



June Lunch Menu



Manner Goal: Tidy up after yourself before you eat.

Nutrition Goal: Chew your food well to make strong teeth.

Principal: Mr. Hatano

School Nutritionist: Ms. Koide

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g		
1	Sat	Sports Day									
2	Sun	Rain day for Sports Day									
3	Mon	Day off in Lieu of Sports Day									
4	Tue	Protection against Cavities Day									
		Takano Rice	○	chicken, Takano tofu	rice, konnyaku, sugar	dried shiitake, carrot, burdock root snow peas	bonito flakes(soup stock) sake, mirin, soy sauce	544	22.2		
		Seasonal Soup		fish cake		komatsuna, green onions	soup stock, kombu bonito flakes(soup stock) salt, soy sauce				
Calcium Salad	hijiki seaweed, chirimenjako	sugar, vegetable oil, sesame oil sesame seeds		cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper, sake						
5	Wed	Penne Arrabiata	○	chicken	olive oil, , penne	garlic, onion, shimeji, tomato	salt, pepper, chili, paprika bay leaf powder, basil tomato puree, ketchup	531	20.3		
		Caesar salad		cream cheese, powdered cheese	vegetable oil, sugar, crouton	cabbage, cucumber, carrot garlic, onion	vinegar, salt, pepper mustard				
		Fruit(melon)				melon					
6	Thu	Barley Rice	○		rice, barley			681	23.7		
		Sweet and Sour Chicken		chicken	potato starch, vegetable oil potato, sugar	carrot, onion, green pepper red pepper, yellow pepper lotus root, eggplant	soy sauce, vinegar, ketchup				
		Pickled Dried Daikon			sesame oil, sugar, sesame seeds	carrot, dried daikon, cucumber	salt, vinegar, soy sauce shichimi				
		Soy Beans with Nori		soy beans, nori seaweed	vegetable oil, potato starch, potato		salt				
7	Fri	Rice	○		rice			676	22.0		
		Eggplant and Onion Miso Soup		miso		eggplant, onion	bonito flakes(soup stock)				
		Okara Croquette		ground chicken, okara, egg	vegetable oil, potato, flour, panko	onion, carrot, shiitake mushroom	salt, pepper, sauce				
		Cabbage Salad			vegetable oil, sesame oil sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper				
10	Mon	Barley Rice	○		rice, barley			532	22.4		
		Seasonal Soup		fish cake		komatsuna, green onions	soup stock kombu bonito flakes(soup stock) salt, soy sauce				
		Mandai Fish Baked with Miso		Mandai fish	sesame seeds	green onions, ginger, garlic	soy sauce, mirin, sake				
		Daikon Salad		wakame	vegetable oil, sesame oil sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce pepper				
11	Tue	Jako Ume Rice	○	chirimenjako fish	rice	umeboshi		665	28.1		
		Turnip and Komatsuna Miso Soup		aburaage, miso		turnip, komatsuna	bonito flakes(soup stock)				
		tuna omelette		tuna, egg	vegetable oil, sugar	carrot, onion, dried shiitake, peas	salt, sake, soy sauce				
		Pickled Chinese Cabbage				Chinese cabbage, carrot	salt				
12	Wed	Curry Bread	○	chick peas, ground pork	flour, sugar, butter, vegetable oil panko	carrot, onion	salt, dry yeast, curry powder ketchup, Worchester sauce	501	20.8		
		Vegetable Soup		pork	potato	ginger, carrot, onion, celery, cabbage broccoli, mushroom	chicken stock, white wine salt, pepper bay leaf powder				
		Fruit (navel orange)				navel orange					
13	Thu	Rice	○		rice			574	22.7		
		Kenchin Soup		tofu	vegetable oil, sesame oil	burdock root, carrot, daikon green onions	soup stock kombu bonito flakes salt, soy sauce				
		Chicken Teriyaki		chicken	sugar, potato starch	ginger	soy sauce, sake, mirin				
		Spicy Cabbage				komatsuna, carrot, cabbage	mustard , soy sauce				
14	Fri	Tofu Rice Bowl	○	pork, deep fried tofu, miso	rice, vegetable oil, sugar potato starch	onion, bamboo shoots, dried shiitake carrot, cabbage, bok choy, ginger	soy sauce, sake spicy bean paste chicken stock	599	24.1		
		Egg and Wakame Soup		egg, wakame	sesame seeds	ginger, green onions	chicken stock, salt, pepper soy sauce				
		Chinese Style Bean Sprouts			vegetable oil, sesame oil sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce pepper				

★There may be changes to the menu due to the availability of food. Thank for your understanding.

School lunch Fees ♪

This year the school lunch is not being charged as a monthly fee ,but the fee is per meal for the month. Every month is different per grade. We will let you know the charges on the menu.
The fees will be withdrawn June 10th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥3,930☆	¥4,248	¥4,902	¥4,902	¥5,040	¥5,040

☆G1 lunch fees will be reduced for June because of April.
details 【 ¥4,248 (June) - ¥472 (2 meals) + ¥154 (milk ¥55 × 2 + bread ¥44) = ¥3,930】

~ Dear Parents /Guardians ~

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row. To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance. If there is a change in the absence period, please be sure to inform your homeroom teacher.
For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g	
17	Mon	Salmon and Edamame Pilaf	○	tuna	rice, vegetable oil, butter	shimeji, mushroom, onion, edamame	salt, soy sauce	545	18.3	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken stock, salt bay leaf powder, pepper			
		Tomato Salad			vegetable oil, sugar	tomato, parsley, onion	vinegar, salt, pepper			
18	Tue	Barley Rice	○		rice, barley			667	25.2	
		Tofu Nameko Mushroom Miso Soup		tofu, miso		nameko mushroom, komatsuna green onions	bonito flakes(soup stock)			
		fried cod		cod, egg	vegetable oil, flour, panko		salt, pepper, sauce			
		Coleslaw			vegetable oil, sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
19	Wed	Kimchi Fried Rice	○	pork, egg	rice, vegetable oil	carrot, kimchi(Chinese cabbage)	sake, salt, soy sauce, pepper	609	19.9	
		Harusame Noodle Soup			harusame noodle, sesame oil	ginger, kikurage mushroom bamboo shoots, bok choy green onions	chicken stock, sake, salt pepper, soy sauce			
		Cabbage Salad			vegetable oil, sesame oil sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper			
		Calpis Jelly		powdered kanten, Calpis						
20	Thu	Bread Roll	○		bread roll			659	29.2	
		Noodle Soup		bacon	vegetable oil, udon	onion, carrot, ginger, cabbage	chicken stock, salt, pepper bay leaf powder			
		Chicken and Cheese Bake		chicken, mixed cheese			white wine, salt, pepper ketchup, Worcester sauce			
		Potato Honey Salad			potato, vegetable oil, honey	carrot, cucumber	salt, vinegar, mustard			
21	Fri	Chilled Ramen	○	chicken, egg	noodles, vegetable oil, sesame oil sugar, sesame seeds	ginger, carrot, dried shiitake cucumber, bean sprouts	chicken stock, soy sauce vinegar, sake, salt	565	22.3	
		Tomato				tomato				
		Seaweed Salad		mixed seaweed	vegetable oil	cucumber, daikon, corn, onion	vinegar, salt, soy sauce pepper			
		Fruit(pineapple)				pineapple				
24	Mon	Let's eat international foods! ☆Korea☆								
		Bibimpap	x	pork, egg	rice, sesame oil, sugar, sesame seeds vegetable oil	garlic, ginger, green onions bean sprouts, komatsuna	soy sauce, spicy bean paste salt, vinegar	638	25.0	
		Toppogi		chicken	vegetable oil, sesame oil, toppogi sugar	garlic, carrot, cabbage, green onions	spicy bean paste, soy sauce			
		Wakame Soup		wakame	sesame seeds	ginger, green onions	chicken stock, salt, pepper soy sauce			
		Drinkable Yogurt		drinkable yogurt						
25	Tue	Let's eat local foods! ☆Osaka Prefecture☆								
		Chilled Kitsune Udon	○	bamboo, aburaage	udon, sugar	green onions, komatsuna	soup stockkombu bonito flakes, mirin salt, soy sauce	623	26.9	
		Komatsuna Gomae			sugar, sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
Takoyaki	shrimp, fish cake, octopus, egg, bonito flakes, nori seaweed	vegetable oil, flour, potato starch		cabbage, green onions, ginger	salt, soy sauce, sake, sauce Worcester sauce					
26	Wed	Barley Rice	○		rice, barley			615	28.1	
		Chicken Soup		chicken, miso, tofu	vegetable oil, potato	burdock root, carrot, daikon green onions	bonito flakes(soup stock)			
		Baked Salmon		salmon			salt			
		Kinpira			vegetable oil, konnyaku, sugar sesame seeds	burdock root, carrot, lotus root	mirin, soy sauce, chili pepper			
27	Thu	Corn Mayonnaise Toast	○	mixedcheese	bread, mayonnaise	onion, corn	pepper	573	21.6	
		Pork and Vegetable Ketchup Sautee		pork	vegetable oil	carrot, onion, green pepper, cabbage	salt, ketchup			
		Sweet Potato and Broccoli Salad			sweet potato, vegetable oil	carrot, broccoli, cucumber, onion	vinegar, salt, pepper			
28	Fri	mabo eggplant rice bowl	○	ground pork, miso	rice, vegetable oil, sugar potato starch, sesame oil	eggplant, garlic, ginger, carrot bamboo shoots, green onions leeks	sake, soy sauce spicy miso paste	659	22.0	
		Chinese Style Corn Soup		chicken	potato starch, sesame oil	ginger, onion, carrot, corn creamcorn, parsley	chicken stock, salt, pepper soy sauce			
		Bean Sprouts Salad			vegetable oil, sesame oil sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce pepper			
		Fruit(frozen orange)				frozen orange				



Don't forget to Prepare ♪

Everyone has to wear a mask when preparing for lunch.

It is for hygienic reasons as well as prevention of illnesses.

Please put a clean lunch mat and mask together in your child's lunch set bag.

