

Day	Main Dish		Side Dish 1	Side Dish 2	Allergen Ingredients	Meat Used	
3/2	Mon	Meat	Ume-Glazed Grilled Domestic Chicken Breast	Simmered Taro (Satoimo)	Bean sprouts and Corn Salad	Soybeans, Sesame	Chicken
3/3	Tue	Fish	Miso-Simmered Mackerel (Saba no Misoni)	Deep-Fried Lotus Root and Sweet Potato in Light Soy Broth	Broccoli & Cauliflower with Sesame Dressing	Mackerel, Soybeans, Sesame	—
3/4	Wed	Meat	Salt Koji Fried Domestic Chicken Thigh	Grilled Cabbage with Miso Sauce	Glass Noodle Salad	Soybeans, Sesame	Chicken
3/5	Thu	Fish	Lemon-Flavored Fried Horse Mackerel	Oven-Baked Sweet Potato	Greens Dressed with Ume (Pickled Plum) Sauce	Soybeans	—
3/6	Fri	Meat	Japanese-style Pork Hamburger Steak	Mixed Kinpira (Stir-fried Vegetables)	Seasoned Cabbage with Seaweed	Wheat, Soybeans, Sesame	Pork
3/7	Sat						
3/8	Sun						
3/9	Mon	Fish	Crispy Deep-fried Cod (Tatsuta-age)	Sweet & Savory Simmered Sweet Potatoes	Tri-Color Vegetable Namul (Korean-style Seasoned Vegetables)	Soybeans, Sesame	—
3/10	Tue	Meat	Japanese Pork Meatballs	Simmered Dried Daikon Radish	Broccoli with Fragrant Sesame Oil	Soybeans, Sesame	Pork
3/11	Wed	Fish	Grilled Miso-Marinated Mackerel	Chikuzen-ni (Simmered Chicken & Root Vegetables)	Pickled Vegetables with Ume Vinegar	Soybeans	Chicken
3/12	Thu	Meat	Korean-Style Domestic Chicken	Mixed Hijiki Seaweed Simmer	Shimeji Mushrooms & Greens with Tuna Miso Dressing	Soybeans, Sesame	Pork, Chicken
3/13	Fri	Fish	Teriyaki Yellowtail (Buri)	Japanese-style Simmered Pumpkin	Stir-fried Lotus Root (Kinpira-style)	Soybeans, Sesame	—
3/14	Sat						
3/15	Sun						
3/16	Mon	Meat	Grilled Chicken Breast with Aromatic Sauce	Miso Oden (Simmered Oden in Miso Broth)	Carrot and Raisin Salad	Soybeans, Sesame	Chicken
3/17	Tue	Fish	Glazed Horse Mackerel (Kabayaki-style)	Simmered Ito Kombu (Thin Seaweed)	Salad with Dried sliced radish & Komatsuna Greens	Soybeans, Sesame	—
3/18	Wed	Meat	Domestic Pork Karaage with Scallion Sauce	Oven-Baked Sweet Potato	Greens Dressed with Ume (Pickled Plum) Sauce	Soybeans	Pork
3/19	Thu	Fish	Japanese-style Cod Meuniere	Stir-fried Colorful Bell Peppers (Kinpira-style)	Seasoned Cabbage with Bonito Flakes (Tosa-style)	Soybeans, Sesame	—
3/20	Fri						
3/21	Sat						
3/22	Sun						
3/23	Mon	Fish	Yellowtail Steak	Warm Vegetables with Salt Koji Bagna Cauda Sauce	Seasoned Chinese Cabbage with Bonito Flakes	Soybeans	—
3/24	Tue	Meat	Stir-fried Pork with Bell Peppers (Chinjao Rosu)	Sweet & Savory Grilled Pumpkin	Seasoned Cabbage with Yukari (Shiso Furikake)	Soybeans, Sesame	Pork
3/25	Wed	Fish	Grilled Cod with Miso (Chan-Chan Yaki)	Simmered Daikon Radish	Carrot Salad	Soybeans, Sesame	—
3/26	Thu	Meat	Teriyaki Chicken	Stir-fried Potatoes with Bonito Flakes	Seasoned Greens with Nameko Mushrooms	Soybeans, Sesame	Chicken

Regarding Allergens: Soy sauce contains wheat as part of its manufacturing process.

If you or your child have a severe wheat allergy that may react even to trace amounts found in soy sauce, we kindly ask that you refrain from placing an order for safety reasons.

△ : The frying oil used for fish may also be used to fry meat products.