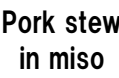
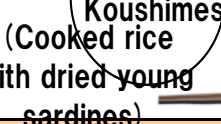
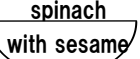
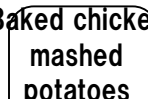
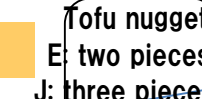
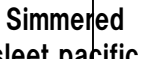
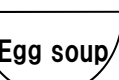
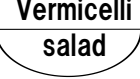
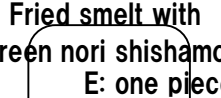
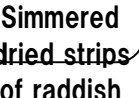
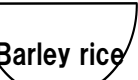
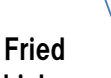
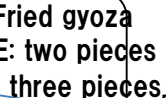
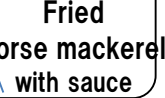
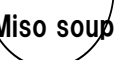
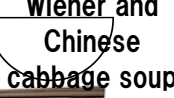
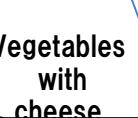


Lunch Menu October

	1 (Tue.)  Hamburg Steak (Demi-glace sauce)  Vegetable curry flavored saute 	2 (Wed.)  Gomoku thick omelet  Squid and fish cake japan base stock soup	3 (Thu.) Taste tour (Kochi Prefecture)  Bonito cutlet  Miso soup with potato	4 (Fri.)  Teriyaki chicken  Oden soup
7 (Mon.)  Nikudon 	8 (Tue.)  Squid and broccoli saute  Minestrone	9 (Wed.)  Grilled saikyo Salmon  Bean sprout miso soup	10 (Thu.) Eye protection day Menu  Ratatouille with eggplant  Sausage and vegetables soup	11 (Fri.) The thirteenth night Menu  Chikuzen stew  Chestnut rice 
14 (Mon.)  Sports day	15 (Tue.)  Sauted spinach  Clam chowder 	16 (Wed.)  Mabo tofudon 	17 (Thu.)  Sweet potato simmered in honey  Curry udon	18 (Fri.)  Ham and vegetables saute  Carrot pilaf 
21 (Mon.)  Simmered Mackerel with  Onions and tofu miso soup	22 (Tue.)  Grilled basil chicken  Spaghetti salad 	23 (Wed.)  Grilled Squid with Soy Sauce  Miso soup with sweet potato	24 (Thu.)  Seaweed salad 	25 (Fri.)  Cabbage garlic saute  Pork curry
28 (Mon.) Chew it well Menu  Curry Kinpira  Barley rice 	29 (Tue.)  Porkchop  Sauted penne consomme 	30 (Wed.) Magowayasashii  Salt-grilled Atka mackerel  Sesami soup	31 (Thu.) Halloween Menu  Green salad  Pumpkin potage	