

2024 Reiwa 6-nen

# Lunch Menu January

11 (Thu.) 12 (Fri.) Shimoyoshida junior high school Request

lyokan

Meuniere salmon

Soft french bread

Sauteed penne

Chicken and vegetables soup

Black soybean flour jam

Rice tart

Nikujaga

Fried chicken

Rice

Nameko mushroom soup

15 (Mon.)

16 (Tue.)

17 (Wed.) Miss Shirasu riiko's Menu

18 (Thu.) Miss Watanabe tomoka's Menu

19 (Fri.)

Simmered lotus root and chopped kelp

Fried horse mackerel with sauce

Rice

Quail eggs japan base stock soup

Hamburg Steak

Tuna salad

Germ bread

Seafood chowder

Vegetables with cheese

Sauteed broccoli and sweet potato

Dressed rice with salmon and green soybeans

Miso ramen style soup

Yogurt E: two pieces J: three pieces

Meatballs

Spaghetti salad

Matcha fried bread (E)

Soboro-bread (J)

Egg soup

Ponkan

Sauteed spinach

Barley rice

Pork curry

22 (Mon.) Magowayasashii

23 (Tue.)

24 (Wed.) National School Lunch Week

25 (Thu.) National School Lunch Week

26 (Fri.) National School Lunch Week

Mrinated dried strips of radish

Simmered Mackerel with Miso

Yogurt Drink

Barley rice

Kenchin soup

Spanish omelet

Coleslaw salad

Soboro bread (E)

Matcha fried bread (J)

Cream soup

Let's serve well!

Chunky

Seaweed salad

Barley rice

Root vegetables miso soup

Fujizakura pork bowl

Tofu nuggets

Radish salad with tuna

Breadstick

Pork stroganoff

Grape jelly made in Yamanashi Prefecture

Curry with minced meat

Salt-grilled Atka mackerel

Rice

Miso soup with soy milk

29 (Mon.) National School Lunch Week

30 (Tue.) National School Lunch Week

31 (Wed.) Miss Sugimoto saki's Menu

The seven herbs of spring

shepherd's purse

turnip

chickweed

henbit

daikon radish

cudweed

water dropwort

Simmered dried strips of radish

Chicken with yuzu miso

Barley rice

Yuba japan base stock soup

Fried smelt with green nori Chikuwa

Yogurt with fruit

Chinese steamed bun

Yoshida Udon

Sauteed Chinese-style bacon and fried chicken with sauce

Rice

Chinese soup with seaweed