



# Lunch Menu, January 2024



January 9, 2024

Manner Goal : Let's think about our school lunch.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about traditional Japanese food!

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	
8	M	Coming of Age Day								
9	Tu	Term 3 Opening Ceremony · No Lunch								
10	W	Japanese Event Lunch ☆Osechi☆								
		Rice with 7 herbs	○	fried tofu	rice, cooking oil, (light brown) sugar, sesame oil	daikon, turnip, 7 herbs	kelp stock, sake, salt, soy sauce	641	32.1	
		Ozoni Soup		chicken, naruto	taro, tteok	carrot, daikon, dried shiitake, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce, mirin			
		Kohaku Kamaboko		steamed fish paste						
		Shichifuku Namasu Pickles			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	kelp stock, bonito flake stock, salt, soy sauce, Thin soy sauce, vinegar			
		Jakko Tazukuri		chirimen jakko	(light brown) sugar, sesame seeds		soy sauce, mirin			
Datemaki Omelette	egg, hanpen	(light brown) sugar			mirin, salt					
11	Th	Japanese Event Lunch ☆Kagamibiraki☆								
		Kitsune Udon with Mochi	○	pork, fried tofu	udon noodle, (light brown) sugar, rice cake	scallion, komatsuna, kanpyo	kelp stock, bonito flake stock, mirin, salt, soy sauce	624	24.8	
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
Fruit (satsuma orange )				satsuma orange						
12	F	Rice	○		rice			605	20.5	
		Tofu and Wakame Soup		tofu, wakame (seaweed)	sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Cod and Vegetable with sweet and sour		cod	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, , red and, yellow bell pepper, lotus root, eggplant	soy sauce, sake, vinegar, ketchup			
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
15	M	Japanese Event Lunch ☆Koshogatsu (Little New Year's) ☆								
		Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt	665	20.8	
		Japanese Salad with Daikon and Hijiki		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper			
Oshiruko Soup		Azuki Bean, (light brown) sugar, rice flour, (white) sugar			salt					
16	Tu	Salt Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper	566	21.2	
		Japanese style Chinese cabbage Salad				cooking oil, sesame oil, sesame seeds	carrot, Chinese cabbage, cucumber			vinegar, salt, soy sauce, pepper
		Fruit (Apple)					apple			
17	W	barley rice	○		rice, barley			581	24.3	
		Kinoko Soup			faro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		fried tofu mixed with vegetables		chicken, tofu, egg	cooking oil, (light brown) sugar, starch	carrot, bamboo shoots, dried shiitake, ginger	salt, soy sauce, mirin			
		Pickled Turnip and Cucumber				turnip, cucumber	salt			
18	Th	Shrimp Fried Rice	○	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, pepper, soy sauce, vinegar	571	22.1	
		Chinese Soup		tofu	vermicelli, sesame oil	ginger, carrot, bamboo shoots, cabbage, scallion	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
19	F	Curry and Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, curry powder, ketchup, coriander, cinnamon powder, garam masala, Worcestershire sauce (semi-thick), Worcestershire sauce	717	21.9	
		Pari-Pari Salad				cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion			vinegar, salt, pepper
		Milk Jelly with Orange		agar powder(kanten), milk	(white) sugar	canned orange				



### 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	
22	M	Rice	○		rice			557	24.0	
		Miso Soup w/Turnip and Fried tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Grilled chicken w / green onion sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
23	Tu	Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch, sesame seeds	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, mirin, soy sauce, pepper, garlic powder	617	24.0	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake			
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine			
24	W	School Lunch Week (1/24-1/30)							602	29.7
		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			
		Grilled Salmon		salmon			salt			
		cucumber pickles w/sesame dressing			sesame seeds, sesame oil	cucumber	soy sauce, salt			
25	Th	School Lunch Week (1/24-1/30)							634	23.2
		Kinako Fried Bread	○	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar					
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour	carrot, onion, cabbage, ginger	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			
26	F	Let's Enjoy Local Cuisine! ☆Aomori Prefecture☆							618	25.7
		Towada roasted pork bowl	○	pork	rice, starch	apple jam, garlic, ginger, onion, carrot, Chinese cabbage, red pepper, maitake mushroom	soy sauce, mirin, sake, Gochujang, salt			
		Senbei jiru		chicken	konnyaku, Nanbu Senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, Thin soy sauce, mirin			
		Fruit (Apple)				apple				
29	M	School Lunch Week (1/24-1/30)							608	26.4
		Rice	○		rice					
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Whale		whale meat	cooking oil, starch	ginger	soy sauce, sake			
		Dried Daikon Stir Fry		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce			
30	Tu	School Lunch Week (1/24-1/30)							652	27.6
		spaghetti w/bean-meat sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, nutmeg, tabasco, ketchup, tomato puree, Worcestershire sauce			
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
		Fruit (Orange)				orange				
31	W	Let's Enjoy Food from Around the World! ☆Singapore☆							627	21.2
		Hainanese chicken rice	○	chicken	rice, thai rice, sesame oil, (light brown) sugar	onion, garlic, ginger, tomato, cucumber	soy sauce, sake, Chinese chili paste			
		Singapore Fried Noodle		shrimp	cooking oil, rice noodles	carrot, onion, bean sprouts, cabbage, Chinese chive	salt, pepper, curry powder, soy sauce			
		Banana Fritter			cooking oil, wheat flour, starch, powdered sugar	banana	baking powder, sparkling water			
		Yoghurt Drink		drinkable yogurt						

☆ 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.

