December 2026 | Ingredients & allergen notes

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

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Staple: Rice, sprouted brown rice, dried seaweed, sesame	**Staple:** Rice, wheat, yukari , sesame	**Staple:** Rice, millet, sesame seeds, curry powder	**Staple:** Rice, wheat, seaweed, sesame
	Main: Pork, rice flour, potato starch, salted rice malt, garlic, soy sauce, curry powder	**Main:** Cod, salted rice malt, ginger, garlic, rice flour, potato starch, cheese (egg C)	**Main:** Chicken, soy sauce, potato starch	**Main:** Ground pork, ground chicken, onion, garlic, breadcrumbs, flour, soy sauce
	Sub: Peeled shrimp, onion, shimeji, macaroni, wheat flour, milk, cheese, parsley powder, (squid)	**Sub:** Pork, onion, cabbage, shimeji, sauce	**Sub:** Pork, Egg A, Onion, Green pepper, ketchup, Light soy sauce	**Sub:** Chicken, deep-fried tofu, dried shiitake, miso
	Side1: Konjac, carrots, soy sauce, sesame oil, sesame seeds	**Side1:** Hijiki seaweed, konjac noodles, soybeans, carrots, soy sauce	**Side1:** Dried daikon, konjac jelly, dried shiitake, soy sauce, curry powder	**Side1:** Broccoli, cauliflower, carrots, rice flour
	Side 2: Broccoli, cabbage, onion, vinegar	**Side 2:** Bean sprouts, komatsuna , vinegar	**Side 2:** Spinach, cabbage, carrots, soy sauce, sesame oil, garlic, sesame	**Side 2:** Dried daikon, wakame seaweed, cabbage, miso, onion, vinegar
	Dessert: Mandarin orange or apple	**Dessert:** Sweet potato, corn syrup, sesame	**Dessert:** Wheat flour, baking powder, yogurt, milk	**Dessert:** cherry tomatoes
7	8	9	10	11
Staple: Rice, wheat, dried seaweed, sesame	**Staple:** Rice, millet, wakame seaweed, sesame oil, sesame seeds	**Staple:** Rice, sprouted brown rice, bonito flakes, sesame seeds, soy sauce	**Staple:** Rice, wheat, dried seaweed, sesame seeds, bonito flakes	**Staple:** Rice, sprouted brown rice, yukari , sesame
Main: Squid, wheat flour, potato starch, garlic powder, curry powder, turmeric, baking powder	**Main:** Pork, ginger, soy sauce	**Main:** Chicken, salted rice malt, dried seaweed, rice flour, potato starch	**Main:** Mackerel, ginger, miso	**Main:** Ground chicken, green onions, dried shiitake, miso, potato starch, seaweed, sesame
Sub: Chicken, daikon, carrots, cabbage, light soy sauce	**Sub:** Freeze-dried tofu, potato starch, rice flour, Green onions, garlic, ginger, ketchup, soy sauce, chili bean paste	**Sub:** Egg A, milk, pizza cheese, salt, pepper	**Sub:** Pork, fried Chinese noodles (wheat), cabbage, carrots, sauce, soy sauce	**Sub:** Pork, wheat gluten, green onions, soy sauce
Side1: Potatoes, garlic, soy milk, lemon juice	**Side1:** daikon, chikuwa (wheat), konjac, soy sauce	**Side1:** Burdock root, carrots, konjac noodles, red beans, miso	**Side1:** Potatoes, rice flour, potato starch, parsley	**Side1:** Dried daikon, carrots, garlic, olive oil, chili powder
Side 2 : Dried daikon, komatsuna , bonito flakes, ground sesame seeds, soy sauce	**Side 2:** Cabbage, carrots, komatsuna, dried sardines, onions, vinegar	**Side 2:** Dried daikon, komatsuna , onion, miso, soy sauce, vinegar	**Side 2:** Bean sprouts, chives, sesame seeds, sesame oil, soy sauce	**Side 2:** Chinese cabbage, Japanese mustard spinach, bonito flakes, soy sauce
Dessert: mandarin orange	**Dessert:** Rice flour, egg B, milk, baking powder, Fruit (mandarin orange, grape, persimmon, apple)	**Dessert:** Macaroni (wheat), kinako (roasted soybean flour)	**Dessert:** mandarin orange	**Dessert:** sweet potato
14	15	16	17	18
Staple: Rice, sprouted brown rice, bonito flakes, curry powder	**Staple:** Rice, wheat, dried seaweed, sesame	**Staple:** Rice, wheat	**Staple:** Rice, millet, sesame	**Staple:** Rice, sprouted brown rice, shredded seaweed, garlic, sesame oil, sesame, soy sauce
Main: Horse mackerel (or Spanish mackerel), ginger, garlic, soy sauce, rice flour, potato starch	**Main:** Chicken, ketchup, soy sauce, sauce, green onions, ginger, garlic, apple, chili powder	**Main:** Pork, canned tomatoes, onions, carrots, shimeji, garlic, ginger, wheat flour, curry powder, soy sauce, ketchup, sauce, (apple, soybeans, chicken)	**Main:** Pork, flour, breadcrumbs, sauce, ketchup	**Main:** Yellowtail, ginger, soy sauce, potato starch
Sub: Ground pork, ground chicken, bok choy, onion, carrot, glass noodles, dried shiitake, king oyster mushrooms, garlic, sesame oil	**Sub:** Deep-fried tofu, ground pork, ground chicken, green onions, garlic, ginger, miso, soy sauce, sesame oil, chili bean paste, potato starch	**Sub:** Potatoes, garlic, olive oil	**Sub:** Chicken, Egg A, Onion, Dried shiitake, Soy Sauce	**Sub:** Chicken, onion, carrot, shimeji, milk, wheat flour
Side1: Lotus root, potato, pizza cheese (dairy), parsley	**Side1:** Shredded kelp, shirataki noodles, carrots, soy sauce, sesame seeds	**Side1:** Dried daikon, carrots, cucumbers, vinegar, soy sauce, sesame seeds	**Side1:** Burdock root, carrot, konjac noodles, soy sauce, sesame oil, chili powder	**Side1:** Dried daikon, konjac noodles, carrots, oyster sauce, sesame oil
Side 2 : Cabbage, mizuna, sesame oil, garlic Light soy sauce, sesame	**Side 2:** Japanese mustard spinach, cabbage, soy sauce		**Side 2:** Cabbage, komatsuna , aonori, soy sauce	**Side 2:** broccoli
Dessert: Mandarin orange or apple	**Dessert:** Sweet potato, wheat flour		**Dessert:** Mandarin orange or apple	**Dessert:** Rice flour, glutinous rice flour, tofu, baking powder, soy milk
21	22	23	24	25
Staple: Rice, millet, shredded seaweed, sesame	**Staple:** Rice, sprouted brown rice, sesame seeds, soy sauce	**Staple:** Rice, wheat, seaweed, sesame	**Staple:** Rice, sprouted brown rice, bonito flakes, dried seaweed, sesame	**Staple:** Rice, millet, dried sardines, sesame
Main: Chicken, yuzu, ginger, light soy sauce, chili powder, rice flour, potato starch	**Main:** Spanish mackerel, garlic, ginger, sesame oil, gochujang, soy sauce, rice flour, potato starch	**Main:** Ground chicken, fish cake (egg C), onion, soy sauce, potato starch, (ground pork)	**Main:** Ground chicken, ground pork, spring roll wrappers (wheat), bell pepper, vermicelli, carrot, dried shiitake, soy sauce, sesame oil, potato starch	**Main:** Pork, onion, mushrooms (canned), garlic, tomatoes (canned), ketchup, sauce, parsley powder
Sub: Pork, konjac noodles, green onions, ginger, soy sauce, brown sugar	**Sub:** Ground pork, ground chicken, onion, canned tomatoes, ketchup, garlic, macaroni (wheat), parsley powder, (sauce, soy sauce)	**Sub:** Pork, shimeji, enoki mushrooms, green onions, garlic Carrots, garlic, soy sauce	**Sub:** Freeze-dried tofu, chicken, soy sauce	**Sub:** Egg A, bell pepper, paprika, milk, butter
Side1: Konjac noodles, miso, ground sesame	**Side1:** Pumpkin, potato, parsley	**Side1:** Dried daikon, onion, garlic, canned tomatoes, ketchup, olive oil, chili powder	**Side1:** Potatoes, onions, canned tuna, butter (dairy), parsley	**Side1:** shimeji, enoki mushrooms, dried shiitake, lotus root, konjac noodles, sesame oil, soy sauce, sesame seeds
Side 2: Cabbage, komatsuna , carrots, yukari (dried perilla flakes), vinegar	**Side 2:** Chinese cabbage, carrots, dried daikon, yuzu citrus, miso	**Side 2:** Broccoli, cabbage, sesame seeds, soy sauce	**Side 2:** Cabbage, carrots, sesame oil, sesame seeds, garlic	**Side 2:** Dried daikon, komatsuna , vinegar
Dessert: Mandarin orange or apple	**Dessert:** Mandarin orange or apple	**Dessert:** Tofu, wheat flour, cocoa, baking powder, soy milk	**Dessert:** cherry tomatoes	**Dessert:** Sweet potato, honey, lemon juice
28				
Staple: Rice, sprouted brown rice, bonito flakes, sesame seeds, soy sauce				
Main: Chicken, ginger, garlic, salted rice malt, soy sauce, rice flour, potato starch				
Sub: Ground chicken, ground pork, soybeans, onion, shiitake, canned tomatoes, garlic, ginger, soy sauce, rice flour, ketchup, sauce, curry powder				
Side1: Potatoes, carrots, dried seaweed				
Side 2: Japanese mustard spinach, dried daikon, onion, soy sauce, vinegar				
Dessert: mandarin orange				

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.