

## Lunch Menu, September 2023

Nutrition Goal: Eat the three basic meals every day.

Principal Yuichi Hashimoto School Nutritionist Ayako Koide

Red Food Group For Stronger Bodies Green Food Group For Healthy Bodies Eneray Protein Yellow Food Group Day For Energetic Bodies & COULTA Opening Ceremony · no lunch Barley Rice rice, barley bonito flake stock 4 М carrot, daikon, Chinese cabbage, scallion, uiton Soup cooking oil, rice flour, wheat flour oy sauce 27.5 605 ake with Saikvo Miso bonito flake stock Stir-fried Hijki and Sovbeans niiki(seaweed) fried tofu sov hean cookina oil. (liaht brown) suaai carrot nirin, soy sauce bonito flake stock Cold Kitsune Udon scallion, komatsuna teamed fish paste, fried tofu udon noodle, (light brown) suga kelp stock, mirin, salt, oy sauce 0 26.9 5 Tυ 546 Marinated Cabbage comatsuna carrot cabbage ummer Vegetables rice, cooking oil, wheat flour, (light brown) vineaar, salt, sov onion, pumpkin, zucchini, whole corn hrimp Tempura Rice Bowl sugar onito flake stock 6  $\cap$ 620 19 4 ofu cooking oil, sesame oil ourdock, carrot, daikon, scallion kelp stock, salt, soy sauce Chinese Cabbage with Sesame (light brown) sugar, white sesame seeds carrot, Chinese cabbage, bean sprouts ov sauce Cinnamon suaar Toast bread, cooking oil, aranulated sugar cinnamon powder chicken broth. omato Stew with tomato puree hicken cooking oil, potatoes, wheat flour carrot, onion, ginger, tomato, cabbage etchup, salt, peppe oay leaf powder 7 Th Chicken and Vegetables  $\cap$ 592 22.1 red paprika, yellow bell pepper, cabbage Koro-Koro Salad ootatoes, cookina oil vineaar salt nenne cucumber, whole corn, onion Japanese Event Lunch ☆Chrysanthemum Festival(9/9)☆ alt, soy sauce, kelp Chrysanthemum Flower Rice ice, glutinous rice, cooking oil carrot, chrysanthemum, dried shiitake 8 stock, sake, mirin honito flake stock Seasonal Sumashi Soup teamed fish paste omatsuna, scallion 30.9 560 auce salt, vukari shiso (red Pickled Cabbage w ith Yukari cabbage Rice rice bonito flake stock, kelp stock, salt, soy carrot, daikon, shiitake, shimeji, enoki mushroom, scallion (inoko Soup onnyaku, starch 11 20.9 sauce Grilled Chicken with Green Onion sake, soy sauce, chicken (light brown) sugar ginger, scallion, garlic Cabbage with Mustard Squce comatsuna, carrot, cabbage mustard, soy sauce chicken broth, sake, soy sauce, sweet udon noodle, cooking oil, (light brown) cucumber, garlic, ginger, carrol oork, miso bean paste. Chinese with Cold Meat Sauce suaar, starch bamboo shoots, scallion, dried shiitake chili paste, oyster 619 12 0 sauce 27.0 (light brown) sugar, cooking oil, sesame oil salt, sov sauce. Iron-Rich Salad nijiki(seaweed), chirimen jakko cabbage, cucumber, daikon white sesame seeds vinegar, pepper, sake cooking oil, starch, potatoes Annori Reans vakame seaweed seasoning, :hirimen jakko Jako and Wakame Rice Toniiru ork miso tofu cooking oil, potatoes burdock carrot daikon scallion 13 29.0 eriyaki Japanese Butterfish apanese butterfish (light brown) sugar, starch oy sauce, sake, mirin Pickled Turnips and Cucumbers urnip, cucumber, ginger omato puree, salt, ba eaf powder, nutmeg, Eaaplant Dry Curry ork, chickpeas rice, cookina oil, wheat flour garlic, ginger, onion, carrot, eggplant urry powder, Vorcestershire sauce 0 665 20.8 Pari-Pari Salad cooking oil, wonton wrapper carrot, cabbage, cucumber, onion apple juice, canned pineapple et's Enjoy Food from Different Regions ground Japan! 🌣 Shiba Daradara Festival (ginger festival) 🕏 ake, salt, soy sauce, chirimen jakko Ginger Rice rice, white sesame seeds 15 ginger kelo stock learty Miso Soup niso, tofu connyaku carrot, burdock, komatsuna, scallion bonito flake stock 0 30.2 597 Stir-Fried Ginger Pork ork cooking oil, (light brown) sugar, starch garlic, ginger, onion Marinated Cabbage

## School Lunch Fees♪

with Salted Kelp

alted kelp

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.

~Parents and Guardians~

vhite sesame seeds

If your child will be absent for an extended period of time and will miss more than 5 consecutive meals, please inform the school nutritionist via the classroom teacher at least 10 days prior to the scheduled absence. In consideration of purchasing and delivery of ingredients, please fill out the necessary forms and complete the procedures at least one week in advance. Please be sure to contact your homeroom teacher if there is a change in the length of your absence.

cabbage, bean sprouts, carrot

oy sauce

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
18	М	**************************************							
		Rice			rice				
		Miso Soup w/Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock		
19	Tυ	Deep-Fried Horse Mackerel	0	horse mackerel	cooking oil, wheat flour, panko		salt, pepper, Worchestershire sauce (semi-thick)	604	26.0
		Japanese Daikon Salad		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper		
20	w	Japanese Event Lunch ☆Ohigan Iri - First Day of the Equinoctial Week☆							
		Kakitama Udon		pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	bonito flake stock, kelp stock, mirin, salt, soy sauce		
		Japanese Chinese Cabbage Salad	0		cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper	602	26.0
		Ohagi		bean paste, soy bean flour	glutinous rice, rice, (white) sugar		salt		
21	Th	Barley Rice	- 0		rice, barley			- - 575 -	25.3
		Satsuma Soup		pork, miso	sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Grilled Chicken with Salted Koji		chicken			salted koji, sake		
		Pickled Daikon and Cucumber				cucumber, daikon, ginger	salt		
		Let's Enjoy Food from Around the World! ☆China☆							
22	F	Fried Rice		shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, soy sauce, pepper, vinegar		
(mg		Chinese Soup	×	chicken, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt,	522	21.0
		Vermicelli Chinese Salad			v ermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	pepper, soy sauce vinegar, salt, soy sauce,		
1	3	Yogurt Drink		uo ou est obiole	vermicelli, cooking oil, sesame oil	carrot, cocomber, beart sproots	mustard		
			_	yogurt drink		10			
23	Sa GVZZZGVZZZ GVZZZGZZZ Autumnal Equinox Day GVZZZGVZZZ GVZZZ								$\mathcal{L}$
25	М	Barley Rice	0	, ,	rice, barley			588	26.6
		Miso Soup w/Tofu and Komatsuna		miso, tofu		komatsuna, scallion	bonito flake stock		
		Grilled Mackerel		mackerel	cooking oil		salt, soy sauce		
							vinegar, salt, soy		
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carror, cabbage, cucumber	sauce, pepper		
26	Τυ	Stamina Rice Bowl	0	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, onion, bamboo shoots, bell pepper, red paprika	sake, soy sauce, salt, pepper, oyster sauce	600	25.1
		Spicy Vermicelli Soup			v ermicelli, sesame oil	ginger, cloud ear fungus, bok-choy, scallion	chicken broth, sake, salt, Chinese chili paste, soy sauce		
		Chinese Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
27	w	Hot Dog	0	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce chicken broth, white	594	28.8
		Pot-Au-Feu  Macaroni Salad with Tuna and		chicken	cooking oil, potatoes	carrot, onion, ginger, tomato, cabbage parsley	wine, salt, pepper, bay leaf powder		
		Eggs		egg, tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
	Th	Japanese Event Lunch ☆Tsukimi(9/29)☆							
28		Mixed Inari Rice	0	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	652	20.9
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds rice flour, (white) sugar, (light brown)	carrot, komatsuna, cabbage	vinegar, salt, soy sauce, pepper		
		Mitarashi Dango			sugar, starch		soy sauce, mirin		
		Japanese local food ☆Tokyo Citizen's Day(10/1)☆							
29	ل	Rice	0		rice	level et energy delle			28.7
		Chanko Soup		chicken, fried bean curd	cooking oil, konnyaku	burdock, carrot, daikon, dried shiitake, shimeji Chinese cabbage, scallion	bonito flake stock, kelp stock, salt, soy sauce, sake	661	
gS		Fried Minced Flying Fish		flying fish, egg	cooking oil, panko, wheat flour	onion, garlic, ginger	ketchup, salt, pepper, Worchestershire sauce (semi-thick)		
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		

## Don't forget to prepare ${ m J}$

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 week. Please prepare a non-woven mask. Thank you for your understanding.



