



Lunch Menu, October 2023

Manners Goal : Let's hold our dishes correctly.

Principal Yuichi Hashimoto

Nutritional Goal : Let's learn about main and side dishes.

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	日	Tokyo Citizens' Day							
2	M	Barley Rice	○		rice, barley			562	22.9
		Mushroom Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Teriyaki Chicken		chicken	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Bean Sprouts Isoae		nori		komatsuna, carrot, bean sprouts	soy sauce		
3	Tu	Niku-Udon	○	pork, tube shaped fish cake	udon noodle	carrot, scallion, komatsuna	kelp stock, bonito flake stock, min, salt, soy sauce	594	20.0
		Chinese cabbage and deep fried tofu crispy salad		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce		
		Roasted sweet potato			sweet potato				
4	W	Cheese Dog	○	cheese	bread			591	25.5
		Curry Noodle Soup		chicken	cooking oil, wheat flour, udon noodle	garlic, ginger, onion, carrot, cabbage	chicken broth, salt, pepper, bay leaf powder, curry powder, ketchup		
		Coleslaw Salad with Mustard Dressing			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard		
5	Th	Kimchi Fried Rice	○	pork, egg	rice, cooking oil	carrot, kimchi, bean sprouts, bell pepper	sake, salt, soy sauce, pepper	631	20.7
		Won-ton Soup			wonton wrapper, sesame oil	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, sake, salt, pepper, soy sauce		
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
6	F	Rice	○		rice			600	24.3
		Clear Soup w/Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Cod and Vegetables in Sweet and Sour Sauce		cod	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, yellow bell pepper, lotus root, eggplant	soy sauce, vinegar, ketchup		
		Marinated Komatsuna and Chinese Cabbage				komatsuna, Chinese cabbage, bean sprouts	soy sauce		
9	M	Sports Day							
10	Tu	Spaghetti Napolitan	○	bacon, cheese	cooking oil, spaghetti	garlic, onion, carrot, mushrooms, bell pepper, parsley	salt, pepper, tomato puree, ketchup, Worcestershire sauce (semi-thick)	592	23.4
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper		
		Blueberry Yogurt		yogurt	(white) sugar	blueberry jam, blueberry	red wine		
11	W	Barley Rice	○		rice, barley			638	24.8
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Deep-Fried Patagonian grenadier		Patagonian grenadier	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)		
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper		
12	Th	Pizza toast	○	bacon, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushrooms, bell pepper	salt, pepper, basil, oregano	597	26.9
		Pot-au-feu		chicken	potatoes	ginger, carrot, onion, celery, cabbage, broccoli	chicken broth, white wine, salt, pepper, bay leaf powder		
		Fruit (Persimmon)				persimmon			
13	F	Tofu Rice bowl	○	pork, fried bean curd, miso	rice, cooking oil, (white) sugar, starch	onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger	soy sauce, sake, Chinese chili paste, chicken broth	643	26.0
		Wakame seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Chinese Sesame Salad with Noodles			udon noodle, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Milk Jelly		agar powder(kanten), milk	(white) sugar				
16	M	Salmon and Mushroom pilaf	○	salmon	rice, cooking oil, butter	shimeji, mushrooms, onion, parsley	salt, white wine, soy sauce	557	21.0
		Vegetable Soup		bacon		ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper		
		Macaroni Salad			macaroni, Non-egg mayonnaise, (white) sugar	carrot, cucumber, onion, whole corn	vinegar, salt, pepper		
17	Tu	Rice	○		rice			626	22.1
		Miso Soup w/Eggplant and Onion		miso		eggplant, onion	bonito flake stock		
		Okara Croquette		chicken, okara (soy pulp)	cooking oil, potatoes, wheat flour, panko	onion, carrot, shiitake	salt, pepper, Worcestershire sauce (semi-thick)		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		

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.

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	W	Let's Enjoy Local Cuisine! ☆Nagasaki Prefecture☆									
		Nagasaki Champon	○	pork, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, Thin soy sauce, chicken broth, Worcestershire sauce	530	23.8		
				Japanese Daikon and Hijiki Salad	hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon			soy sauce, vinegar, salt, pepper	
Fruit (pear)					pear						
19	Th	Barley Rice	○		rice, barley			582	25.3		
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Grilled Japanese butterflyfish		Japanese butterflyfish	white sesame seeds, cooking oil	scallion, ginger, garlic	soy sauce, mirin, sake				
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce				
20	F	Let's enjoy a menu from a local restaurant! ☆Shiba-no-ura☆									
		Rice	○		rice			634	23.8		
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock				
		Shiba-no-ura's special Fried Chicken		chicken, egg	cooking oil, starch	ginger, garlic	soy sauce, sake, salt				
Marinated Vegetable		(white) sugar		carrot, cabbage, bean sprouts, cucumber, lemon	soy sauce, vinegar, soup stock						
23	M	Let's Enjoy Food from Around the World! ☆Spain☆									
		Paella	x	chicken	rice, olive oil	garlic, carrot, onion, mushrooms, whole corn, bell pepper, yellow bell pepper, red bell pepper	turmeric, salt, bay leaf powder, pepper, white wine	599	21.1		
		Tortilla (Spanish Omelette)		bacon, egg, milk	potatoes, cooking oil	onion, carrot, parsley	salt, pepper, ketchup				
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper				
Yogurt Drink		yogurt drink									
24	Tu	Kinoko Spaghetti	○	bacon	cooking oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushrooms	sake, salt, pepper, soy sauce	608	19.3		
		Koro-Koro Salad		potatoes, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper					
		Baked Apple			(white) sugar, butter	apple	cinnamon powder				
25	W	Rice	○		rice			534	25.7		
		Miso Soup w/fried tofu and Komatsuna		fried tofu, miso		komatsuna, scallion	bonito flake stock				
		Grilled Squid w / green onion sauce		squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar				
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper				
26	Th	Garlic Toast	○		bread, cooking oil	garlic, parsley		625	20.1		
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder				
		French Sweet Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper				
27	F	Japanese Event Lunch ☆Jusanya - 13th Day of the Lunar Calendar									
		Fukiyose Rice	○		rice, chestnuts, (light brown) sugar	bamboo shoots, dried shiitake, shimeji, carrot	sake, soy sauce, kelp stock, salt, bonito flake stock	601	19.3		
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake				
Two-Colored Azuki Dango	Azuki Bean	rice flour, (light brown) sugar		pumpkin	salt						
28	Sa	Chicken doria	○	chicken, milk, cheese	rice, cooking oil, butter, wheat flour	celery, onion, carrot, mushrooms, ginger	salt, tomato puree, white wine, pepper, chicken broth	613	24.8		
		Tuna and Beans Salad		soy beans, lentils, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce				
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, basil, pepper				
30	M	Substitute holiday for Music Festival									
31	Tu	Ghost Bread	○		bread flour, (white) sugar, cooking oil, chocolate		salt, dried yeast	629	24.1		
		Chicken and Pumpkin Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour, macaroni	onion, carrot, ginger, pumpkin, cabbage, mushrooms	white wine, chicken broth, salt, pepper, bay leaf powder				
		Tomato and Corn Salad			cooking oil	tomato, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper				

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

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.

