



July Lunch Menu

Manner Goal: Let's eat quietly and with a good posture!

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat to beat the heat!

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 | M | Rice | ○ | | rice | | | 638 | 30.8 | |
| | | Grilled Mackerel with Green Onion Sauce | | mackerel | cooking oil, (light brown) sugar | ginger, scallion, garlic | sake, soy sauce, vinegar | | | |
| | | Simmered Koya-Tofu and Vegetables | | freeze-dried tofu | konnyaku, (light brown) sugar, potatoes | carrot, burdock | bonito flake stock, mirin, salt, soy sauce | | | |
| | | Marinated Chinese cabbage | | | | komatsuna, carrot, cabbage | soy sauce | | | |
| 2 | Tu | Mabo Nasu Rice Bowl | ○ | pork, miso | rice, cooking oil, (light brown) sugar, starch, sesame oil | eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive | sake, soy sauce, Chinese chili paste | 625 | 21.8 | |
| | | Chinese Style Corn Soup | | chicken | starch, sesame oil | ginger, onion, carrot, whole corn, canned cream corn, parsley | chicken broth, salt, pepper, soy sauce | | | |
| | | Spicy Pickled Turnips and Cucumbers | | | sesame oil | turnip, cucumber | salt, vinegar, soy sauce, chili oil | | | |
| 3 | W | Bread | ○ | | bread | | | 513 | 31.3 | |
| | | Julienne Soup | | bacon | | ginger, carrot, onion, cabbage, parsley | chicken broth, salt, bay leaf powder, pepper | | | |
| | | Chicken and Cheese Bake | | chicken, cheese | | | white wine, salt, pepper, ketchup, Worcestershire sauce | | | |
| | | Macaroni Salad | | tuna | macaroni, Non-egg mayonnaise | carrot, cabbage, cucumber | vinegar, salt, pepper | | | |
| 4 | Th | Mixed Inari | ○ | chicken, fried tofu | rice, (light brown) sugar, cooking oil | dried shiitake, carrot | kelp stock, sake, salt, vinegar, soy sauce, mirin | 677 | 24.1 | |
| | | Kenchin Soup | | tofu | cooking oil, sesame oil | burdock, carrot, daikon, scallion | kelp stock, bonito flake stock, salt, soy sauce | | | |
| | | Chinese Cabbage Isoae | | nori | | komatsuna, Chinese cabbage, bean sprouts | soy sauce | | | |
| | | Steamed Corn | | | | corn | salt | | | |
| 5 | F | Let's enjoy Japanese cultural food! ☆ Tanabata Festival ☆ | | | | | | | | |
| | | Tanabata Cold Somen | ○ | steamed fish paste | somen, (light brown) sugar | dried shiitake, scallion, okra, carrot | kelp stock, bonito flake stock, salt, soy sauce | 627 | 24.8 | |
| | | Tempura | | chicken | cooking oil, wheat flour | eggplant, pumpkin | | | | |
| Tanabata Punch | | (white) sugar, syrup, rice flour, orange agar | | canned orange, canned pineapple, canned peach | | | | | | |
| 8 | M | Rice | ○ | | rice | | | 606 | 28.4 | |
| | | Wakame Seaweed Soup | | tofu, wakame (seaweed) | white sesame seeds | scallion | bonito flake stock, salt, pepper, soy sauce | | | |
| | | Shrimp Omelet | | shrimp, egg | cooking oil, (light brown) sugar, starch | bamboo shoots, dried shiitake, scallion, green peas | sake, salt, soy sauce, vinegar | | | |
| | | Chinese Vermicelli Salad | | | vermicelli, cooking oil, sesame oil | carrot, cabbage, cucumber | vinegar, salt, soy sauce, chili oil | | | |
| 9 | Tu | Spaghetti Napolitan | ○ | bacon | cooking oil, spaghetti | garlic, onion, carrot, mushroom, bell pepper | salt, pepper, tomato puree, ketchup, Worcestershire sauce (semi-thick) | 625 | 22.9 | |
| | | Konnyaku Salad | | chirimen jakko | konnyaku, sesame oil, (light brown) sugar | cucumber, cabbage, carrot, onion, ginger | vinegar, soy sauce, salt | | | |
| | | Steamed Cake | | egg, milk | (white) sugar, wheat flour, butter | | baking powder, vanilla essence | | | |

☆ 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.




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|--------------|-----|---|------|--|--|--|--|----------------|--------------|----------------------------------|
| 10 | w | Kimchi Fried Rice | ○ | pork, egg | rice, cooking oil | carrot, kimchi | sake, salt, soy sauce, pepper | 573 | 19.7 | |
| | | Chinese Soup | | | vermicelli, sesame oil | ginger, cloud ear mushroom, bamboo shoots, bok-choy, scallion | chicken broth, sake, salt, pepper, soy sauce | | | |
| | | Japanese Salad with Cabbage | | | cooking oil, sesame oil, white sesame seeds | carrot, cabbage, cucumber | vinegar, salt, soy sauce, pepper | | | |
| | | Kyoho grape flavored Calpis Jelly | | | agar powder(kanten), kyoho grape flavored Calpis | | | | | |
| 11 | Th | Let's enjoy international foods! ☆ Hawai'i ☆ | | | | | | | | |
| | | Mahi-Mahi Sandwich | × | dolphinfish | bread, cooking oil, starch, (light brown) sugar | cabbage, onion, ginger, garlic | salt, pepper, sake, ketchup, soy sauce | 522 | 20.6 | |
| | | Coleslaw Salad | | | cooking oil, (light brown) sugar | carrot, cabbage, cucumber, whole corn, onion | vinegar, salt, pepper, grain mustard | | | |
| | | Fruit (Pineapple) | | | | pineapple | | | | |
| Yogurt Drink | | drinkable yogurt | | | | | | | | |
| 12 | F | Let's Enjoy Regional Cuisine ☆Gifu Prefecture☆ | | | | | | | | |
| | | Rice | ○ | | rice | | | 569 | 24.2 | |
| | | Furikake (Rice Seasoning) | | | hijiki(seaweed), fish shavings | (light brown) sugar, white sesame seeds | | | | soy sauce, vinegar |
| | | KEICHAN | | | chicken, miso | cooking oil | garlic, carrot, cabbage, bell pepper | | | sake, soy sauce |
| Suttate Soup | | pork, soy bean | | cooking oil | carrot, daikon, scallion, cloud ear mushroom, kamatsuna | dried sardines stock, soy sauce | | | | |
| 15 | M |  Marine Day  | | | | | | | | |
| 16 | Tu | Summer Vegetable Curry | ○ | chicken | rice, cooking oil, wheat flour | garlic, ginger, onion, carrot, zucchini, tomato, eggplant, pumpkin | red wine, salt, bay leaf powder, ketchup, Worcestershire sauce (semi-thick), chicken broth, curry powder | 695 | 19.1 | |
| | | Pari Pari Salad | | | | cooking oil, wonton wrapper | carrot, cabbage, cucumber, onion | | | vinegar, salt, pepper |
| | | Fruit (frozen apple) | | | | | frozen apple | | | |
| 17 | W | Cold Chinese Noodles | ○ | chicken, egg | Chinese noodles, cooking oil, sesame oil, white sesame seeds, (light brown) sugar, sesame seed paste | ginger, carrot, dried shitake, cucumber, bean sprouts | chicken broth, soy sauce, vinegar, sake, salt | 546 | 23.4 | |
| | | Seaweed Salad | | | seaweed mix | cooking oil | cucumber, daikon, whole corn, onion | | | vinegar, salt, soy sauce, pepper |
| | | Fruit (Watermelon) | | | | | watermelon | | | |
| 18 | Th | Japanese cultural food ☆Doyō(7/24)☆ | | | | | | | | |
| | | eel chirashi zushi | ○ | eel, nori | rice, (light brown) sugar, white sesame seeds | | sake, mirin, soy sauce | 640 | 22.9 | |
| | | Root vegetable Soup | | | miso | cooking oil, sweet potato, konnyaku | burdock, carrot, daikon, scallion | | | bonito flake stock |
| doyō mochi | | Azuki Bean | | rice flour, (white) sugar, (light brown) sugar | | salt | | | | |
| 19 | F |  Closing ceremony · no lunch  | | | | | | | | |

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.



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|------|-----|---|------|---------------------------------------|---|--|--------|----------------|--------------|--|
| 9/2 | M |  Opening Ceremony · no lunch  | | | | | | | | |