeze dry tofu with egg	tossed bok choy with bonito flakes
croquette	sautéed mustard leaf & enoki	boiled egg	tossed kidney beans with sesame	stir-fried wiener & corn
25	26	27	28	
rice	rice	rice	rice	
fish tempura	hamburg	chicken cutlet	stir-fried thick tofu with sauce	
tossed fish cake tempura & corn with mayonnaise	sweet beans	Italian spaghetti	green soybeans croquette	
okara	tossed cauliflower & carrot with miso mayonnaise	sautéed spinach & carrot	simmered radish & bacon	
simmered vegetable Chikuzan style	simmered sweet potato with lemon	sweet simmered pumpkin	stir-fried chicken with basil	
tossed cabagge & deep fried tofu	sautéed broccoli & bacon	tossed kidney beans & tuna with sesame	vermicelli & carrot salad	
radish with thick minced chicken sauce	lotus tempura	egg roll	tossed canola yuzu flavor	

✳️Please be informed that the menu has possibility to change.