

October 2026 Menu

Day			Main Dish	Side Dish 1	Side Dish 2	Allergen Ingredients	Meat Used
10/1	Thu	Fish	Teriyaki Spanish Mackerel	Simmered Taro (Satoimo)	Bean sprouts and Corn Salad	Soybeans, Sesame	—
10/2	Fri	Meat	Domestic Pork Karaage with Scallion Sauce	Mixed Hijiki Seaweed Simmer	Shimeji Mushrooms & Greens with Tuna Miso Dressing	Soybeans	Pork
10/3	Sat						
10/4	Sun						
10/5	Mon	Meat	Korean-Style Domestic Chicken	Simmered Daikon Radish	Carrot Salad	Soybeans, Sesame	Chicken
10/6	Tue	Fish	Grilled Spanish Mackerel with Sesame Miso Sauce	Grilled Cabbage with Miso Sauce	Glass Noodle Salad	Soybeans, Sesame	—
10/7	Wed	Meat	Grilled Chicken Breast with Aromatic Sauce	Deep-fried Eggplant in Dashi Sauce	Stir-fried Lotus Root (Kinpira-style)	Soybeans, Sesame	Chicken
10/8	Thu	Fish	Crispy Deep-fried Cod (Tatsuta-age)	Simmered Assorted Vegetables	Pickled Vegetables with Ume Vinegar	Soybeans	△
10/9	Fri	Meat	Soy Sauce Fried Domestic Chicken Breast	Stir-Fried Mushrooms with Tomato Miso Sauce	Komatsuna Tossed with Bonito Flakes	Soybeans, Sesame	Pork
10/10	Sat						
10/11	Sun						
10/12	Mon						
10/13	Tue	Fish	Grilled Cod with Plum Teriyaki Glaze	Mixed Kinpira (Stir-fried Vegetables)	Seasoned Cabbage with Seaweed	Soybeans, Sesame	—
10/14	Wed	Meat	Grilled Chicken Breast with Green Onion Miso	Simmered Taro (Satoimo)	Bean sprouts and Corn Salad	Soybeans, Sesame	Chicken
10/15	Thu	Fish	Yellowtail Steak	Deep-Fried Lotus Root and Sweet Potato in Light Soy Broth	Cabbage Tossed with Bonito Flakes (Okaka-ae)	Soybeans	—
10/16	Fri	Meat	Stir-fried Pork & Mushrooms in Tomato Miso Sauce	Simmered Ito Kombu (Thin Seaweed)	Salad with Dried sliced radish & Komatsuna Greens	Soybeans, Sesame	Pork
10/17	Sat						
10/18	Sun						
10/19	Mon	Meat	Stir-fried Pork & Chinese Cabbage with Sesame Miso	Sweet & Savory Grilled Pumpkin	Seasoned Cabbage with Yukari (Shiso Furikake)	Soybeans, Sesame	Pork
10/20	Tue	Fish	Grilled Spanish Mackerel Marinated in Miso	Simmered Assorted Vegetables	Pickled Vegetables with Ume Vinegar	Soybeans	—
10/21	Wed	Meat	Salt Koji Fried Domestic Chicken Thigh	Warm Vegetables with Salt Koji Bagna Cauda Sauce	Coleslaw salad	—	Chicken
10/22	Thu	Fish	Glazed Horse Mackerel (Kabayaki-style)	Sweet & Savory Simmered Sweet Potatoes	Tri-Color Vegetable Namul (Korean-style Seasoned Vegetables)	Soybeans, Sesame	—
10/23	Fri	Meat	Handmade Pork Shumai	Simmered Dried Daikon Radish	Broccoli with Fragrant Sesame Oil	Wheat, Soybeans, Sesame	Pork
10/24	Sat						
10/25	Sun						
10/26	Mon	Meat	Domestic Pork Karaage with Scallion Sauce	Mixed Hijiki Seaweed Simmer	Shimeji Mushrooms & Greens with Tuna Miso Dressing	Soybeans	Pork
10/27	Tue	Fish	Yellowtail Steak	Pumpkin & Sweet Potato Tempura	Broccoli & Cauliflower with Sesame Dressing	Soybeans, Sesame	—
10/28	Wed	Meat	Korean-Style Domestic Chicken	Oven-Baked Sweet Potato	Greens Dressed with Ume (Pickled Plum) Sauce	Soybeans, Sesame	Chicken
10/29	Thu	Fish	Japanese-style Cod Meuniere	Simmered Konjac & Fried Tofu in Teriyaki Sauce	Seasoned Greens & Bean Sprouts with Sesame	Soybeans, Sesame	—
10/30	Fri	Meat	Sweet & Spicy Chicken Thigh	Steamed Pumpkin & Potatoes with Sesame Miso Sauce	Broccoli with Tuna & Corn	Soybeans, Sesame	Chicken
10/31	Sat						

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