NOVEMBER
2026 MENU

Autumn Harvest

Giving thanks for nature's bounty, the harvest and life

November brings the shift from autumn to winter, with cooler mornings and evenings.

Our bentos feature seasonal mushrooms, napa cabbage, sweet potatoes, mandarins and apples.

Enjoy the changing aromas and flavors of seasonal ingredients.

Warming dishes and children's favorites celebrate the tastes of autumn.

We hope every November lunch is a delicious way to enjoy the changing seasons.

MENU HIGHLIGHTS

Nov 4 Inoko Celebration

For a plentiful harvest and children's healthy growth, we will make Inoko mochi rice cakes with homemade sweet red-bean paste.

Nov 6 Beginning-of-Winter Menu

Ritto marks winter's beginning in the traditional calendar. White tofu dressing and grated-daikon sauce evoke winter scenery.

Nov 13 & 16 Shichi-Go-San Menu

Wishing children healthy growth with auspicious fish, whose names change as they grow, and bamboo shoots.

Nov 24 Japanese Food Day

Find "ma-go-wa-ya-sa-shi-i" ingredients: beans, sesame, seaweed, vegetables, fish, mushrooms and potatoes.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Culture Day (Nov 3) Sprouted brown rice with red shiso Semi-dried mackerel Sukiyaki-style simmer with star carrots Arrabbiata-style sauté Savory salted cabbage with nori Honey-lemon sweet potato	**3**  Culture Day No lunch	**4** Inoko Celebration Millet rice with wakame Seaweed-salt fried chicken Ground-meat curry simmer Mixed mushrooms sautéed in butter Broccoli and corn salad Inoko mochi	**5** Barley rice with green laver Brown sugar ginger pork Pizza-style omelet Crispy garlic potatoes Spinach in tofu dressing Mandarin orange	**6** Winter begins (Nov 7) Sprouted brown rice with sesame salt Fried pork in grated-daikon sauce ◎ Pan-seared stick gyoza with seasonal vegetables Chinese-style hijiki stir-fry Salad with French dressing Mandarin orange or persimmon
9 Broccoli Millet rice with homemade furikake Tandoori chicken Glazed freeze-dried tofu Kinpira burdock Broccoli and tuna salad Mandarin orange or apple	**10** Colorful three-topping rice bowl Barley rice Sweet-savory fried pork Fluffy scrambled egg Savory cabbage Cherry tomato	**11** Barley rice with Korean-style nori Carrot-topped baked salmon Fried potato and ground-meat stew Peperoncino-style stir-fry Salad with sesame dressing Honey-simmered apple	**12** Chinese yam Sprouted brown rice with bonito Golden cheese-baked chicken Pork in ketchup sauce Crispy fried Chinese yam Bean sprouts dressed with nori Mandarin orange or pear	**13** Shichi-Go-San (Nov 15) Millet rice with wakame ◎ Homemade meatballs Chikuzen-style chicken and vegetables Konjac with dengaku miso Refreshing red-shiso vegetables Baked sweet potato dessert
16 Shichi-Go-San (Nov 15) Auspicious fish Barley rice with curry sesame Fried yellowtail Garlic pork stir-fry Stir-simmered shredded kombu Bow-tie pasta salad Surprise rice-flour cake	**17** Make-your-own omurice Sprouted brown rice with parsley Chicken in tomato sauce Colorful sautéed egg Crispy root-vegetable chips Cabbage with tuna Mandarin orange or apple	**18** Millet rice with red shiso Homemade hamburger steak Slow-simmered pork and fried tofu Spicy konjac Napa cabbage with bonito Candied sweet potato	**19** Barley rice with sesame salt Fried pork with savory sauce Japanese-style mushroom cheese gratin Curry-simmered hijiki Salad with shio-koji dressing Cherry tomato	**20** Fried Chicken Day (Nov 21) Sprouted brown rice with tuna miso ◎ Fried chicken Tofu steak with mushroom sauce Corn sautéed in butter Chinese-style salad Baked apple
23  Labor Thanksgiving Day No lunch	**24** Japanese Food Day Millet rice with green laver Grilled Spanish mackerel with sesame miso Fried chicken and burdock Simmered hijiki Potato salad with homemade mayo Mandarin orange or apple	**25** Winter thunder Sprouted brown rice with Chinese-style wakame Fried chicken with sweet-sour sauce Thick omelet with hanpen fish cake Kaminari-style stir-fried konjac Broccoli and tiny dried fish salad Cherry tomato	**26** Barley rice with yakiniku-style ground meat Simmered redfish Rice noodles with plenty of pork Colorful vegetables sautéed in butter Chinese-style wakame salad Autumn-colored chewy doughnuts	**27** Sprouted brown rice Autumn vegetable dry curry Topped with fried eggplant Cheesy potatoes
30 Millet rice (bonito flakes) Yangnyeom Chicken Hearty pork and vegetable stir-fry Kabo-imo grill Wakame seaweed with ponzu dressing Mandarin orange or apple				

Original Japanese ingredient information

Please bring a spoon on rice-bowl menu days.

For preschool children, shiratama rice dumplings, cherry tomatoes and similar items may be omitted to reduce choking risk. Spiciness is also adjusted.