January 2027 | Ingredients & allergen notes

FCN Lunch Program | Complete month | Read with the menu and the notes below

Mon	Tue	Wed	Thu	Fri
4	**5**	**6**	**7**	**8**
Staple: Rice, sprouted brown rice, wakame seaweed, sesame seeds	**Staple:**Rice, wheat, parsley	**Staple:**Rice, millet, bonito flakes, sesame seeds, soy sauce	**Staple:**Rice, sprouted brown rice, radish leaves, turnip leaves, yukari (dried rice seasoning), sesame seeds	Staple:Rice, wheat, dried seaweed, sesame
Main: Chicken, ginger, soy sauce, brown sugar, potato starch	**Main:**Pork, rice flour, potato starch, soy sauce, garlic, ginger, salad oil	**Main:**Ground pork, ground chicken, onion, garlic, tofu, potato starch, ketchup, sauce	**Main:**Pork, apple, ginger, garlic, soy sauce, chili powder, canned tomatoes, ketchup, sauce, vinegar	Main:Chicken, ginger, garlic, ketchup, yogurt (dairy), curry powder, paprika powder, sauce
Sub: Chikuwa (fish cake), egg C, pork fat, rice flour, potato starch, soy sauce, garlic, ginger, salad oil	**Sub:**Ground chicken, ground pork, soybeans, onion, canned tomatoes, garlic, ginger, soy sauce, wheat flour, ketchup, sauce, curry powder	**Sub:**Chicken, daikon radish, napa cabbage, shimeji mushrooms, soy sauce	**Sub:**Swordfish, potatoes, soy sauce, rice flour, potato starch, salad oil	Sub:Pork, dried gourd strips, brown sugar, soy sauce
Side 1: Macaroni (wheat), olive oil, spinach, garlic	**Side 1:**Potatoes, pumpkin, pizza cheese (dairy)	**Side 1:**Shredded kelp, shirataki noodles, carrots, soy sauce, dried shiitake mushrooms	**Side 1:**Dried daikon radish, konjac, carrots, dried shiitake mushrooms, soy sauce, brown sugar, bonito flakes	Side 1:Sweet potato, carrot, rice flour, potato starch, salad oil, garlic powder, parsley
Side 2: Dried daikon radish, carrots, brown sugar, vinegar	**Side 2:**Dried daikon radish, carrots, cucumbers, vinegar, soy sauce, sesame seeds, brown sugar	**Side 2:**Japanese mustard spinach, cabbage, soy sauce	**Side 2:**Chinese cabbage, mizuna, shredded kelp, vinegar	**Side 2:**Komatsuna , dried daikon radish, yukari (perilla seasoning), vinegar
Dessert:mandarin orange	**Dessert:**apple or orange	**Dessert:**Wheat flour, baking powder, yogurt (dairy), milk, vegetable oil, brown sugar	**Dessert:**apple or orange	**Dessert:**cherry tomatoes
11	**12**	**13**	**14**	**15**
	Staple: Rice, wheat, seaweed, sesame	**Staple:**Rice, sprouted brown rice, sesame	**Staple:**Rice, sprouted brown rice, sesame	**Staple:**Rice, sprouted brown rice, dried sardines (shrimp), sesame seeds, dried seaweed
	Main: Pork, canned tomatoes, onion, garlic, ketchup, parsley	**Main:**Spanish mackerel, ginger, miso, brown sugar	**Main:**Spanish mackerel, ginger, miso, brown sugar	**Main:**Pork, onion, soy sauce, honey, garlic, ginger, sesame seeds, sesame oil
	Sub: Chicken, burdock root, rice flour, potato starch, soy sauce, brown sugar, sesame seeds, salad oil	**Sub:**Chicken, shimeji mushrooms, enoki mushrooms, onion, wheat flour, milk, salted rice malt	**Sub:**Chicken, shimeji mushrooms, enoki mushrooms, onion, wheat flour, milk, salted rice malt	**Sub:**Egg A, pizza cheese (dairy), milk, brown sugar
	Side 1: Hijiki seaweed, konjac, carrots, soy sauce, curry powder	**Side 1:**Potatoes, rice flour, potato starch, dried seaweed, salad oil	**Side 1:**Potatoes, rice flour, potato starch, dried seaweed, salad oil	**Side 1:**Shirataki noodles, onion, bell pepper, ketchup, canned tomatoes
	Side 2: Cabbage, dried daikon radish, komatsuna , garlic, sesame oil, sesame seeds	**Side 2:**Japanese mustard spinach, dried daikon radish, bonito flakes, soy sauce	**Side 2:**Japanese mustard spinach, dried daikon radish, bonito flakes, soy sauce	**Side 2:**Cabbage, chives, carrots, sesame oil, sesame seeds, chili oil
	Dessert: Wheat flour, milk, egg B, mandarin orange, baking powder, vegetable oil, brown sugar	**Dessert:**apple or orange	**Dessert:**apple or orange	**Dessert:**Sweet potato, soy sauce, sesame seeds, salad oil, corn syrup, brown sugar
18	**19**	**20**	**21**	**22**
Staple: Rice, millet, dried seaweed, bonito flakes, sesame	**Staple:**Rice, wheat, yukari (perilla seasoning), sesame	**Staple:**Rice, wheat, seaweed, sesame	**Staple:**Rice, sprouted brown rice, ground chicken, ginger, soy sauce	
Main: Squid, rice flour, potato starch, soy sauce, lemon juice, brown sugar, salad oil	**Main:**Chicken, salted rice malt, soy sauce, garlic	**Main:**Yellowtail (horse mackerel), rice flour, potato starch, soy sauce, daikon radish, brown sugar, salad oil	**Main:**Pork, onion, garlic, canned tomatoes, ketchup, sauce, parsley	**Main:**Rice, wheat
Sub: Pork, onion, cabbage, carrot, garlic, light soy sauce, parsley	**Sub:**Deep-fried tofu, ground pork, ground chicken, green onions, garlic, ginger, miso, soy sauce, sesame oil, chili bean paste, potato starch	**Sub:**Ground chicken, onion, bell pepper, paprika, oyster sauce, soy sauce, garlic, basil, (freeze-dried tofu)	**Sub:**Egg A, brown sugar, soy sauce	**Sub:**Ground chicken, ground pork, Chinese cabbage, carrots, lotus root, soybeans, onions, canned tomatoes, garlic, ginger, soy sauce, wheat flour, ketchup, sauce, curry powder, brown sugar, salad oil
Side 1: Lotus root, potato, pizza cheese (dairy)	**Side 1:**Nagaimo (Japanese yam), carrot, soy sauce, rice flour, potato starch, salad oil, dried seaweed flakes	**Side 1:**Shirataki noodles, onion, komatsuna , garlic, olive oil, chili powder	**Side 1:**Cabbage, carrots, corn	**Side 1:**Potatoes, sweet potatoes, olive oil, dried seaweed
Side 2: Komatsuna , dried daikon radish, soy sauce	**Side 2:**Cabbage, komatsuna , vinegar, brown sugar	**Side 2:**Potatoes, okara (soy pulp), carrots, cucumbers, soy milk, lemon juice	**Side 2:**Radish, komatsuna , wakame seaweed, sesame oil, soy sauce, vinegar	
Dessert: Iyokan	**Dessert:**apple or orange	**Dessert:**cherry tomatoes	**Dessert:**Wheat flour, tofu, baking powder, soy milk, brown sugar, vegetable oil	
25	**26**	**27**	**28**	**29**
Staple: Rice, sprouted brown rice, curry powder, bonito flakes, sesame seeds, soy sauce	**Staple:**Rice, millet, sesame		**Staple:**Rice, wheat, shredded seaweed, sesame oil, sesame seeds, garlic	**Staple:**Rice, sprouted brown rice, bonito flakes, sesame seeds, dried sardines (shrimp)
Main: Chicken, salted rice malt, wheat flour, ginger, soy sauce, salad oil	**Main:**Red snapper, soy sauce, potato starch, brown sugar, ginger	**Main:**Rice, sprouted brown rice, shredded seaweed	**Main:**Ground chicken, ground pork, onion, breadcrumbs (wheat), potato starch, rice flour, ketchup, sauce, salad oil	**Main:**Pork, onion, ginger, soy sauce, brown sugar
Sub: Pork, cabbage, bell peppers, garlic, ginger, miso, sweet bean paste, sesame oil, chili bean paste	**Sub:**Pork, carrots, shimeji mushrooms, onions, garlic, soy sauce	**Sub:**Chicken, soy sauce, brown sugar, potato starch	**Sub:**Salmon, cabbage, bell pepper, onion, miso	**Sub:**Freeze-dried tofu, garlic, ginger, soy sauce, rice flour, potato starch, curry powder, salad oil
Side 1: Hijiki seaweed, konjac noodles, carrots, dried shiitake mushrooms, soy sauce, brown sugar	**Side 1:**Wheat flour, rice flour, tofu, octopus, cabbage, green onions, sauce, dried seaweed, bonito flakes, salad oil	**Side 1:**Egg A, dried shiitake mushrooms, carrots, soy sauce	**Side 1:**Burdock root, konjac noodles, carrots, soy sauce, chili powder, sesame seeds, sesame oil	**Side 1:**Shimeji mushrooms, enoki mushrooms, onion, dried shiitake mushrooms, canned tomatoes, ketchup, parsley
Side 2:broccoli	**Side 2:**Broccoli, corn, onion, vinegar, brown sugar	**Side 2:**Japanese mustard spinach, cabbage, sesame seeds, sesame oil	**Side 2:**Komatsuna , dried daikon radish, yukari (perilla seasoning).	**Side 2:**Dried daikon radish, chives, carrots, sesame oil, sesame seeds, soy sauce, vinegar
Dessert:apple or orange	**Dessert:**cherry tomatoes		**Dessert:**Macaroni (wheat), kinako (roasted soybean flour), light brown sugar	**Dessert:**Shiratama flour, rice flour, strawberries, brown sugar

Notes regarding meals, ingredients and allergens

Meals and allergens Dishes are packed in separate cups but can come into contact with one another. If even a small amount of an allergen causes an allergic reaction, please do not order the meal for that day. Staple, Main, Sub (secondary main), Side 1, Side 2 and Dessert correspond to the menu items from top to bottom; check both documents together.

Ingredients may be added: cabbage, komatsuna, mizuna, other leafy vegetables, bean sprouts, green onions, onions, garlic chives, broccoli, pumpkin, cucumber, green peppers, garlic, ginger, sweet potatoes, potatoes, konjac, root vegetables, seaweeds and mushrooms. On fish days, the scheduled fish may be replaced with cod, salmon or redfish.

Ingredients not used: We do not use buckwheat, beef, peanuts, nuts including walnuts, almonds and cashews, crab, abalone, salmon roe, kiwi fruit, matsutake mushrooms, gelatin or margarine in our lunch boxes.

Egg codes: A = 20 g or more (e.g. egg-bound dishes or Japanese omelet); B = 5 g or less (e.g. breaded fried foods); C = egg used in another food product (e.g. satsuma-age in simmered dried daikon). All eggs are thoroughly cooked before serving.

Compound ingredients: soy sauce contains soybeans and wheat. Sauce contains apples, lemon, soybeans, wheat, tomatoes and prunes. Chikuwa, satsuma-age and hanpen contain egg.

Other seasonings used: soy sauce, sake, mirin, sugar, cooking oil (including frying oil), olive oil, rice flour, potato starch, shio-koji, salt, pepper, vinegar, nutmeg and baking powder.

Frying oil and cross-contact: frying oil is filtered and reused multiple times. Trace amounts of allergenic ingredients that cannot all be listed may be introduced through cross-contact. Please do not use the meal service for children who react even to trace amounts of allergens.

Ingredient key: aonori = green laver; wakame, kombu and hijiki = seaweeds; komatsuna = Japanese mustard spinach; mizuna = Japanese mustard greens; mitsuba = Japanese parsley; shimeji, shiitake, maitake and enoki = mushrooms; daikon = white radish; shirataki = konjac noodles; yukari = red perilla seasoning; shio-koji = salted rice koji; gochujang = Korean chili paste; doubanjiang = chili bean paste; ichimi = ground red chili pepper.