

Lunch Menu for May Pre-school to Gr.9

| Mon. | Tue. | Wed. | Thu. | Fri. |
|--|--|---|---|---|
| | 7 | 8 | 9 | 10 |
| School day No school lunch | rice | rice | rice | rice |
| | grilled mackerel | chop suey (no eggs) | fried chicken | hamburg with ketchup |
| | shredded radish | lotus root salad | sauteed green vegetable and bacon | mixed beans salad mayo flavor |
| | freeze dry tofu & minced chicken | sausage simmered with egg | macaroni salad | seaweed flavored shredded radish |
| | bamboo shoot tempura | simmered deep fried tofu and carrots | fried pumpkin | butter sautéed carrot and tuna |
| | green soybean (edamame) | chicken and seaweed with vinegar | sweetened simmered corn | garlic spaghetti |
| | spinach with citrus vinegar | candied sweet potato | bean sprout and chives stirred in chinese style | french fries |
| 13 | 14 | 15 | 16 | 17 |
| rice | rice | rice | rice | rice |
| white fish tempura with sauce | pork cutlet with miso sauce | deep fried tofu | curry flavored beef | mackerel simmered with shredded radish |
| fried taro potato flavored with curry mayo | snap peas | simmered pork (ginger flavored) | stewed bamboo shoot | cabbage and carrot dipped in soy sauce |
| corn on the cob | chinese cabbage and fish cake tempura | macaroni simmered with tomato | vermicelli Mapo style | broad (fava) bean |
| sautéed ham and cabbage | Burdock Kinpira style | sweet and spicy lotus root and carrot | tossed green vegetable and carrot | mushroom spaghetti |
| rape blossoms tossed with soy sauce | Japanese rolled omelette | broccoli with sesame mayo sauce | tempura (fish cake and okra) | meatball |
| steamed pumpkin and carrot | cauliflower tossed with spice | sweet potato and corn stirred with butter | steamed squid and radish | fried pumpkin |
| 20 | 21 | 22 | 23 | 24 |
| | rice | rice | rice | rice |
| | simmered pork and potato | fried chicken | codfish and seaweed simmered with ginger | stir-fried pork & vegetable |
| | fried lotus root | sweet and spicy sauteed burdock and carrot | freeze dry tofu simmered in egg | sweet potato simmered with lemon |
| | green vegetable tossed with bonito flake | pumpkin simmered in butter | Japanese rolled omelette | chili shrimp |
| | curry flavored vermicelli | broccoli and corn salad | konnyaku Kinpira style | vermicelli and carrot tossed with vinegar |
| | tossed dried young sardines and beans | cabbage tossed in salty seaweed | tossed Chinese cabbage and canned tuna | lotus root and enoki sauteed in butter |
| | stir fried shredded radish and ham | Italian spaghetti | handmade croquette | simmered bok choy and fried tofu |
| 27 | 28 | 29 | 30 | 31 |
| rice | rice | rice | rice | rice |
| pork simmered in egg | chicken cream stew | salmon with aioli sauce | chicken cutlet | beef simmered with tomato |
| vegetable tempura (broccoli and potato) | pumpkin tempura | green vegetable and carrot tossed with sesame | carrot and ham simmered in soup | fried yam and bean (edamame) salad |
| stir fried sausage and corn (curry flavored) | sauteed mushroom and bacon | fried eggplant simmered in bonito broth | fried potatoes | stir fried konnyaku with dried seaweed |
| simmered deep-fried minced fish and vegetables | macaroni tossed with sweet soy bean powder | deep fried tofu topped with fish cake sauce | pan fried noodle | simmered hijiki (with fish cake and carrot) |
| bokchoy with ginger mayo | pepper simmered with sesame | butter corn | cauliflower and cheese salad | Japanese rolled omelette |
| radish and carrot tossed with citrus | butter flavored bean (edamame) | handmade spinach croquette | sweet bean | fried lotus root |

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