



# Lunch Menu April 2024

Manner Goal: Let's follow the rules  
when we get ready and clean up.  
Nutrition Goal: Let's learn about many types of food!



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
8	M	Opening Ceremony・Entrance Ceremony							
9	Tu	No school lunch・4 period day							
10	W	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, dried shiitake, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	618	23.7
		Wonton Soup		pork	wonton wrapper	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, soy sauce, sake, salt, pepper		
		Seaweed Salad		seaweeds mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper		
11	Th	Kayaku Rice	○	chicken, fried tofu	rice, glutinous rice, (light brown) sugar	carrot, burdock, bamboo shoots, dried shiitake	sake, salt, soy sauce, kelp stock	606	22.0
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Japanese-Style Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
12	F	Garlic Toast	○		bread, cooking oil	garlic, parsley		606	22.7
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red paprika, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
15	M	Curry with 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 powder, garam masala, Worcestershire sauce (semi-thick), Worcestershire sauce	658	17.7
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Apple Jelly		agar powder (kanten)	(white) sugar	apple juice			
16	Tu	Chinese Rice Bowl	○	squid, shrimp	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, Chinese cabbage, bok-choy, scallion, snow peas	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	544	24.4
		Chinese Tofu and Kinoko Soup		tofu	sesame oil	ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce		
		Spicy Pickled Dikon and Cucumbers			sesame oil	daikon, cucumber	salt, vinegar, soy sauce, chili oil		
17	W	Spaghetti with Meat and Bean Sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, ketchup, tomato puree, Worcestershire sauce	662	28.9
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Yogurt with Fruit		yogurt	(white) sugar	canned peach, canned orange			

☆ The first graders start lunch on the 15th. They will have only milk on the 11th and then milk and bread on the 12th.



### 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.



### What's for lunch today?



★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing. Talk with your child about the meals and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same meal for breakfast or dinner.

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	
18	Th	Rice	○		rice			598	25.2	
		Miso Soup with Potato and wakame (seaweed)		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock			
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake			
19	F	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	577	21.7	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Paprika Salad			cooking oil	red paprika, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
22	M	Barley Rice	○		rice, barley			580	24.3	
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
23	Tu	Saucy Yakisoba	○	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	590	21.9	
		Tekkotsu Salad		hijiki (seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Apple Lumpia			cooking oil, Spring roll wrapper, (white) sugar, powdered sugar	apple				
24	W	Let's enjoy food from around the world! ☆Korea☆								
		Bibimbap (Korean rice dish)	x	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	563	22.7	
		wakame (seaweed) Seaweed Soup		wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce			
		Japanese-Style Salad with Daikon			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
		Yogurt Drink		drinkable yogurt						
25	Th	Kinako Toast	○	soy bean flour	bread, butter, (white) sugar			596	27.3	
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
26	F	Jako and Yukari Rice	○	chirimen jakko	rice		yukari shiso (red perilla)	606	29.9	
		Ton Jiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon		salmon	cooking oil		salt			
		Pickled Cabbage				turnip, cucumber	salt			
29	M	 Showa Day 								
30	Tu	Rice	○		rice			625	28.3	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock			
		Stir-Fried Ginger Pork		pork	cooking oil, starch	ginger, onion	soy sauce, sake			
		Potato Salad			potatoes, non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper			

### School lunch kitchen members !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industry]

School lunch cooks

Yamada · Sato · Kamioka · Kikushima

Koyama · Higashida · Kashihara · Suehiro · Saito · Kazama

Thank you in advance for your cooperation this year.



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

### 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 in the length of your absence.**