

September Menu

September, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	2	3	4	5	6	7
Morning Snack	Milk Rice cracker	Milk Corn flakes	Milk Banana	Milk Biscuit	Milk Cheese	Milk Wafer cookies
Lunch	Wheat rice Miso soup (spinach and onion) Yangnyom Chicken Style Smashed cucumber	Wheat rice Mashroom soup Fried natto Simmered chicken and radish	Wheat rice Miso soup (onion and fu) ▪ Grilled cod / tomato ▪ Boiled spinach with shimeji mushroom ▪ Yogurt	Dry curry Egg soup Sweet patato salad Orange	Wheat rice Miso soup (cabbage) Matsukazeyaki with tofu Broccoli mayonnaise ▪ Braized Kiriboshi-daikon	Shio Vegetable Ramen ▪ Yogurt
Afternoon Snack	Milk Grape jelly	Milk Cake with red bean jam and butter	Milk Cheese steamed bun ▪	Milk Cracker sandwich (soy milk-based cream) ▪	Milk Pumpkin pancake	Milk Melon bread
Date	9	10 Picnic Menu	11	12	13 Bread Day	14
Morning Snack	Milk Rice cracker	Milk Corn flakes	Milk Banana	Milk Cracker	Milk Biscuit	Milk Wafer cookies
Lunch	Wheat rice Miso soup (spinach and egg) Pork chap Cucumber with Tuna	Wakame rice ball Fried chicken / tomato ▪ Boiled with bonito Joa (yogurt beverage)	Wheat rice Miso soup (radish and nameko mushroom) Teriyaki salmon / cucumber mayonnaise Spinach with deep-fried tofu Yogurt	Wheat rice Miso soup (onion and wakame seaweed) ▪ Tandoori chicken / tomato Coleslaw-style ▪	Strawberry jam sandwich Corn potage soup ▪ Quiche-style omelette ▪ Orange	spaghetti Neapolitan ▪ Barley tea Banana
Afternoon Snack	Milk Pies and biscuits ▪	Milk Sweet pumpkin ▪	Milk Bread roll with kinako powder	Milk Popeye cake	Barley tea fried rice ball	Milk Bean bread ▪
Date	16 Respect-for-the-Aged Day Holiday	17	18	19	20	21
Morning Snack		Milk Rice cracker	Milk Corn flakes	Milk Banana	Milk Cracker	Milk Wafer cookies
Lunch		Wheat rice Miso soup (radish and egg) ▪ Grilled dumpling / tomato ▪ Broccoli with Chinese dressing	Wheat rice Miso soup (spinach and deep-fried tofu) ▪ Fried mackerel with curry / cucumber mayonnaise ▪ Namul (bean sprouts and enoki mushrooms) ▪ Yogurt	Wheat rice Miso soup (onion and wakame seaweed) ▪ Grilled chicken with cheese / cabbage with bonito Carrot with sesame paste	Egg ankake bowl Chinese soup Bang bang chicken with mayonnaise Orange	Pork curry udon Pudding
Afternoon Snack		Milk Cookies	Milk French fries ▪	Milk Cocoa steamed bun	Milk Pancake with strawberry jam	Milk Melon bread
Date	23 Substitute holiday	24	25	26	27 Happy Menu	28
Morning Snack		Milk Cheese	Milk Orange	Milk Corn flakes	Milk Cracker	Milk Wafer cookies
Lunch		Chicken curry Radish salad Banana	Wheat rice Miso soup (bean sprouts and deep-fried tofu) ▪ Fried cod / tomato ▪ Vermicelli Salad ▪ Yogurt	Wheat rice Miso soup (potato and leek) Teriyaki hamburger steak / broccoli with bonito ▪ Carrot and Tuna Mayonnaise Salad	Chicken Teriyaki Bowl Miso soup (enoki mushroom and egg) ▪ Broccoli with sesame paste ▪	Zhajianguan Barley tea Banana
Afternoon Snack		Milk Pancake	Milo Rice cracker	Milk Pumpkin steamed bun	Milk Orange jelly	Milk Bean bread ▪
Date	30 Noodle Day					
Morning Snack	Milk Biscuit					
Lunch	Yakisoba Wakame soup Orange					
Afternoon Snack	Milk Carrot maple pancake			1-2 year olds Energy 507kcal Protein 20.8g Fat 17.8g Salt equivalent 1.3g 3-5 year olds Energy 563kcal Protein 22.3g Fat 18.9g Salt equivalent 1.6g		