



# Lunch Menu, February 2024



January 31, 2024

Manner Goal: Let's eat everything and not be picky!

Principal Yuichi Hashimoto

Nutrition Goal: Let's try food we don't usually like.

School Nutritionist Ayako Koide

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g	
1	Th	Grilled Tuna & Cheese Sandwich	○	tuna, cheese	bread			640	23.7	
		Fried Bread Crusts with Sugar			bread, cooking oil, granulated sugar, (white) sugar					
		Corn Soup		chicken	cooking oil, starch	carrot, onion, ginger, cream corn, whole corn	chicken broth, salt, bay leaf powder, pepper			
		French Sweet-Potato Salad		lentil	sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
2	F	Japanese Event Lunch ☆Setsubun☆								
		Ehomaki	○	nori, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	cucumber, kanpyo, dried shiitake	kelp stock, salt, vinegar, soy sauce	659	23.0	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
Ohitashi with Chinese Cabbage and Jakko	chirimen jakko			komatsuna, carrot, Chinese cabbage	soy sauce					
5	M	Rice	○		rice			625	29.8	
		Tori Jiru		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon shark		salmon shark	sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake			
		Bean Sprout Isoae		nori		komatsuna, carrot, bean sprouts	soy sauce			
6	Tu	Hui Guo Rou Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch	garlic, cabbage, carrot, bell pepper, red paprika, scallion, eringi	Chinese chili paste, sake, salt, soy sauce, pepper	617	23.0	
		Chinese Soup		chicken, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
7	W	Let's Enjoy Local Cuisine! ☆Yamanashi Prefecture☆								
		Hoto Udon	○	chicken, fried tofu, fish shavings, miso	cooking oil, konnyaku, hoto udon	burdock, carrot, daikon, pumpkin, scallion	sake, kelp stock, soy sauce	588	24.7	
		Bean Sprouts with Sesame Seed Dressing			(light brown) sugar, sesame seeds	carrot, bean sprouts, komatsuna	soy sauce			
Mitarashi Dumpling		rice flour, (white) sugar, (light brown) sugar, starch			soy sauce, mirin					
8	Th	Rice	○		rice			641	22.5	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce			
9	F	Japanese Event Lunch ☆Hatsu-Uma(2/12)☆								
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	629	23.9	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
Cabbage Salad		cooking oil, sesame oil, sesame seeds		carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper					
11	Su	National Foundation Day								
12	M	Substitute Holiday								
13	Tu	Jako and Wakame Rice	○	chirimen jakko, wakame seaweed seasoning	rice			608	25.9	
		Oden		chikuwa fish paste, hanpen, fish ball	(light brown) sugar, konnyaku	daikon	bonito flake stock, sake, salt, soy sauce, kelp stock			
		Chinese Cabbage with Spicy Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			

☆ There may be changes to the menu due to availability of food.

## School Lunch Fees ♪

As announced by Minato City in July, the school lunch expenses from September to March of this school year will be covered by Minato City. Although there is no cost to parents, from the viewpoint of food loss, we ask that families who plan to be absent for an extended period of time continue to notify us of the period of their absence and submit a report of absence.

## Don't forget to prepare ♪

All students have to wear a mask during lunch preparation. It's not just for hygienic reasons, but also for disease prevention. Please prepare a new mask together with a cleaned lunch mat every day. Please prepare a non-woven mask. Thank you for your understanding.



Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g		
14	W	International Event Lunch ☆Valentine's Day☆									
			Penne Arrabbiata	○	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	648	23.8	
			Genki Salad		ham, salted kelp, fish shavings	(light brown) sugar, cooking oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper			
Chocolate Chip Cake	egg, milk		(white) sugar, cooking oil, wheat flour, chocolate chips			cocoa, baking powder					
15	Th	Rice	○		rice			624	25.6		
		Clear Soup with Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)				
		Dried Daikon Salad			(light brown) sugar, sesame oil, sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar				
16	F	Rice	○		rice			605	24.4		
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Grilled Chicken with Salted Koji		chicken			salted koji, sake, salt				
		Chinese cabbage and deep fried tofu crispy		fried tofu	cooking oil, (light brown) sugar, sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce				
19	M	Barley Rice	○		rice, barley			593	29.4		
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock				
		Grilled Mackerel		mackerel	(light brown) sugar, starch	ginger	soy sauce, sake, mirin				
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce				
20	Tu	Let's enjoy a menu from a local restaurant! ☆Higo-no-ya☆									
			Barley Rice	○		rice, barley			626	25.9	
			Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock			
			Higono-ya's Chicken Nanban		chicken, egg	(light brown) sugar, wheat flour, starch, cooking oil, Non-egg mayonnaise	garlic, onion, pickles, lemon	salt, soy sauce, vinegar, parsley			
Stir-fried Cabbage with Salted kelp	salted kelp		cooking oil, sesame seeds		cabbage	salt					
21	W	Garlic Toast	○		bread, cooking oil	garlic, parsley		623	26.5		
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce				
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper				
22	Th	Mabo Rice Bowl	○	pork, miso, tofu	rice, cooking oil, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	Chinese chili paste, sake, soy sauce, sweet bean paste	624	24.9		
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce				
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard				
23	F	The Emperor's Birthday									
26	M	Barley Rice	○		rice, barley			609	23.6		
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		sake, salt				
		Japanese-Style Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper				
27	Tu	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	568	19.8		
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, pepper				
		Fruit (Apple)				apple					
28	W	Rice	○		rice			571	27.7		
		Miso Soup with Onion and Potato		wakame (seaweed), miso	potatoes	onion	bonito flake stock				
		Salmon Chan Chan Yaki		salmon, miso	cooking oil, (white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake, mirin, soy sauce				
		Marinated Cabbage with Salt Kelp		salted kelp	sesame seeds	cabbage, bean sprouts, carrot	soy sauce				
29	Th	Let's enjoy food from around the world! ☆China☆									
			Handmade Pork Bun	○	pork	sesame oil, wheat flour (All Purpose flour), (white) sugar, cooking oil	bamboo shoots, dried shitake, onion	salt, pepper, soy sauce, baking powder, dry yeast	682	27.6	
			Chinese Corn Soup		chicken, egg	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, pepper, soy sauce			
			Chinese Sesame Salad with Noodles			udon noodle, cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
Yogurt Drink	drinkable yogurt										