

Lunch Menu for June Pre-school to Gr.9

Mon.	Tue.	Wed.	Thu.	Fri.
3	4	5	6	7
rice	rice	rice	rice	No School
squid tempura tartar curry flavored broad (fava) bean	mackerel simmered with shredded radish pumpkin tempura	hamburg with demi-glace sauce mushroom and bacon marinade	Chinese style stir fried pork and pepper Japanese rolled omelette	
seaweed and enoki mushroom tossed with vinegar	cauliflower tossed with sesame	carrot sautéed in butter	cabbage and carrot tossed in vinegar	
deep fried taro flavored with sweet sauce	sweet bean stew	green peas curry flavored	broccoli tempura	
stir fried pork and vegetable	corn on the cob	macaroni simmered in tomato sauce	lotus root flavored in seaweed	
konnyaku and carrot Kinpira style	simmered hijiki (seaweed)	french fries	tuna and soy bean (edamame) salad	
10	11	12	13	14
rice	rice	rice	rice	rice
deep fried minced cutlet	beef simmered in curry	chicken teriyaki	grilled salmon	beef stew
garlic pasta	fish cake tempura	simmered winter melon	freeze dry tofu sauced with miso meat	stir fried konnyaku with sesame
deep fried tofu and mushroom simmered in ginger sauce	deep fried tofu and green beans simmered in broth	candied sweet potato	deep fried eggplant tossed with bonito flakes	cauliflower tossed with mayonnaise
carrot and raisin mayonnaise salad	rice noodle and corn salad	cabbage and seaweed tossed in Chinese style	sweetened white flower bean	stir fried green bean with olive oil
boiled egg	stir fried minced chicken and paprika	shiitake mushroom simmered in broth	sausage tempura	radish and tuna simmered in consomme
cauliflower tossed in herb	burdock tossed in sesame	lotsu root and carrot kinpira style	corn on the cob	handmade edamame croquette
17	18	19	20	21
rice	rice	rice	rice	rice
pork simmered with shredded carrot	spaghetti (Italian style)	fried white fish	chicken stewed in miso and soy milk	pork fillet cutlet
sweet potato simmered with lemon	cole slaw	Japanese rolled omelette	simmered deep-fried minced fish and vegetables	macaroni tossed with sweet soy bean powder
shrimp tempura	chicken balls	stewed beans and vegetable	mushroom tossed in shredded radish	octopus and seaweed tossed in vinegar
deep fried tofu topped with green pea sauce	broccoli tempura	Burdock salad (mayonnaise)	french fries	bamboo shoot stir fried in butter and ponzu
stewed bamboo shoot and vegetables	butter corn	stewed shredded radish	deep fried eggplant and tofu simmered in broth	simmered pumpkin
bamboo shoot with dried bonito flakes	pumpkin simmered in butter	stir fried green peppers and dried fish	cauliflower salad	deep fried broad (fava) beans
24	25	26	27	28
rice	rice	rice	No School	No School
fried chicken flavored in seaweed and sesame	pork and vegetable stir fried with oyster sauce	potato and pork stew Japanese style		
soybean (edamame)	simmered fish cake and carrot	freeze dried tofu simmered in broth		
stir fried rice noodle	pumpkin tempura	sausage and corn tossed with mayonnaise		
paprika and ham salad	handmade croquette	shredded radish stewed in broth		
mushroom simmered in sweet broth	seaweed and mushroom boiled in soy sauce	green bean tempura		
corn on the cob	lotus root tossed in Chinese style	spring roll		

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