



# Lunch Menu June 2024

Manner Goal: Chew your food well to build strong teeth.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about foods that make our teeth strong.

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
3	M	Barley Rice	○		rice, barley			665	25.0
		Miso Soup with Tofu and Fried Tofu		miso, tofu, fried tofu		scallion	bonito flake stock		
		Enoki Wrapped in Pork with Japanese-Style Sauce		pork	(light brown) sugar, starch	enoki mushroom, carrot, ginger	salt, pepper, soy sauce, mirin		
		Marinated Bean Sprouts and Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce		
4	Tu	Koya Rice	○	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shiitake, carrot, burdock, snow peas	bonito flake stock, sake, mirin, soy sauce	527	21.4
		Clear Soup		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
5	W	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, snow peas	salt, pepper, soy sauce, vinegar	618	24.6
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce		
		Hydrangea Jelly		agar powder(kanten)	(white) sugar	acerola juice, grape juice	white wine		
6	Th	Bread	○		bread			607	27.1
		Soy Milk Gratin		chicken, soy milk, cheese	macaroni, cooking oil, butter, wheat flour	onion, carrot, parsley	white wine, salt, pepper, bay leaf powder		
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
7	F	Rice	○		rice			549	22.6
		Hearty Miso Soup		miso, tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	bonito flake stock		
		Grilled Cutlass Fish		cutlass fish			salt		
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
10	M	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	610	22.4
		Kenchin Jiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Seaweed Salad		various types of seaweed	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper		
11	Tu	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		582	25.8
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce		
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce, bonito flake stock		
12	W	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	574	24.1
		Chinese Soup		pork, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce		
		Vermicelli Chinese salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
13	Th	Tomato Spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	662	23.7
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
		Tofu Donut		tofu, soy bean flour	(white) sugar, cooking oil, wheat flour		baking powder		

☆ 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 in the length of your 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	
14	F	Rice	○		rice			554	22.9	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Chicken w/Green Onion Sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce			
17	M	Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt	545	21.3	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Japanese Salad with Daikon and Hijiki		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake			
18	Tu	Cinnamon Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	590	20.8	
		Vegetables Simmered in Cream		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, whole corn, onion	vinegar, salt, pepper, grain mustard			
19	W	Rice	○		rice			556	24.8	
		Miso Soup with Daikon and Komatsuna		miso		daikon, scallion, komatsuna	bonito flake stock			
		Aji Nanban Yaki		horse mackerel	cooking oil, (light brown) sugar	ginger, scallion	soy sauce, sake, vinegar, chili pepper			
		Fried Hijiki and Soy Beans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			
20	Th	Dry curry with chick peas	○	pork, chickpeas	rice, butter, cooking oil, wheat flour	garlic, ginger, onion, carrot, bell pepper, whole tomatoes	salt, curry powder, red wine, pepper, ketchup, Worcestershire sauce	687	24.2	
		Konnyaku Salad			konnyaku, sesame oil, cooking oil, (light brown) sugar	cucumber, cabbage, carrot, onion	vinegar, salt, soy sauce			
		Yogurt with Fruit		yogurt	powdered sugar	banana, canned orange				
21	F	Let's Enjoy Regional Cuisine ☆Osaka Prefecture☆								
		Cold Kitsune Udon	○	steamed fish paste, fried tofu	(light brown) sugar, udon noodle	scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	568	28.2	
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
Takoyaki style Fry	shrimp, hanpen, octopus, egg, fish shavings, seaweed	cooking oil, wheat flour, starch		cabbage, scallion, ginger	salt, soy sauce, sake, Worcestershire sauce (semi-thick), Worcestershire sauce					
24	M	Barley Rice	○		rice, barley			590	16.9	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Fried Rainbow Smelt		rainbow smelt	cooking oil, starch, wheat flour		salt, pepper			
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
25	Tu	Chinese Noodles with Cold Meat Sauce	○	pork, miso	Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scallion	Chinese chili paste, mirin, sake, salt, soy sauce, sweet bean paste, oyster sauce	554	23.9	
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
		Calpis Jelly		agar powder(kanten), calpis						
26	W	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	613	21.5	
		Tomato Soup with Egg		bacon, egg	cooking oil	celery, onion, ginger, tomato	chicken broth, salt, bay leaf powder, basil, pepper			
		Potato Salad with Honey			cooking oil, potatoes, honey	carrot, cucumber	salt, vinegar, mustard			
27	Th	Barley Rice	○		rice, barley			593	21.9	
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
28	F	Let's enjoy food from around the world! ☆Italy ☆								
		Handmade pizza (tuna and corn)	x	tuna, cheese	bread flour, (white) sugar, olive oil, cooking oil	whole tomatoes, garlic, onion, whole corn, bell pepper	dried yeast, salt, pepper, oregano	554	25.0	
		Minestrone		bacon, kidney beans	cooking oil, potatoes, macaroni	garlic, onion, carrot, celery, cabbage, whole tomatoes, ginger, tomato juice	red wine, chicken broth, tomato puree, salt, pepper, bay leaf powder, basil, thyme powder			
		Fruit (Melon)				melon				
Yogurt Drink	drinkable yogurt									