



# Lunch Menu May 2024



April 30, 2024

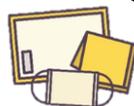
Manner Goal: Let's put our food in the right place on our trays.  
 Nutrition Goal: Let's learn the food groups !

Principal Yuichi Hashimoto  
 Ayako Koide  
 School Nutritionist

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	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture・Hachiju-hachi-ya☆								
		Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	carrot, onion, chrysanthemum	kelp stock, bonito flake stock, salt, soy sauce	673	23.5	
		Suruga Soup		tofu, fish ball dumplings		carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce			
Matcha-Flavored Dumplings	soy bean flour	rice flour, (white) sugar			matcha, salt					
2	Th	Chinese Steamed Rice	○	pork	rice, glutinous rice, sesame oil, (white) sugar	carrot, bamboo shoots, dried shitake	sake, salt, oyster sauce, soy sauce	599	21.9	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodles, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice				
3	F	Constitution Day								
4	Sa	Greenery Day								
5	Su	Children's Day								
5	M	Substitute holiday for Children's Day								
7	Tu	Barley Rice	○		rice, barley			624	27.1	
		Kenchin Soup		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, salt, sake			
		Fried Hijiki and Soy Beans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			
8	W	Chicken and Burdock Pfaf	○	chicken	rice, barley, cooking oil	burdock, eringi, carrot, green peas	sake, salt, pepper, soy sauce	606	20.3	
		Tomato Soup with Egg		egg	cooking oil	celery, onion, ginger, tomato	chicken broth, salt, bay leaf powder, pepper			
		French Sweet Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
9	Th	Rice	○		rice			586	25.7	
		Furukake (Rice Seasoning)		chirimen jakko, fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Miso Soup with Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Fried Egg		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce			
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
10	F	Rice with Wakame	○	wakame seaweed seasoning	rice, white sesame seeds			619	20.4	
		Mushroom Soup			konyaku, starch	carrot, daikon, shitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Potato Croquette		pork	cooking oil, potatoes, wheat flour, panko	onion	salt, pepper, Worcestershire sauce (semi-thick)			
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
13	M	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	kelp stock, bonito flake stock, sake, salt, soy sauce	572	28.8	
		Miso Soup with Tofu and Wakame		miso, tofu, wakame (seaweed)		scallion	bonito flake stock			
		Grilled Fish with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce			
14	Tu	Salt Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper, oyster sauce	568	24.2	
		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 (Amanatsu orange)				Amanatsu orange				
15	W	Fish burger	○	Patagonian grenadier	bread, cooking oil, wheat flour, panko	cabbage	salt, pepper, ketchup, Worcestershire sauce	575	23.8	
		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			
		Coleslaw			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard			

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

### 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 keep 2 to 3 extra masks in their randoseru or backpack for back-up.  
 Thank you for your understanding.

### School Lunch Fees♪

School lunch fees are paid for by Minato City.  
**Although there is no cost families, in an effort to decrease food waste, we ask that those who plan to be absent for an extended period notify the school of the length of the absence via an absence form. This will allow us to adjust the amount of food ordered and prepared. Please be sure to notify us of any changes**

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
16	Th	Stamina Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, maitake mushroom, onion, bamboo shoots, bell pepper, red paprika	sake, soy sauce, salt, pepper, oyster sauce	582	24.0
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Chinese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
17	F	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potatoes, wheat flour, panko	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, pepper	754	21.7
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
		Frozen Apple				frozen apple			
18	Sa	Sports Day							
19	Su	Sports Day substitute date							
20	M	Substitute holiday for Sports Day							
21	Tu	Rice	○		rice			616	22.3
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Fish and Vegetables with Sweet and Sour Sauce		cod	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, green, yellow, red 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		
22	W	Hand-Made Tuna and Mayonnaise Bread	○	tuna	bread flour, (white) sugar, cooking oil, Non-egg mayonnaise	onion, whole corn	salt, dry yeast, pepper	635	21.2
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potatoes, wheat flour	onion, carrot, ginger, whole corn	chicken broth, salt, pepper, bay leaf powder		
		Pickles			granulated sugar	carrot, cucumber, daikon	white wine, apple vinegar, salt, bay leaf powder		
23	Th	Kakitama Udon	○	pork, egg	cooking oil, udon noodles	carrot, daikon, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	565	21.0
		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		
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine		
24	F	Rice	○		rice			670	23.9
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, 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		
27	M	Let's enjoy food from around the world! ☆ United States of America ☆							
		Jambalaya	x	ham, sausage	rice, cooking oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup	615	20.9
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme powder, bay leaf powder, chicken broth		
		French Potato Salad			potatoes, Non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper		
Yogurt Drink		drinkable yogurt							
28	Tu	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds, sesame oil	onion, ginger, komatsuna	salt, sake, soy sauce	604	25.1
		Yashino Jiru		tofu	faro, starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
29	W	Barley Rice	○		rice, barley			559	25.1
		Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock		
		Foil-Baked Merluccidae		Merluccidae, bacon	cooking oil	red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce		
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake		
30	Th	Hot Dog	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	586	24.5
		Pot-Au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder		
		Vegetable Chips			potatoes, cooking oil	carrot, pumpkin, burdock	salt		
31	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	626	26.7
		Chinese Egg Soup		egg	starch	ginger, carrot, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		