November 2026 Ingredients and Allergy Information

FCN confirms that all mugi used in rice dishes is barley, either pressed barley (oshimugi) or waxy barley (mochimugi).

* Each dish is placed in a separate cup in the lunch box, but dishes may touch one another. If even a trace amount causes an allergic reaction, please do not order that day's lunch.
* Staple, Main, Secondary main, Side 1, Side 2 and Dessert correspond to the dishes listed from top to bottom for each day on the menu. Please check this sheet together with the menu.
* Commonly used ingredients may be added: cabbage, komatsuna, mizuna, other leafy greens, bean sprouts, green onions, onions, garlic chives, broccoli, pumpkin, cucumber, green peppers, garlic, ginger, sweet potatoes, potatoes, konjac, root vegetables, seaweeds and mushrooms.
* On days when fish is served, cod, salmon or redfish may be substituted, regardless of the fish scheduled.

About the notation

* The lunches do not use soba (buckwheat noodles), beef, nuts including peanuts, walnuts, almonds and cashews, crab, abalone, salmon roe, kiwi, matsutake mushrooms, gelatin or margarine.
* Egg A: 20 g or more (e.g. egg-bound dishes or rolled omelet). Egg B: 5 g or less (e.g. fried dishes). Egg C: egg contained in a prepared ingredient (e.g. satsuma-age fish cake in simmered dried daikon). All eggs are served fully cooked.
* Soy sauce contains soybeans and wheat. Sauce contains apple, lemon, soybeans, wheat, tomato and prune. Chikuwa, satsuma-age and hanpen fish cakes contain egg.
* In addition to the seasonings listed, soy sauce, sake, mirin, sugar, oil (including frying oil), olive oil, rice flour, potato starch, shio koji, salt, pepper, vinegar, nutmeg and baking powder are used.
* Frying oil is filtered to remove impurities and reused several times. Trace amounts of allergenic ingredients that cannot all be listed on this sheet may be mixed in. Children whose allergic reactions are triggered by even tiny traces should not use this service.

Terms: komatsuna = Japanese mustard spinach; mizuna = Japanese mustard greens; aonori = green seaweed; shio koji = salted rice-koji seasoning; shirataki = konjac noodles; hanpen = soft fish cake. Parentheses are retained from the original.

2 Mon		3 Tue	4 Wed		5 Thu		6 Fri	
Staple	Rice, sprouted brown rice, red shiso seasoning, sesame	**Closed** **Culture Day** 	Staple	Rice, millet, wakame, sesame	Staple	Rice, barley (mugi), aonori, sesame	Staple	Rice, sprouted brown rice, sesame
Main	Dried mackerel (bunka-boshi), shio koji, sake		Main	Chicken, shio koji, rice flour, potato starch, aonori	Main	Pork, onion, ginger, soy sauce, unrefined cane sugar	Main	Pork, daikon, rice flour, potato starch, soy sauce
2nd main	Pork pieces, dried shiitake, shirataki, long green onion, carrot, soy sauce		2nd main	Ground pork, ground chicken, thick fried tofu, ginger, thin green onion, soy sauce, curry powder	2nd main	Egg A, milk, onion, pizza cheese, ketchup, salt, pepper	2nd main	Ground pork, ground chicken, gyoza wrappers (wheat), enoki, napa cabbage, dried shiitake, ginger, garlic, soy sauce, potato starch, sesame oil
Side 1	Dried shredded daikon, onion, shimeji, garlic, canned tomato, ketchup, olive oil, ground chili pepper		Side 1	Shimeji, enoki, maitake, carrot, potato, butter, soy sauce	Side 1	Potato, rice flour, potato starch, garlic powder	Side 1	Hijiki, konjac strips, carrot, oyster sauce, soy sauce
Side 2	Cabbage, mizuna, garlic, sesame oil, sesame, aonori		Side 2	Broccoli, canned corn, onion, vinegar	Side 2	Spinach, carrot, tofu, konjac strips, miso, ground sesame	Side 2	Cabbage, komatsuna, onion, vinegar
Dessert	Sweet potato, starch syrup, honey, lemon juice		Dessert	Rice, mixed grains, glutinous rice, adzuki beans	Dessert	Mandarin orange	Dessert	Mandarin orange or persimmon
9 Mon		**10 Tue**	**11 Wed**		**12 Thu**		**13 Fri**	
Staple	Rice, millet, bonito flakes, aonori, sesame	Staple: Rice (mixed grains), barley (mugi), aonori	Staple	Rice, barley (mugi), shredded nori, sesame oil, garlic, sesame, soy sauce	Staple	Rice, sprouted brown rice, bonito flakes, sesame, soy sauce	Staple	Rice, millet, wakame, sesame
Main	Chicken, ginger, garlic, ketchup, yogurt, curry powder, paprika powder, sauce	Main: Pork, shio koji, rice flour, potato starch, soy sauce, ginger, sesame	Main	Salmon, carrot, plain soy milk, vinegar	Main	Chicken, shio koji, soy sauce, pizza cheese, parsley	Main	Ground chicken, ground pork, onion, breadcrumbs, potato starch, rice flour, ketchup, sauce
2nd main	Freeze-dried tofu, daikon, rice flour, potato starch, soy sauce	2nd main	2nd main	Ground pork, ground chicken, potato, carrot, soy sauce, rice flour, potato starch, (thick fried tofu)	2nd main	Pork, onion, canned button mushrooms, garlic, canned tomato, ketchup, sauce	2nd main	Chicken, bamboo shoots, carrot, dried shiitake, soy sauce, sesame oil
Side 1	Burdock, konjac strips, carrot, soy sauce, ground chili pepper, sesame	Side 1: Egg A, carrot, dried shiitake, soy sauce	Side 1	Shirataki, onion, shimeji, garlic, olive oil, ground chili pepper, soy sauce	Side 1	Nagaimo yam, carrot, rice flour, potato starch	Side 1	Konjac, miso, ground sesame
Side 2	Broccoli, corn, canned tuna, onion, vinegar, honey, pepper	Side 2: Cabbage, komatsuna, garlic, sesame oil, sesame	Side 2	Cabbage, komatsuna, onion, sesame, miso, vinegar	Side 2	Bean sprouts, komatsuna, shredded nori, soy sauce	Side 2	Cabbage, dried shredded daikon, carrot, red shiso seasoning, vinegar
Dessert	Mandarin orange or apple	Dessert: Cherry tomato	Dessert	Apple, honey, lemon	Dessert	Mandarin orange or pear	Dessert	Sweet potato, milk, butter
16 Mon		**17 Tue**	**18 Wed**		**19 Thu**		**20 Fri**	
Staple	Rice, barley (mugi), sesame, curry powder	Staple	Rice, sprouted brown rice, parsley	Staple	Rice, millet, red shiso seasoning, sesame	Staple	Rice, barley (mugi), sesame	Staple	Rice, sprouted brown rice, canned tuna, miso
Main	Yellowtail (Spanish mackerel), ginger, sesame oil, soy sauce, gochujang, rice flour, potato starch	Main	Chicken, canned tomato, onion, garlic, ketchup	Main	Ground pork, ground chicken, onion, breadcrumbs, garlic, wheat flour, ketchup, sauce	Main	Pork, rice flour, potato starch, sauce	Main	Chicken, wheat flour, potato starch, garlic powder, curry powder, turmeric, baking powder
2nd main	Pork, onion, cabbage, garlic, light soy sauce, parsley	2nd main	Egg A, green pepper, carrot, olive oil	2nd main	Pork, thick fried tofu, dried shiitake, miso	2nd main	Chicken, macaroni (wheat), shimeji, enoki, onion, milk, pizza cheese, miso	2nd main	Tofu, carrot, shimeji, enoki, dried shiitake, soy sauce, potato starch, rice flour
Side 1	Shredded kombu, shirataki, dried shiitake, bok choy, oyster sauce, soy sauce, sesame	Side 1	Sweet potato, lotus root, potato, (nagaimo yam), rice flour, potato starch, aonori	Side 1	Konjac, carrot, sesame oil, sesame, soy sauce, ground chili pepper	Side 1	Hijiki, konjac strips, carrot, garlic, soy sauce, curry powder	Side 1	Corn, cabbage, carrot, butter, soy sauce, pepper
Side 2	Macaroni, carrot, corn, onion, vinegar, pepper	Side 2	Cabbage, dried shredded daikon, canned tuna, soy sauce	Side 2	Napa cabbage, komatsuna, bonito flakes, soy sauce	Side 2	Cabbage, komatsuna, onion, shio koji, vinegar	Side 2	Bean sprouts, cucumber, carrot, sesame oil, soy sauce, sesame
Dessert	Rice flour, Egg B, soy milk, fruit (grape, apple, citrus)	Dessert	Mandarin orange or apple	Dessert	Sweet potato, sesame, soy sauce, starch syrup	Dessert	Cherry tomato	Dessert	Apple, honey, lemon juice
23 Mon		**24 Tue**	**25 Wed**		**26 Thu**		**27 Fri**	
Closed **Labor Thanksgiving Day** 		Staple	Rice, millet, aonori, sesame	Staple	Rice, sprouted brown rice, wakame, sesame, sesame oil	Staple	Rice, barley (mugi), ground pork, ground chicken, soy sauce, sesame oil, garlic, honey, sesame	Staple	Rice, sprouted brown rice, parsley
		Main	Spanish mackerel (yellowtail), ginger, miso, ground sesame	Main	Chicken, long green onion, garlic, ginger, vinegar, ketchup, rice flour, potato starch, soy sauce	Main	Redfish, ginger, soy sauce, potato starch	Main	Ground chicken, ground pork, soybeans, onion, carrot, enoki, dried shiitake, napa cabbage, canned tomato, garlic, ginger, soy sauce, wheat flour, ketchup, sauce, curry powder
		2nd main	Chicken, burdock, ginger, rice flour, potato starch, soy sauce, sesame	2nd main	Egg A, hanpen (Egg C), soy sauce	2nd main	Pork, garlic chives, rice vermicelli, dried shiitake, soy sauce, sesame oil		
		Side 1	Hijiki, shirataki, komatsuna, dried shiitake, soy sauce	Side 1	Konjac, carrot, sesame oil, sesame, soy sauce	Side 1	Cabbage, carrot, bell pepper, butter	Side 1	Eggplant, rice flour, potato starch
		Side 2	Potato, soy pulp, carrot, cucumber, soy milk, lemon juice	Side 2	Broccoli, cabbage, dried whitebait, vinegar	Side 2	Dried shredded daikon, wakame, sesame oil, sesame, soy sauce	Side 2	Potato, grated cheese
		Dessert	Mandarin orange or apple	Dessert	Cherry tomato	Dessert	Wheat flour, tofu, pumpkin, soy milk, baking powder		
30 Mon									
Staple	Rice, millet, bonito flakes, sesame, soy sauce								
Main	Chicken, rice flour, potato starch, ketchup, soy sauce, garlic, sesame oil, gochujang, sesame								
2nd main	Pork pieces, cabbage, carrot, onion, shio koji, soy sauce, sesame oil								
Side 1	Sweet potato, potato, butter (dairy), parsley								
Side 2	Wakame, bean sprouts, soy sauce, lemon juice								
Dessert	Mandarin orange or apple								

