



## **Kome School Lunch Program**

**School Council is pleased to announce a new lunch program for WEDNESDAYS. Please see the menu items on rotation during the first session.**

Japanese national school lunch program is considered the best in the world by many other countries. It offers comfortable, delicious, and nutritious hot meals to each student at an affordable price. It is also a part of the school education. Each student participates in serving each other, cleaning up, and recycling, helping children acquire a sense of gratitude and spirit to appreciate foods and social manners.

Tailored to the Canadian school environment, Kome is bringing the spirit of the Japanese school lunch program to Canada. Each lunch item is carefully designed to balance among carbohydrates, meat, and vegetables, with considerations of various religious and cultural backgrounds, while avoiding common allergens. Serving the same food to all students encourages children to try to accept more ingredients, tastes, and style of food, preparing them for their brighter futures in this great multicultural country.

**Week 1.(APR 17)--Simmered Chicken & Daikon Radish (鶏大根煮込み):** (Halal option is available) A Japanese simmered dish that combines chicken and flavor infused daikon radish in perfect harmony. The tenderly simmered daikon, combined with a Japanese-style teriyaki sauce, melts in the mouth. (Vegetarian option available: simmered fried tofu and daikon radish).



**Week 2.(APR 24)--Oyako Don (親子丼):** (Halal option is available)

Chicken thigh, onion and eggs simmered in a sweet savory sauce. It is the most famous and most loved Japanese donburi dish in the world. (Vegetarian option available: Tofu Eggs Don)



**Week 3.(MAY 1)--Katsu Don (かつ丼):** (Halal option is available)

Katsudon is a Japanese chicken cutlet rice bowl made with tonkatsu, eggs, and sautéed onions simmered in a sweet and savory sauce.

(Vegetarian option available: Japanese fried potato croquette with eggs).



**Week 4.(MAY 8)--Wafu Spaghetti Napolitan (スパゲッティーナポリタン):** (Halal option is available)

Napolitan is tomato-based pasta that consists of spaghetti noodles, onions, green bell peppers, button mushrooms, and beef bacon. It's sweet and comforting. (Vegetarian option available: Wafu Spaghetti with mixed vegetables).



**Week 5.(MAY 15)--Curry Chicken (チキンカレー):** (Halal option is available)

Japanese curry stew with chicken thigh, potatoes, carrots and onions. The curry is rich and mild. Served with white rice. (Vegetarian option available: Curry Tofu)



**Week 6.(MAY 22)--Nikujaga (肉じゃが):** (Halal option is available)

Thinly sliced fatty beef, simmered with potatoes, carrots, onions, Shirataki, & snow peas. The sauce is based on the most favorite Kome's Gyudon sauce. Served with white rice. (Vegetarian option available: Tofu with vegetables)



**Week 7.(MAY 29)--Yakisoba (焼きそば):** (Halal option is available)

Japanese pan-fried noodles with cabbage, carrots, onions, and chicken thigh. (Vegetarian option available: Vegetarian Yakisoba)



**Week 8.(JUN 5)--Chicken Nanban (チキン南蛮):** (Halal option is available)

Lightly coated chicken dice, pan fried and soaked in sweet & sour flavored sauce. Served with sliced cabbages & tomato, tartar sauce and rice. (Vegetarian option available: Tofu Nanban)

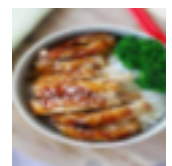


**Week 9.(JUN 12)--Soboro Don (そぼろ丼):** (Halal option is available)

Translates to three-colour rice bowl from Japanese. The three-colour toppings include: minced chickenmeat, scrambled eggs, and sliced snow peas. The 3 toppings are carefully arranged on top of white rice. (Vegetarian option available: Egg, Tofu & Snowpeas)



**Week 10.(JUN 19)--Chicken Teriyaki Don (照り焼きチキン丼):** (Halal option is available) Directly from Kome's kid's menu. Pan fried chicken thigh coated with Kome's house Ginger infused teriyaki sauce, served with broccoli, cauliflower, and carrots, on top of white rice. (Vegetarian option available: Tofu Teriyaki)



**For your reference:**

**Small container size:** 4 3/8 x 3 1/2 x 2 1/2 in

**Large container size:** 6 x 4 3/4 x 2 1/2 in

