



# Lunch Menu, September 2024

September 2, 2024

Manner Goal : Finish your lunch within the assigned time.

Principal Yuichi Hashimoto

Nutrition Goal : Eat the three basic meals every day.

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	
2	M	Opening Ceremony · no lunch								
3	Tu	Barley Rice	○		rice, barley			605	27.5	
		Suiton Soup			pork, egg	cooking oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna			kelp stock, bonito flake stock, sake, salt, soy sauce
		Spanish Mackerel with Saikyo Miso			Spanish mackerel, Saikyo miso					sake
		Stir-fried Hijiki and Soybeans			hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot			bonito flake stock, mirin, soy sauce
4	W	Summer Vegetables Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	onion, pumpkin, zucchini, whole corn	vinegar, salt, soy sauce	620	19.4	
		Kenchin Soup			tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Chinese Cabbage with Sesame Seed Dressing				(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts			soy sauce
5	Th	Bread Roll	○		bread			557	25.4	
		Noodle Soup			bacon	cooking oil, udon noodles	onion, carrot, ginger, cabbage			chicken broth, salt, pepper, bay leaf powder
		Breaded Sardine with herbs			sardine	olive oil, panko, cooking oil	garlic, parsley			salt, pepper, white wine, basil, oregano, soy sauce
		Honey Potato Salad				cooking oil, potatoes, honey	carrot, cucumber			vinegar, salt, mustard
6	F	Rice	○		rice			558	22.6	
		Kinoko Soup				konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Grilled Chicken with Green Onion Sauce			chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic			sake, soy sauce, vinegar
		Cabbage with Mustard Sauce					komatsuna, carrot, cabbage			mustard, soy sauce
9	M	Japanese Event Lunch ☆Chrysanthemum Festival☆								
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shiitake	soy sauce, kelp stock, sake, mirin	566	31.0	
		Seasonal Sumashi Soup			steamed fish paste		komatsuna, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Grilled Salmon			salmon					salt
Pickled Cabbage with Yukari					cabbage	salt, yukari shiso (red perilla)				
10	Tu	Cold Kitsune Udon	○	steamed fish paste, fried tofu	udon noodles, (light brown) sugar	scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	546	26.9	
		Marinated Cabbage					komatsuna, carrot, cabbage			soy sauce
		Fruit (Pear)					pear			
11	W	Let's Enjoy Food from Different Regions around Japan! ☆Shiba Daradara Festival (ginger festival)☆								
		Ginger Rice	○	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock	587	29.5	
		Hearty Miso Soup			miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion			bonito flake stock
		Stir-Fried Ginger Pork			pork	cooking oil, (light brown) sugar, starch	garlic, ginger, onion			soy sauce, sake, mirin
Marinated Cabbage with Salted Kelp		salted kelp		white sesame seeds	cabbage, bean sprouts, carrot	soy sauce				

☆ 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. This is 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 to 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	
12	Th	Cinnamon Sugar Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	574	22.1	
		Chicken and Vegetables Stewed in Tomato Sauce		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, ketchup, cabbage	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder			
		Koro-Koro Salad			potatoes, cooking oil	red and yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
13	F	Rice	○		rice			604	26.0	
		Miso Soup w/Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Deep-Fried Horse Mackerel		horse mackerel	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Japanese Daikon Salad		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
16	M	 Respect for the Aged Day 								
17	Tu	Mixed Inari Rice	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	695	19.1	
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, komatsuna, cabbage	vinegar, salt, soy sauce, pepper			
		Mitarashi Dango			rice flour, (white) sugar, (light brown) sugar, starch		soy sauce, mirin			
18	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, (light brown) sugar, udon noodles	carrot, scallion	kelp stock, bonito flake stock, salt, soy sauce	614	24.6	
		Japanese Chinese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Steamed Ogura Macha Cake		egg, milk	(white) sugar, wheat flour, butter, sugared red beans		matcha, baking powder			
19	Th	Japanese local food ☆Yamagata Prefecture☆								
		Rice	○		rice			706	17.5	
		Chopped and Flavored Summer Vegetables and Herbs (Dashi)		chirimen jakko, natto kelp	(white) sugar	eggplant, cucumber, okra, myoga, perilla	bonito flake stock, soy sauce			
		Taro and meat stew (Imoni)		beef	taro, konnyaku, (light brown) sugar	carrot, maitake mushroom, scallion	sake, soy sauce, salt			
		Peach Jelly		agar powder(kanten)	(white) sugar	peach juice, canned peach				
20	F	Barley Rice	○		rice, barley			587	26.5	
		Miso Soup w/Tofu and Komatsuna		miso, tofu		komatsuna, scallion	bonito flake stock			
		Grilled Mackerel		mackerel	cooking oil		salt, soy sauce			
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
23	M	 Autumnal Equinox observed 								
24	Tu	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	663	21.3	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice				
25	W	Rice	○		rice			625	27.1	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, shimeji, komatsuna, scallion	bonito flake stock			
		Thick Omelette		chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce			
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried daikon, dried shiitake	bonito flake stock, salt, soy sauce			
26	Th	Hot Dog	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	582	28.4	
		Pot-Au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
		Macaroni Salad with Tuna and Eggs		egg, tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
27	F	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 Jako		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake			
30	M	Let's Enjoy Food from Around the World! ☆China☆								
		Fried Rice	×	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, pepper, soy sauce, vinegar	534	23.6	
		Chinese Soup		chicken, 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			
		Yogurt Drink		yogurt drink						