

Day			Main Dish	Side Dish 1	Side Dish 2	Allergen Ingredients	Meat Used
9/1	Tue	Fish	Mackerel Simmered in Tomato Sauce	Stir-fried Colorful Bell Peppers (Kinpira-style)	Seasoned Cabbage with Bonito Flakes (Tosa-style)	Mackerel, Soybeans, Sesame	—
9/2	Wed	Meat	Ume-Glazed Grilled Domestic Chicken Breast	Simmered Taro (Satoimo)	Bean sprouts and Corn Salad	Soybeans, Sesame	Chicken
9/3	Thu	Fish	Grilled Mackerel with Shio-Koji	Steamed Pumpkin with Ginger-Infused Dashi Sauce	Cabbage with Sesame Dressing	Mackerel, Soybeans, Sesame	—
9/4	Fri	Meat	Domestic Pork Karaage with Scallion Sauce	Sautéed Zucchini	Hijiki Seaweed Salad	Soybeans, Sesame	Pork
9/5	Sat						
9/6	Sun						
9/7	Mon	Meat	Soy Sauce Fried Domestic Chicken Breast	Deep-fried Eggplant in Dashi Sauce	Stir-fried Lotus Root (Kinpira-style)	Soybeans, Sesame	Chicken
9/8	Tue	Fish	Yellowtail Steak	Warm Vegetables with Salt Koji Bagna Cauda Sauce	Coleslaw salad	Soybeans	—
9/9	Wed	Meat	Grilled Domestic Pork and Celery with Plum and Ginger	Mixed Kinpira (Stir-fried Vegetables)	Seasoned Cabbage with Seaweed	Soybeans, Sesame	Pork
9/10	Thu	Fish	Japanese-style Cod Meuniere	Simmered Ito Kombu (Thin Seaweed)	Salad with Dried sliced radish & Komatsuna Greens	Soybeans, Sesame	—
9/11	Fri	Meat	Japanese-style Pork Hamburger Steak	Oven-Baked Sweet Potato	Greens Dressed with Ume (Pickled Plum) Sauce	Wheat, Soybeans	Pork
9/12	Sat						
9/13	Sun						
9/14	Mon	Meat	Grilled Chicken Breast with Aromatic Sauce	Sweet & Savory Simmered Sweet Potatoes	Tri-Color Vegetable Namul (Korean-style Seasoned Vegetables)	Soybeans, Sesame	Pork
9/15	Tue	Fish	Grilled Miso-Marinated Mackerel	Grilled Cabbage with Miso Sauce	Glass Noodle Salad	Mackerel, Soybeans, Sesame	—
9/16	Wed	Meat	Grilled Chicken with Sesame Miso Sauce	Sweet & Savory Grilled Pumpkin	Seasoned Cabbage with Yukari (Shiso Furikake)	Soybeans, Sesame	Chicken
9/17	Thu	Fish	Fragrant Grilled Horse Mackerel	Ratatouille	Fried Beans (Fly Beans)	Soybeans, Sesame	—
9/18	Fri	Meat	Handmade Pork Shumai	Pumpkin & Sweet Potato Tempura	Bean sprouts and Corn Salad	Wheat, Soybeans, Sesame	Pork
9/19	Sat						
9/20	Sun						
9/21	Mon						
9/22	Tue						
9/23	Wed						
9/24	Thu	Fish	Yellowtail Steak	Simmered Konjac & Fried Tofu in Teriyaki Sauce	Seasoned Greens & Bean Sprouts with Sesame	Soybeans, Sesame	—
9/25	Fri	Meat	Korean-Style Domestic Chicken	Deep-fried Eggplant in Dashi Sauce	Stir-fried Lotus Root (Kinpira-style)	Soybeans, Sesame	Chicken
9/26	Sat						
9/27	Sun						
9/28	Mon	Meat	Salt Koji Fried Domestic Chicken Thigh	Oven-Baked Sweet Potato	Greens Dressed with Ume (Pickled Plum) Sauce	Soybeans, Sesame	Chicken
9/29	Tue	Fish	Grilled Cod with Plum Teriyaki Glaze	Stir-Fried Eggplant with Miso Sauce	Sweet and Sour Tossed dried sliced radish	Soybeans, Sesame	—
9/30	Wed	Meat	Sweet & Spicy Chicken Thigh	Sautéed Zucchini	Hijiki Seaweed Salad	Soybeans, Sesame	Chicken

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