



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Rice & Pork ginger Miso soup Cabbage salad Fruit popsicle	Meat sauce spaghetti Consomme soup Corn salad Fruit	Chicken curry rice Corn soup Green salad Yogurt	Chinese roasting of beef & Rice Miso soup Tomato salad Jelly	Tomato stew of chicken & Rice Consomme soup Potato salad Fruit
9	10	11	12	13
Hamburg & Rice Miso soup Broccoli & Carrot Ice cream	Salmon soute & Rice Miso soup Tomato salad Pudding	Bean-starch Szechwan style Chinese soup Cheese salad Fruit	Bread Pot-au-feu Spaghetti salad Jelly	Ramen noodle with pork soup Fruit popsicle
16	17	18	19	20
Respect for the Aged Day 	Hashed beef & Rice Corn soup Broccoli salad Fruit	Rice & Spring roll Egg soup Tomato salad Ice cream	Rice & Pork cutlet Miso soup Cabbage salad Jelly	Spaghetti Napolitan Consomme soup Potato salad Fruit
23	24	25	26	27
Autumnal Equinox Day 	Deep-fried horse mackerel & Rice Miso soup Cabbage salad Ice cream	Bread Chicken cream stew Mixed salad Fruit punch	Udon-noodle with deep fried tofu Jelly	Simmered chikuzen style & Rice Miso soup Dressed broccoli with sesame Fruit
30	1	2	3	4
Yakisoba Seaweed soup Lettuce salad Fruit	Beef bowl Miso soup Radish salad Pudding	Keema curry rice Onion soup Spaghetti salad Yogurt	Rice Pork miso soup Dressed spinach with soysouce Ice cream	Rice & Deep fried chicken Miso soup Cabbage salad Fruit jelly

※ Occasionally, ingredients will be different by daily markets.