



Lunch Menu, November 2023





Manner Goal : Let's say the proper aisatsu for our meals.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about seasonal foods.

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	W	Rice	○		rice			628	23.7		
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock				
		Stir fried chicken ginger		chicken	cooking oil, starch	ginger, onion	soy sauce, sake				
		Potato Salad			potatoes, non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper				
2	Th	Ma bo bowl	○	pork, miso, tofu	rice, cooking oil, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, chives	Chinese chili paste, sake, soy sauce, sweet bean paste	624	24.9		
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce				
		Vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard				
3	F	 Culture Day 									
6	M	Family Reading Week ☆ Inspired by "Boys★Japanese Bento club," "Wakame (seaweed)" ☆								594	24.0
		Bibimbap (Korean rice dish)	○	pork, egg	rice, sesame oil, (light brown) sugar, white sesame seeds, cooking oil	garlic, ginger, scallion, bean sprouts, komatsuna	soy sauce, Chinese chili paste, salt, vinegar				
		Wakame seaweed soup		wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce				
		Spicy pickled cucumber and daikon			sesame oil	daikon, cucumber	salt, vinegar, soy sauce, chili oil				
Family Reading Week ☆ Inspired by "School lunch ensemble," "Yuusuge Inn in Yuusuge village" ☆											
7	Tu	Brown sugar bread	○		bread			549	25.8		
		ABC Soup		bacon	macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper				
		Chicken Pikata		chicken, egg	wheat flour		pepper, white wine, salt, ketchup				
		Daikon Salad			cooking oil	cabbage, cucumber, daikon, onion	vinegar, salt, pepper				
8	W	Family Reading Week ☆ Inspired by "Biting Ninja," "See you next spring," and "Mikan Oishiku Na-re" ☆								563	20.5
		Rice Balls (wakame, red perilla)	○	wakame seaweed seasoning, chirimen jakko	rice		yukari shiso (red perilla)				
		Ton-jiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock				
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt				
Fruit (mandarin)				mandarin							
9	Th	Family Reading Week ☆ Inspired by "Various Mushrooms" and "The Giant Turnip" and "Curse of grilled fish" ☆								585	27.7
		Kinoko Rice	○	fried tofu	rice	shiitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock				
		Miso Soup w/Turnip and Komatsuna		miso		turnip, komatsuna, scallion	bonito flake stock				
		Grilled Mackerel		mackerel			salt, soy sauce				
Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce						
10	F	Dry curry with chick peas	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, bell pepper, whole tomatoes	salt, curry powder, red wine, pepper, ketchup, Worcestershire sauce	687	22.5		
		Tuna croquette		tuna	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)				
		Vegetable saute			cooking oil	carrot, onion, green peas, whole corn	salt, pepper				
13	M	Rice	○		rice			551	25.2		
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock				
		Salmon shark Teriyaki		salmon shark	(light brown) sugar, starch	ginger	soy sauce, sake, mirin				
		Simmered Kiriboshi-daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried daikon, dried shiitake	bonito flake stock, salt, soy sauce				
14	Tu	Japanese Event Lunch ☆ School Anniversary ☆								666	24.0
		Celebratory Rice	○	cowpea	rice, glutinous rice, black sesame		salt				
		Celebratory Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt				
		Fried Chicken Kara-age		chicken	cooking oil, starch, wheat flour	ginger	soy sauce, sake				
		Marinated Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce				
Kouhaku Fruit Punch		(white) sugar, rice flour		canned beets, canned orange, canned peach							

☆ 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.

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	
15	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	589	29.3	
		Chinese cabbage isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
16	Th	Kinako Toast	○	soy bean flour	bread, butter, (white) sugar			616	29.3	
		Pork and Beans		pork, bacon, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		cabbage and corn salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
17	F	Barley Rice	○		rice, barley			601	25.6	
		chive and egg soup		egg	starch	ginger, carrot, dried shiitake, chives	chicken broth, sake, salt, pepper, soy sauce			
		Fried squid		squid	cooking oil, starch	ginger	soy sauce, sake			
		Japanese Daikon Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake			
20	M	Let's Enjoy Local Cuisine ☆Tottori Prefecture☆							635	28.4
		Rice		rice						
		Stamina Natto		natto, chicken	sesame oil, (light brown) sugar	ginger, garlic, scallion	soy sauce, sake, tabasco			
		Chikuzenni stew		chicken	cooking oil, konnyaku, (light brown) sugar	burdock, carrot, bamboo shoots, lotus root, daikon, dried shiitake, string bean	bonito flake stock, sake, salt, soy sauce			
		Miso Soup w/Potato and Onion		wakame (seaweed), miso	potatoes	onion	bonito flake stock			
21	Tu	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts	salt, pepper, soy sauce, vinegar	560	24.5	
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit(Apple)				apple				
22	W	Rice	○		rice			605	25.7	
		Tofu Hamburger		chicken, tofu, egg, miso	panko, sesame oil, cooking oil, (light brown) sugar, starch	onion, ginger, dried shiitake	salt, pepper, soy sauce, mirin, sake			
		Cabbage and Cucumber with Yukari				cucumber, cabbage	salt, yukari shiso (red perilla)			
		Furofuki Daikon (Yuzu Miso)		miso	(light brown) sugar	daikon, yuzu	bonito flake stock, salt, soy sauce, mirin, sake			
23	Th	 Labor Thanksgiving Day 								
24	F	Let's Enjoy the Flavor of Washoku Broth!							612	27.8
		Rice with Soybeans and Hijiki	○	fried tofu, soy bean, hijiki(seaweed)	rice, glutinous rice, cooking oil, (light brown) sugar	carrot	sake, salt, soy sauce, kelp stock, mirin			
		Mushroom Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Mackerel with Miso		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce			
Komatsuna with Sesame Seed Dressing		(light brown) sugar, white sesame seeds		komatsuna, carrot, Chinese cabbage	soy sauce					
27	M	Sanma Rice	○	Pacific saury	rice, cooking oil, starch, (light brown) sugar, white sesame seeds	ginger	salt, soy sauce	626	21.2	
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		Fruit (mandarin)				mandarin				
28	Tu	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		632	27.2	
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
29	W	Let's Enjoy Food from Around the World! ☆ Canada ☆							591	24.0
		Maple Toast	○		bread, cooking oil, maple syrup					
		Salmon Cream Stew		salmon, milk	potatoes, cooking oil, wheat flour	onion, carrot, ginger, cabbage	white wine, chicken broth, salt, pepper, bay leaf powder			
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
Yogurt Drink	drinkable yogurt									
30	Th	Rice	○		rice			605	24.4	
		Kenchin-jiru		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, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			

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.

