

Lunch Menu for January Pre-school to Gr.9

Mon.	Tue.	Wed.	Thu.	Fri.
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
No School	rice stir-fried beef deep fried broccoli simmered freeze dry tofu tossed taro and corn with mayonnaise stir-fried red pepper & tuna kidney beans with butter & soy sauce	carrot rice fried chicken tossed seaweed & enoki with vinegar French fries sautéed spinach and bacon sweet soy beans & green peas macaroni salad	rice simmered pork and egg simmered thick fried tofy and carrot sweet simmered pumpkin lotus root tempura simmered hijiki tossed mustard leaf with bonito flakes	rice codfish teriyaki style simmered radish & minced chicken stir-fried been sprout & Chinese chive simmered vegetable Chikuzan style wiener tempura tossed spinach and Chinese cabagge
14	15	16	17	18
No school lunch Bring your own lunch.	rice simmered meat ball & Chinese cabbage with white sauce simmered sweet potato with lemon tossed shungiku with sesame stir-fried cauliflower curry flavor sautéed lotus root & carrot squid tempura	rice fish tempura with sauce okara stir-fried cauliflower & ham potato with thick sauce tossed cabagge with salty kelp butter corn	corn rice ball grilled chicken with basil meat spaghetti mustard leaf & carrot salad sweet simmered mushroom pumpkin tempura snap peas	rice simmered pork with shredded carrot tossed beans & young sardines tossed egg plant sprout namul boiled broccoli taro tempura curry flavor
21	22	23	24	25
rice stir-fried squid & vegetable with oyster sauce simmered freeze dry tofu & shimeji sweet simmered corn tossed Chinese cabbage & tuna sweet potato tempura burdock kinpira style curry flavor	hijiki rice salmon with mayonnaise cheese sauce butter flavor green soy beans stir-fried rice noodle egg plant tempura with ginger & soy sauce croquette tossed bok choy & enoki	rice hamburg steak simmered cabagge & bacon with consomme macaroni with soybean flour French fries tossed kidney beans with olive simmered thick fried tofu with shredded radish	rice simmered beef with miso simmered hijiki & fish cake tempura spring roll simmered green pepper with bonito flake egg roll tossed spinach & carrot	rice fried chicken Aioli sauce simmered pumpkin tossed vermicelli & ham with vinegar simmered mushroom & carrot Chinese cabagge & seaweed salad boiled green soybeans & corn
28	29	30	31	
rice with perilla chicken Sukiyaki fish cake tempura simmered deep fried tofu & kidney beans stir-fried rice noodle tossed mustard leaf & enoki simmered wiener & corn with ketchup	rice pork cutlet simmered pumpkin snap peas carrot with sesame mayonnaise salad simmered thick fried tofu with shredded radish marinated mushroom	rice stir-fried pork & vegetable simmered shredded radish & konjac simmered cauliflower & carrot red kidney beans tossed vermicelli & ham with vinegar candied sweet potato	rice simmered mackerel with curry mushroom spaghetti simmered Chinese cabagge spinach croquette mix beans salad simmered hijiki	

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