





















	Japanese	Western/Chinese	Sandwich	Vegetarian
Day 2 26 th Sep (Tue)	 Dango (rice flour dumpling)/ Warabi-mochi (bracken-starch dumpling) / Lotus root with cod roe/ Grilled mackerel/ Rolled pork with vegetables/ Paprika/ Chicken rice/ Teriyaki chicken/ Leaf lettuce/ Rolled egg with flying fish caviar/ Takana roll/ Okyuto seaweed noodles/ Spicy cod roe/ White rice/ Pickled radish/ Stewed beef and burdock/ Omelet/ Kamaboko/ Simmered sweet potato/ Ume plum flavored hijiki(seaweed)/ Spicy takana	 Prawn pilaf / Meatballs/ Carrot rapé/ Orange / Sauteed chicken with basil/ Fried fish with tomato sauce/ Pickled vegetables/ Bolognese spaghetti/ Pumpkin salad	 Cod roe omelet sandwich/ Takana and egg sandwich/ Potato and cod roe sandwich/ Grilled chicken/ Curry filling/ Smoked salmon/ Broccoli salad	 Radish with yuzu / Simmered eggplant/ Rice with wasabi leaf /Simmered sweet potato/ Rice with ume plum / Simmered radish/ Rice with black sesame seeds/ Hijiki/ Yuzu flavored konjac
Day3 27th Sep (Wed)	 Grilled pork/ Teriyaki chicken/ Rice/ Kinshi-tamago egg/ Namul/ Spicy takana	 Steamed meat dumpling/ Chicken with sweet & sour sauce / Rice with Shiso leaves/ Boiled egg/ Fried lotus root/ Fried rice/ Shrimp with chili sauce/ Rice with sesame/ Chinese pickles/ Fried asparagus with oyster sauce/ Tomato/ Pickled seasonal vegetables	 Egg and cream cheese sandwich/ Cheese and ham croissant sandwich/ Lemon pasta salad/ Sausage/ Fruit	 Vegetables in consommé/ Pepperoncino pasta with asparagus and king oyster mushroom/ Eggplant gratin/ Rice with green peas/ Grilled avocado and zucchini salsa/ Tomato carpaccio
Day4 28th Sep (Thu)	 Thick-baked egg/ Grilled mackerel with mirin (sweet cooking sake) / Steamed meat dumpling with cod roe/ Teriyaki chicken/ Game-ni (simmered vegetables)/Potato salad with cod roe/ Rice/ Spicy cod roe/ Rice with ume plum and hijiki/Rice/Spicy takana/ Chicken rice/ Plum flower rice cake/ Stir-fried burdock root	 Shrimp mayonnaise/ Creamed chicken/ Salmon pepperoncino pasta/ Corn pilaf/ Grilled hamburger steak	 Filet cutlet sandwich on rolled bread / Cheese and lettuce sandwich wrapped in nori (seaweed) / Egg salad/ Sausage/ Fruits/ Tomato	 Orange/ Warabi-mochi (bracken-starch dumpling)/ Vegetable and tofu hamburger steak/ Tofu nuggets/ Rice with ume plum/ Walnut pudding/ Rice with red beans/ Shiitake mushroom and vegetables rolled with thin fried tofu/ Rolled kombu /Carrot/ Konjac/ Rice with Shiso leaves/ Okura corn tempura/ no-meat sausage/ Kintoki beans/ Vermicelli salad
Day5 29th Sep (Fri)	 Rice with spicy takana , spicy cod roe, and ume plum flavored hijiki / Kinshi-tamago egg / Ginger/ Grilled mackerel with mirin (sweet cooking sake)/ chicken meatballs/ lotus root / Omelet	 Steamed meat dumpling/ Fried rice noodle/ Shrimp with chili sauce/ Rice/ Men-ma (seasoned bamboo shoots)/ Fried chicken and dumplings with sweet & sour sauce	 Roast beef roll sandwich/ Fried fish roll sandwich/ Smoked salmon and onion salad/ Potato/ Smoked salmon and spinach terrine/ Tomato/ Teriyaki Hakata chicken/ Fruits	 French fries/ Peas/ Tomatoes/ Grilled vegetable salad/ Vermicelli salad/ Pasta with tomato sauce/ Rice with black sesame/ Fried asparagus/ Rice with white sesame/ Bean salad/ Pickled seasonal vegetables
Day6 30th Sep (Sat)	 Brown sugar warabi-mochi (bracken-starch dumpling)/ Omelet/Cheese Roll/ Deep fried yellowtail marinated in spicy vinegar sauce/Grilled Mackerel / Deep fried spicy lotus root/ Chicken rice/ Spicy cod roe/ Kinshi-tamago egg/ Simmered Shiitake mushroom/ Onion tempura/ Chinese spring roll/Fried chicken with vinegar and tartar sauce/ Leaf lettuce/ Tomato	 Filet cutlet/ Tomato/ Deep-fried shrimp/ French fries/ Neapolitan/ Potato salad/ Hamburg steak with demi-glace sauce/ Sausage/ Grilled chicken with lemon flavor/ Rice with white sesame/ Rice with black sesame/ Pickles with seasonal vegetables	 Pork cutlet sandwich/ Vegetable salad Sandwich/ Thick-baked egg sandwich/Pork ham and onion Salad/ Yellow peach/ Potato salad with cod roe/ Duck pastrami/ Tomato/ Shrimp cutlet	 Rice with ume plum and hijiki(seaweed)/ Simmered sweet potato/ Radish and carrots seasoned in vinegar/ Simmered hijiki(seaweed)/Stir-fried burdock root/ Tempura of shimeji mushroom and pumpkin/ Cooked vegetables/ Quail egg/ Green soybean/ Lotus yokan(bean jelly)