



Lunch Menu, March 2024

Manner Goal: Let's look back on our lunches over the year.

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat a balanced meal to build a strong body!

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 Japanese cultural food! ☆Hinamatsuri ☆									
			Chirashi Zushi	○	steamed fish paste, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	carrot, dried shiitake, kanpyo, lotus root, snow peas	kelp stock, vinegar, salt, bonito flake stock, soy sauce	572	19.8	
			Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
			Marinated Canola Blossoms		fish shavings		canola blossom, Chinese cabbage	soy sauce			
Apple Jelly with Peach	agar powder(kanten)		(white) sugar		apple juice, canned peach						
4	M	Barley Rice	○		rice, wheat			556	23.3		
		Miso Soup with Fu and Wakame		miso, wakame (seaweed)	dried wheat gluten	scallion	bonito flake stock				
		Teriyaki Chicken		chicken	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin				
		Ohitashi with Chinese Cabbage and Jakko		chirimen jakko	white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce				
5	Tu	Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil, white	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt	556	20.4		
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Seaweed Salad		seaweed mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper				
6	W	Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	537	23.6		
		Marinated Cabbage with Salt Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce				
		Fruit (dekopon)				dekopon					
7	Th	Rice	○		rice			567	24.8		
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock				
		Grilled Squid with Green Onion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar				
		Japanese-Style Salad with Chinese cabbage			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper				
8	F	Chicken Pilaf	○	chicken	rice, butter, cooking oil	carrot, onion, mushroom, whole corn, parsley	salt, white wine, pepper	627	20.8		
		ABC Soup		chicken	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper				
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper				

☆ 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.

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.



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	
11	M	Let's enjoy Japanese local food! ☆Miyagi Prefecture☆								
		 Fried Wheat Gluten Rice Bowl	○	egg	rice, (light brown) sugar, fried wheat gluten	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake	590	21.7	
		Hatto Soup		tofu, fried tofu	wheat flour, rice flour	burdock, carrot, daikon, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce			
Turnip and Cucumber with Yukari				turnip, cucumber	salt, yukari shiso (red perilla)					
12	Tu	Barley Rice	○		rice, wheat			616	19.5	
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Okara Croquette		chicken, okara (soy pulp)	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, pepper, Worcestershire sauce (semi-thick)			
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
13	W	Rice	○		rice			547	26.5	
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Salmon shark teriyaki		salmon shark	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Japanese-Style Salad with Daikon and Hijiki		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper			
14	Th	Let's enjoy food from around the world ☆Italy☆								
		 Handmade pizza (tuna and corn)	○	tuna, cheese	bread flour, (white) sugar, cooking oil	whole tomatoes, garlic, onion, whole corn, bell pepper	dried yeast, salt, pepper, oregano	542	23.4	
		Minestrone		chicken, lentil	cooking oil, potatoes	garlic, onion, carrot, celery, cabbage, whole tomatoes, ginger, tomato juice	red wine, chicken broth, tomato puree, salt, pepper, bay leaf powder, basil, thyme powder			
		Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper			
Yogurt Drink	drinkable yogurt									
15	F	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth	656	20.5	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Fruit (apple)				apple				
17	M	Let's enjoy Japanese cultural food! ☆Ohigan☆								
		 Kaki-Age Udon	○	shrimp	(light brown) sugar, udon noodles, cooking oil, wheat flour	dried shiitake, scallion, carrot, onion, crown daisy	kelp stock, bonito flake stock, mirin, salt, soy sauce	591	20.9	
		Chinese cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
Azuki Bean Mochi	soy bean flour	glutinous rice, rice, (white) sugar, skinless bean paste			salt					
19	Tu	Celebration Rice with Red Beans	○	cowpea	rice, glutinous rice, black sesame		salt	585	24.1	
		Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Fried Chicken Kara-Age		chicken	cooking oil, wheat flour, starch	ginger	soy sauce, sake			
		Marinated Vegetable			(white) sugar	carrot, cabbage, bean sprouts, cucumber, lemon	soy sauce, vinegar			
20	W	 Spring Equinox Day 								
21	Th	Curry and Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon, garam masala, Worcestershire sauce, Worcestershire sauce (semi-thick)	684	20.2	
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Apple and Muscat Jelly		agar powder(kanten)	(white) sugar	apple and muscat mixed juice				
22	F	 Graduation Ceremony								
25	M	 Closing Ceremony								