



Lunch Menu, October 2024

Manners Goal : Let's hold our dishes correctly.

Principal Yuichi Hashimoto

Nutritional Goal : Let's learn about main and side dishes.

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	
1	Tu	Tokyo Citizens' Day								
2	W	Stamina Rice Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, onion, bamboo shoots, red and green bell pepper	sake, soy sauce, salt, pepper, oyster sauce	600	25.1	
		Spicy Vermicelli Soup			vermicelli, sesame oil	ginger, cloud ear mushroom, bok-choy, scallion	chicken broth, sake, salt, Chinese chili paste, soy sauce			
		Chinese Salad with Bean Sprouts			cooking oil, sesame oil, sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
3	Th	Salt Fried Noodles	○	pork	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts, Chinese chive, shitake	sake, salt, pepper, soy sauce, oyster sauce	537	22.4	
		Tekkotsu Salad			seaweed mix	cooking oil, sesame oil, sesame seeds	daikon, cucumber			vinegar, salt, soy sauce, pepper
		Milk Jelly with oranges			agar powder(kanten), milk	(white) sugar	canned orange			
4	F	Rice	○		rice			583	25.6	
		Clear Soup w/Tofu and Enoki			tofu	wheat bran	enoki mushroom, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Chicken and Vegetables in Sweet and Sour Sauce			chicken	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, red, green, and yellow bell pepper, lotus root, eggplant			soy sauce, vinegar, ketchup
		Marinated Komatsuna					komatsuna, Chinese cabbage, bean sprouts			soy sauce
7	M	Sanma Rice	○	saury	rice, cooking oil, starch, (light brown) sugar, sesame seeds	ginger	salt, soy sauce	642	21.5	
		Miso Soup w/Potatoes and Wakame			fried tofu, miso, wakame (seaweed)	potatoes				bonito flake stock
		Marinated Cabbage with Salted Kelp			salted kelp	sesame seeds	cabbage, bean sprouts, carrot			soy sauce
		Fruit (satsuma orange)					satsuma orange			
8	Tu	Pizza toast	○	bacon, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushroom, bell pepper	salt, pepper, basil, oregano	595	27.0	
		Pot-au-feu			chicken	potatoes	ginger, carrot, onion, celery, cabbage, broccoli			chicken broth, white wine, salt, pepper, bay leaf powder
		Fruit (pear)					pear			
9	W	Barley Rice	○		rice, barley			562	22.9	
		Mushroom Soup				konnyaku, starch	carrot, daikon, shitake, shimeji, enoki mushroom, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Teriyaki Chicken			chicken	cooking oil, (light brown) sugar, starch	ginger			soy sauce, sake, mirin
		Bean Sprouts Isoae			nori		komatsuna, carrot, bean sprouts			soy sauce
10	Th	Spaghetti Napolitan	○	bacon, cheese	cooking oil, spaghetti	garlic, onion, carrot, mushroom, bell pepper, parsley	salt, pepper, tomato puree, ketchup, Worcestershire sauce (semi-thick)	592	23.4	
		Paprika Salad				cooking oil	red and yellow bell pepper, cabbage, cucumber, onion			vinegar, salt, pepper
		Blueberry Yogurt			yogurt	(white) sugar	blueberry jam, blueberry			red wine
11	F	Japanese local food ☆Tokyo ☆								
		Rice	○		rice			661	28.7	
		Chanko Soup			chicken, fried bean curd	cooking oil, konnyaku	burdock, carrot, daikon, dried shitake, shimeji, Chinese cabbage, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Fried Minced Flying Fish			flying fish, egg	cooking oil, panko, wheat flour	onion, garlic, ginger			ketchup, salt, pepper, Worcestershire sauce (semi-thick)
Cabbage Salad				cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper				
14	M	Sports Day								
15	Tu	Fukiyose Rice	○		rice, candied chestnuts, (light brown) sugar	bamboo shoots, dried shitake, shimeji, carrot	sake, soy sauce, kelp stock, salt, bonito flake stock	593	19.4	
		Seasonal Clear Soup			steamed fish paste		komatsuna, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Jakko Salad			wakame (seaweed), chirimen jakko	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon			vinegar, salt, soy sauce, pepper, sake
		Two-Colored Azuki Dango			Azuki Bean	rice flour, (light brown) sugar	pumpkin			salt

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	
16	W	Mabo Eggplant 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	619	22.1	
		Chinese Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, pepper, soy sauce			
		Chinese Salad with Broccoli and Cabbage			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
17	Th	Let's Enjoy Local Cuisine! ☆Nagasaki Prefecture☆								
		Nagasaki Champon	○	pork, naruto	champon noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, Thin soy sauce, chicken broth, Worcestershire sauce	528	23.8	
		Japanese Daikon and Hijiki Salad		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper			
Fruit (Persimmon)				persimmon						
18	F	Lets enjoy a menu from a local restaurant! ☆Kamaval☆								
		Garlic Rice	○		rice, beef tallow	garlic, onion, parsley	bonito flake stock, soy sauce, salt	689	21.4	
		Special Sparerib style		pork	sesame oil, (light brown) sugar, starch	scallion, garlic, ginger	chili pepper, sake, soy sauce, sparkling water			
		Salad with original dressing			sesame oil, honey	carrot, broccoli	ponzu soy sauce, salt, pepper			
Calpis Jelly		agar powder(kanten), calpis								
21	M	Rice	○		rice			641	22.5	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce			
22	Tu	Cheese Dog	○	cheese	bread			599	24.6	
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, red, yellow, and green bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder			
		French Sweet Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
23	W	Jako and Ume Rice	○	chirimen jakko	rice	umebashi		584	26.0	
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock			
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shitake, green peas	salt, sake, soy sauce			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce, dashi			
24	Th	Kinoko Spaghetti	○	bacon	cooking oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	609	19.3	
		Koro-Koro Salad			potatoes, cooking oil	red and yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Baked Apple			(white) sugar, butter	apple	cinnamon powder			
25	F	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth	643	20.1	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Fruit (apple)				apple				
28	M	Let's Enjoy Food from Around the World! ☆Hungary☆								
		Goulash	×	pork	rice, cooking oil, potatoes, wheat flour	garlic, ginger, onion, carrot, red bell pepper, mushroom, whole tomatoes	red wine, chicken broth, salt, pepper, tomato puree, ketchup, Worcestershire sauce, bay leaf powder, paprika powder	590	17.8	
		Green Salad with Broccoli			cooking oil	broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (satsuma orange)				satsuma orange				
Yogurt Drink		drinkable yogurt								
29	Tu	Niku-Udon	○	pork, tube shaped fish cake	udon noodle	carrot, scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	582	20.1	
		Chinese cabbage and deep fried tofu crispy salad		fried tofu	cooking oil, (light brown) sugar, sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
		Roasted sweet potato			sweet potato					
30	W	Rice	○		rice			513	25.2	
		Miso Soup w/Tofu and Nameko		tofu, miso		nameko mushroom, komatsuna, scallion	bonito flake stock			
		Grilled Squid w / green onion sauce		squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese Bean Sprout Salad			cooking oil, sesame oil, sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
31	Th	Ghost Bread	○		bread flour, (white) sugar, cooking oil, chocolate		salt, dry yeast	629	24.1	
		Chicken and Pumpkin Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour, macaroni	onion, carrot, ginger, pumpkin, cabbage, mushroom	white wine, chicken broth, salt, pepper, bay leaf powder			
		Tomato and Corn Salad			cooking oil	tomato, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			

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