

# Lunch menu June



				1 (Thu.)	2 (Fri.) Caries prevention • Kamikami
				Fried salmon with sauce Cheese bread Lettuce salad Minestrone	Brown sugar beans Sautéed seaweed and burdock Ginger grilled pork Barley rice Japanese spinach miso soup
5 (Mon.)	6 (Tue.)	7 (Wed.)	8 (Thu.)	9 (Fri.)	
Simmered Hijiki and potato Chicken in leek sauce Plain rice Small turnip miso soup	Maple and margarine Fried white fish with sauce Soft Baguette Ratatouille Asparagus soup	Let's put sauce on spaghetti! Meat sauce spaghetti Yogurt with fruits Spinach and egg soup	Cherry Chicken with plum jam Sesame bread Cauliflower salad Macaroni consomme soup	Sautéed pork and green pepper Gyoza E: two pieces J: three pieces Plain rice Chinese soup	
1 2 (Mon.)	1 3 (Tue.)	1 4 (Wed.) Entering the rainy season	1 5 (Thu.)	1 6 (Fri.) Taste tour (Miyagi Prefecture)	
Curry Kinpira Salt koji grilled pork Plain rice Miso soup with lots of ingredients Yogurt Drink	Marshall beans Chicken and Eggplant Simmered in Tomato Kinako fried bread (E) Germ copee bread (J) Dried strips of radish Salad Ravioli soup	Hydrangea jelly Mixed pickled Vegetables Salt-grilled mackerel Plain rice Yuba japan base stock soup	Sausage Soft Baguette Sautéed penne Meatball soup	Zunda Mochi Nikujaga Fried smelt with green nori Sasakama Plain rice Hatto soup	
1 9 (Mon.) Magowayasashii	2 0 (Tue.)	2 1 (Wed.)	2 2 (Thu.)	2 3 (Fri.)	
Simmered dried strips of radish Grilled Salmon with sesame Seaweed rice Kenchin soup	Marshall beans Meatballs E:two J:three Germ copee bread (E) Kinako fried bread (J) Yogurt (J) Tomato salad Clam chowder	Melon Vegetable saute Barley rice Keema curry	Natsumikan jelly Hamburg Steak Round bread Coleslaw salad Lettuce and egg soup	Boiled Sukiyaki Fried rainbow trout Plain rice Miso soup with new onion	
2 6 (Mon.)	2 7 (Tue.)	2 8 (Wed.)	2 9 (Thu.)	3 0 (Fri.)	
Senoby jelly Let's serve well! Bean sprouts with Yukari dressing Chunky Nikudon Miso soup with cabbage	Pumpkin croquette Burdock salad Soboro bread Curry flavored soup	Vegetable namul Shrimp Shuma E: two pieces J: three pieces Kimchi and Pickled radish fried rice Chinese soup	Orange Chicken in onion sauce Children's bread Sautéed spinach Corn potage	Simmered gomoku Fried horse mackerel with sauce Barley rice Japanese radish miso soup	