

# October 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
<b>Breakfast</b>	Sunny Side Up Sausage Pancakes Fruits	Scrambled Eggs Bacon Cheese Toast Fruits	Sunny Side Up Ham Hashed Potatoes Fruits	Scrambled Eggs Sausage Pancakes Fruits	Sunny Side Up Bacon Waffle Fruits	Scrambled Eggs Ham French Toast Fruits	Egg Tofu Grilled Mackerel Natto Fruits
<b>Lunch</b>	Boscaiola Caponata Sautéed Green Beans Brownie	Shio Shake w. Oroshi <small>Celery &amp; Carrots w. Japanese Mustard</small> Lotus Root Kimpira Orange Wedge	Miso Chicken Komatsuna & Age Ohitashi Carrot Kimpira Melon	Herb Crusted Cod Buttered Corn Steamed Broccoli Grape Jelly	Pork & Onion Nanban Style Steamed Broccoli Garlic Spinach Kiwi	Beef & Burdock Kimpira Daikon & Carrot Sunomono Steamed Green Beans Apple Jelly	Roast Chicken Black Pepper Sauce Roasted Carrots Corn & Green Peas Grape Jelly
<b>Dinner</b>	Chicken Karage Cabbage & Lemon Cucumber Asazuke Leek & Egg Drop Soup Mitarashi Dango	Chicken Pikata Butter Sautéed Komatsuna Roasted Carrots Corn Soup Strawberry Jelly	Ginger Pork Buttered Green Beans Baked Potatoes Miso Soup Milk Kanten Jelly	Minced Beef & Vegetable French Fries Coleslaw Pumpkin Soup Chocolate Cake	Butter Chicken Curry Steamed Cauliflower Curried Potatoes Tom Yam Soup Coconuts Cake	Fried Horse Mackerel w. Steamed Potatoes Colorful Vegetable Roast Vegetable Soup Peach	Pork Kimchi Chapche Vegetable Namul Wakame Soup Mango Pudding

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	8	9	10	11	12	13	14
<b>Breakfast</b>	Sunny Side Up Sausage Pancakes Fruits	Scrambled Eggs Bacon Cheese Toast Fruits	Sunny Side Up Ham Hashed Potatoes Fruits	Scrambled Eggs Sausage Pancakes Fruits	Sunny Side Up Bacon Waffle Fruits	Scrambled Eggs Ham French Toast Fruits	Atsuyaki Egg Roll Tofu Natto Fruits
<b>Lunch</b>	Miso Pork Spinach Ohitashi Burdock Kimpira Kinako Shiratama	Vongole Garlic Spinach Honey Glazed Carrots Pear Compote	Teriyaki Chicken Sesame Green Beans Roasted Pumpkin Orange Jelly	Sweet & Sour Cod Colorful Namul Stir Fry Chinese Vegetable Pineapple	Niku Udon Sesame Spinach Asazuke Orange	Beef Yakimiku Bean Sprout Namul Steamed Broccoli Carrot Cake	Green Curry Spicy Okura Stir Fry Carrot Nanban Pineapple
<b>Dinner</b>	Sweet & Sour Chicken Wok Chinese Greens Shumai Wakame Soup Mango Pudding	Chicken Cordon Bleu Roasted Potatoes Garlic Green Beans Tomato Soup Kiwi	Pork Hoikoro Steamed Eggplant Shumai Sharantan soup Coconuts Cake	Beef Lasagna Steamed Asparagus Roasted Paprika Corn Soup Chocolate Cake	Chicken Katsu Mashed Potatoes Cabbage & Lemon Egg & Celery Soup Apple	Ginger Simmered Mackerel Sesame Carrots Green Beans Daikon Miso Soup Kiwi	Pulled Pork Burger Roasted Potatoes Coleslaw Salad Minestrone Vanilla Cake

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# October 2018



	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
<b>Breakfast</b>	Sunny Side Up Sausage Pancakes Fruits	Scrambled Eggs Bacon Cheese Toast Fruits	Sunny Side Up Ham Hashed Potatoes Fruits	Scrambled Eggs Sausage Pancakes Fruits	Sunny Side Up Bacon Waffle Fruits	Scrambled Eggs Ham French Toast Fruits	Egg Tofu Grilled Mackerel Natto Fruits
<b>Lunch</b>	Pork Burrito Tomato & Cucumber Salsa Onion & Paprika Cheese Grill Orange	Fish Fry Tar Tar Sauce Fried Potatoes Steamed Broccoli Peach Jelly	Sesame Chicken Spring Rolls Spinach Ohitashi Apple Jelly	Miso Grilled Cod Sesame Spinach Burdock Kimpira Shiratama Dango	Amatriciana Pasta Eggplant Parmesan Steamed Asparagus & Tomatoes Pannacotta	Hamburg Cheese Sauce Roasted Carrots Buttered Onion & Corn Peach Jelly	Chicken Nanban Udon Cucumber & Carrots Sunomono Lotus Root Kimpira Peach Compote
<b>Dinner</b>	Roasted Chicken Japanese Sesame Spinach Cabbage & Carrot Salad Tofu & Green Onion Miso Soup Mitarashi Dango	Black Bean Chicken Shumai Spicy Bean Sprout Egg Drop Soup Banana Cake	Buta Don Cabbage Asazuke Steamed Green Beans Clam Miso Soup Kiwi	Beef Stew Baguette Garlic Broccoli Tomato Soup Chocolate Cake	Yurinchi Chicken Bean & Bean Sprout Nam Stir Fried Tomato & Egg Chinese Soup Pineapple	Teriyaki Salmon Wakame & Cucumber Su Eggplant Nibitashi Daikon & Aburaage Miso Orange	Sweet & sour Pork Shumai Stir Fried Vegetables Wakame Soup Mango Pudding

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
<b>Breakfast</b>	Sunny Side Up Sausage Pancakes Fruits	Scrambled Eggs Bacon Cheese Toast Fruits	Sunny Side Up Ham Hashed Potatoes Fruits	Scrambled Eggs Sausage Pancakes Fruits	Sunny Side Up Bacon Waffle Fruits	Scrambled Eggs Ham French Toast Fruits	Atsuyaki Egg Roll Tofu Natto Fruits
<b>Lunch</b>	Pork & Onion Nanban Steamed Broccoli Komatsuna Ohitashi Fruits Yogurt	Fish Meuniere w. Pesto Sauce Garlic Spinach Corn & Carrots Kiwi	Oyako Don Burdock Kimpira Asazuke Orange	Grilled Mackerel Nanban Roasted Sweet Potato Steamed Green Beans Apple Jelly	Miso Pork Bean Sprout & Carrot Sunomono Steamed Okura Pineapple	Bolognese Pasta Garlic Green Beans Colorful Vegetable Roast Fruits Crumble	Hainan Chicken Chicken Broth Rice Cucumber Sweet Chili Sauce Mango Pudding
<b>Dinner</b>	Chicken Cacciatore Sautéed Green Beans Roasted Pumpkin Pumpkin Soup Chocolate Cake	Japanese Chicken Curry Rakkyo Pickles Croquette Consume Soup Grape Jelly	Roast Pork Honey Mustard Sauce Roasted Potatoes Caponata Potato & Leek Cream So Carrot Cake	Niku Jaga Vegetable Stir Fry Sesame Spinach Miso Soup Mitarashi Dango	Tandoori Chicken Curried Potato Komatsuna Butter Sauté Vegetable Soup Tapioca	Cod Nitsuke Komatsuna Ohitashi Roasted Pumpkin Japanese Clear Soup Pear	Pork & Beans Roasted Potatoes Buttered Green Beans Corn Soup Brownie

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	29	30	31				
Breakfast	Sunny Side Up Sausage Pancakes Fruits	Scrambled Eggs Bacon Cheese Toast Fruits	Sunny Side Up Ham Hashed Potatoes Fruits				
Lunch	Steamed Pork w. Ginger Ankake Sreamed Green Beans Roasted Pumpkin Apple Jelly	Seafood Tomato Pasta Garlic Broccoli Honey Glazed Carrots Custard	Orange Chicken Shumai Chinese Stir Fry Vegetable Strawberry Jelly				
Dinner	Chicken Cream Stew Focaccia Garlic Spinach Vegetable Consome Soup Orange	Chicken Meat Ball w. Vegetale Ankake Eggplant Nibitashi Steamed Okura Daikon Miso Soup Mitarashi Dango	Tonkatsu Cabbedge & Lemon Sesame Spinach Tofu Miso Soup Kiwi				

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Dinner							

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