



Lunch Menu, December 2023



November 30, 2023

Manner Goal : Let's wash our hands.

Principal Yuichi Hashimoto

Nutrition Goal : Let's eat to beat the cold.

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	F	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆							626	21.0
		Okkirikomi	○	chicken, fried tofu	cooking oil, (white) sugar, udon noodles	burdock, carrot, daikon, shimeji, dried shiitake, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce			
		Bean sprouts with Mustard Dressing				komatsuna, carrot, bean sprouts	mustard, soy sauce			
		Miso Potato		miso	cooking oil, potatoes, starch, (white) sugar		mirin			
4	M	Let's Enjoy Food from Around the World! ☆Russia☆							641	23.0
		Homemade Pirozhki	○	pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shiitake	salt, dry yeast, pepper, oyster sauce, soy sauce			
		Borscht		pork, fresh cream	cooking oil, potatoes	carrot, onion, ginger, whole tomatoes, tomato juice, cabbage, parsley	red wine, chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder			
		Olivier Salad		egg	potatoes, Non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper			
		Yoghurt Drink		drinkable yogurt						
5	Tu	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	635	29.0	
		Sanpei Soup		salmon, tofu, miso	konnyaku, potatoes	burdock, carrot, daikon, scallion	sake, bonito flake stock, sake lees			
		Pickled Turnip and Cucumber				turnip leaves, turnip, cucumber	salt			
6	W	Yakisoba with Sauce	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce	582	19.9	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake			
		Fruit (Apple)				apple				
7	Th	Rice	○		rice			544	25.1	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Squid w / green onion sauce		いか	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese Chinese cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper			
8	F	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			
11	M	Nerima Spaghetti	○	tuna, nori	(white) sugar, spaghetti, olive oil, butter	daikon	vinegar, salt, soy sauce	604	25.4	
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (satsuma orange)				satsuma orange				
12	Tu	Rice with Jako and Wakame	○	chirimen jakko, wakame seaweed rice seasoning	rice			637	29.0	
		Clear Soup w/Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Chicken Cutlet		chicken	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar			

☆ 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	
13	W	Rice flour bread	○		Rice flour bread			540	23.3	
		Cabbage Rolls		pork, egg, milk	panko, starch	cabbage, onion, carrot	salt, pepper, nutmeg, bonito flake stock, soy sauce, mirin			
		Broccoli Salad			cooking oil	carrot, broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (satsuma orange)				satsuma orange				
14	Th	Rice	○		rice			604	21.8	
		Nikujaga		pork	cooking oil, konnyaku, potatoes, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce			
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
		Fruit (Apple)				apple				
15	F	Pork and Kimchi Rice Bowl	○	pork, miso	rice, cooking oil, (white) sugar, white sesame seeds	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprouts	sake, soy sauce, Chinese chili paste	622	23.8	
		Fuw a Fuw a Egg Soup		egg	starch	scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Japanese Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice				
18	M	Rice	○		rice			588	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 Saikyo Miso		chicken, Saikyo miso	cooking oil		sake			
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce			
19	Tu	Let's enjoy a menu from a local restaurant! ☆Akasaka Mitsuke BAR DELSOLE☆							609	31.6
		Chef Imai's special Bolognese	○	beef, pork, grated cheese	penne, olive oil, cooking oil, starch	onion, ginger	salt, pepper, tomato sauce, chicken broth			
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
		Minestrone		bacon, lentil	cooking oil, potatoes	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, basil, pepper			
20	W	Japanese Event Lunch ☆Winter Solstice☆							651	24.4
		Yukari Rice	○		rice		yukari shiso (red perilla)			
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Fried Hoki		Patagonian grenadier	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
Pumpkin Fukumeni		(light brown) sugar		pumpkin	mirin, soy sauce					
21	Th	Let's Enjoy Food from Around the World! ☆Christmas☆							695	20.6
		Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, butter, cooking oil, wheat flour	carrot, onion, mushroom, ginger, broccoli	white wine, salt, pepper, bay leaf powder, chicken broth			
		Macaroni Salad		tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
Joulutorftu		pie crust , powdered sugar		dried prunes						
22	F	 4 period day • No Lunch 								
25	M	 Term 2 Closing Ceremony • No Lunch 								

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.



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	
1/8	M	 Coming of Age Day 								
1/9	Tu	 Term 3 Opening Ceremony • No Lunch 								