

Menu in Seminar House, UTokyo Hokkaido Forest

Date & Meal		Menu	Possible Allergen Notes ^{*1}
June 9	Dinner	<ul style="list-style-type: none"> •Jingisukan (grilled lamb) with grilled vegetables •Rice balls •Mandarin oranges 	<ul style="list-style-type: none"> •Soy (seasonings), •Wheat (possible in sauces)
June 10	Breakfast	<ul style="list-style-type: none"> •White rice •Miso soup (kombu broth with mushrooms & green onions) •Spinach with sesame •Bean & corn salad •Daikon steak •Soy milk yogurt •Light pickles •Natto (no mustard) 	<ul style="list-style-type: none"> •Soy (natto, soy milk yogurt) •Sesame •Wheat (possible in miso) •Mushrooms
	Dinner	<ul style="list-style-type: none"> •Curry •Seasonal grilled vegetables (pumpkin, broccoli, okra, etc.) •Pickles (bell peppers, cucumbers, etc.) •Tomato compote 	<ul style="list-style-type: none"> •Wheat (curry roux) •Soy (seasonings)
June 11	Breakfast	<ul style="list-style-type: none"> •White rice •Miso soup (kombu broth with daikon, carrots, burdock root, konnyaku) •Komatsuna (Japanese mustard spinach) & carrot namul •Napa cabbage coleslaw •Mapo tofu (soybeans, tofu, mushrooms) •Soy milk yogurt •Light pickles •Natto (no mustard) 	<ul style="list-style-type: none"> •Soy (tofu, natto, soy milk yogurt) •Sesame (namul) •Mushrooms

*1 These allergen notes are provided as a reference only. Please check ingredients yourself and manage allergies at your own discretion.

*2 Please be advised that the menu is subject to change without notice depending on circumstances.