

Seiryō Shokudo Spring 100 breakfast Menu

(Excluding weekends and holidays)

- Set meal includes main dish, small side dish, rice, miso soup, and vegetable juice.
- Morning Curry is medium-sized, comes with miso soup and vegetable juice, and can be taken out.

May 27(Mon.)	May 28(Tue.)	May 29(Wed.)	May 30 (Thu.)	May 31 (Fri.)
Ham cutlet set meal	Chicken cutlet set meal	Vegetable stew set meal	“Rombun Recipe” created by Tohoku University COI-NEXT Mackerel and colorful vegetable with black vinegar sauce set meal	Mapo tofu set meal
Morning curry	Morning curry	Morning curry	Morning curry	Morning curry



[Rombun Recipe] Mackerel and colorful vegetable with black vinegar sauce

Ingredients	Main Nutrients	Benefits	Rombun (Thesis)
Mackerel	Omega-3 fatty acids	People are less likely to develop glaucoma if they consume omega fatty acids	Wang YE et al.JAMA Ophthalmol.2018
Tri-color bell peppers	Green and yellow vegetables	Vegetable intake prevents central visual field defects Consumption of fruits and vegetables containing Vitamins A, C, and carotenoids in older Afro-americans lowers risk of eye disease	Hanyuda A et al.Eye.2020. Giaconi JA et al. Am J Ophthalmol.2012.
Onions	Quercetin	Quercetin may be effective in improving retinal ganglion cell survival and function	Gao FJ,et al.Front Mol Neurosci.2017.

※A Co-op meal money app or student ID card is required.

※ Menu may change depending on the availability of ingredients

