



Lunch Menu, November 2024



Manner Goal : Let's say the proper aisatsu for our meals.
 Nutrition Goal : Let's learn about seasonal foods.

Principal Yuichi Hashimoto
 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	F	Cocoa Toast	○		bread, butter, granulated sugar		cocoa	616	19.5	
		Croquette with tuna		tuna, black beans	cooking oil, potato, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)			
		Daikon Salad		wakame seaweed	cooking oil, sesame oil, rice flour macaroni	cabbage, cucumber, daikon, lotus root	salt, vinegar, soy sauce, pepper			
2	Sa	Miso Ramen	○	pork, miso, naruto	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	557	24.8	
		Marinated Cabbage with Salted Kelp		salted kelp, chirimen jakko		cabbage, bean sprouts, carrot	soy sauce			
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple, apple, purple cabbage	white wine, cider			
3	Su	Culture Day								
4	M	Substitute holiday for Culture Day								
5	Tu	Rice	○		rice			551	25.2	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Salmon shark Teriyaki		salmon shark	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Simmered Kiriboshi-daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shitake	bonito flake stock, salt, soy sauce			
6	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	603	30.1	
		Chinese cabbage isoe		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potato		salt			
7	Th	Hui Guo Rou Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch	garlic, cabbage, carrot, green pepper, red bell pepper, scallion, eringi	Chinese chili paste, sake, salt, soy sauce, pepper	608	26.0	
		Chinese Soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
8	F	Substitute holiday for School performance								
11	M	Reading Week ☆ Inspired by "Biting Ninja," "See You Next Spring," and "Mikan Oishiku Na-re" ☆								
		Rice Balls (wakame, red perilla)	○	wakame seaweed seasoning, chirimen jakko	rice			yukari shiso (red perilla)	621	20.5
		Ton-jiru		pork, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt			
		Fruit (satsuma orange)				satsuma orange				
12	Tu	Reading Week ☆ Inspired by "Hashire! Yakiniku" and "Pyramid no Survival" ☆								
		Spaghetti with Grilled meat	○	pork	spaghetti, cooking oil, (light brown) sugar, white sesame seeds	garlic, ginger, onion, green pepper, enoki mushroom, shimeji	soy sauce, sake, mirin, parsley	628	24.1	
		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			
		Mystery Pyramid		milk, fresh cream, egg	sweet potato, butter, (white) sugar, cracker					
13	W	Reading Week ☆ Inspired by "Namichika no kinokogari" and "The Giant Turnip" and "Yakizakana no Noroi" ☆								
		Kinoko Rice	○	fried tofu	rice	shitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock	615	26.6	
		Miso Soup w/Turnip and Komatsuna		miso		turnip, komatsuna, scallion	bonito flake stock			
		Grilled Saury		saury			salt, soy sauce			
Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce					
14	Th	Japanese Event Lunch ☆ School Anniversary ☆								
		Celebratory Rice	○	cowpea	rice, glutinous rice, black sesame seeds		salt	692	25.3	
		Celebratory Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Fried Chicken Kara-age		chicken	cooking oil, starch, wheat flour	ginger	soy sauce, sake			
		Marinated Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce			
Kouhaku Fruit Punch		(white) sugar, rice flour		canned beets, canned orange, canned peach						
15	F	Reading Week ☆ Inspired by "Nekonoyoushokusokuyasan" and "Furofuki daikon no Yuube" ☆								
		Rice	○		rice			549	25.8	
		Tofu Hamburger		chicken, tofu, egg, miso	panko, sesame oil, cooking oil, (light brown) sugar, starch	onion, ginger, dried shitake	salt, pepper, soy sauce, mirin, sake			
		Cabbage and Cucumber with Yukari				cucumber, cabbage	salt, yukari shiso (red perilla)			
		Furofuki Daikon		miso	(light brown) sugar	daikon, yuzu	bonito flake stock, salt, soy sauce, mirin, sake			

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

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	M	Barley Rice	○		rice, barley			609	25.6
		Chive and egg soup		egg	starch	ginger, carrot, dried shitake, Chinese chive	chicken broth, sake, salt, pepper, soy sauce		
		Fried squid		squid	cooking oil, starch	ginger	soy sauce, sake		
		Japanese Daikon Salad		wakame seaweed, chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake		
19	Tu	Oyako Rice Bowl	○	chicken, egg, nari	rice, (light brown) sugar	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake	634	28.1
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Chinese cabbage with Sesame Miso		miso	(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	mirin, soy sauce		
20	W	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shitake, Chinese cabbage, bean sprouts	salt, pepper, soy sauce, vinegar	573	25.4
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce		
		Fruit (apple)				apple			
21	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		
22	F	Let's Enjoy the Flavor of Washoku Broth!							
		Rice with Soybeans and Hijiki	○	fried tofu, soy bean, hijiki(seaweed)	rice, glutinous rice, cooking oil, (light brown) sugar	carrot	sake, salt, soy sauce, kelp stock, mirin	612	27.8
		Mushroom Soup			konnyaku, starch	carrot, daikon, shitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Mackerel with Miso		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
Labor Thanksgiving Day									
25	M	Barley Rice	○		rice, barley			609	27.9
		Miso Soup w/Tofu and Wakame		miso, tofu, wakame seaweed		scallion	bonito flake stock		
		omelet with dried daikon		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce		
		Ohitashi with Chinese Cabbage and Jakko		chirimen jakko		komatsuna, carrot, Chinese cabbage	soy sauce, sake		
26	Tu	Let's enjoy a menu from a local restaurant! ☆Shinbashi Otakou☆							
		Rice cooked with soy sauce and sake	○		rice		sake, soy sauce, kelp stock	640	27.1
		Shinbashi Otakou Oden		egg, fried tofu fritter, chicken	(light brown) sugar, starch	daikon, ginger	kelp stock, bonito flake stock, low salt soy sauce, sake, soy sauce, Japanese pepper		
Shinbashi Otakou Vinegared Cucumber	wakame seaweed	(light brown) sugar		cucumber	vinegar, soy sauce, kelp stock				
27	W	Rice	○		rice			606	24.5
		Yoshino Jiru		tofu	cooking oil, sesame oil, taro, starch	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Chicken with Salted Koji		chicken	cooking oil		salted koji, sake, salt		
		Chinese cabbage and deep fried tofu crispy salad		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce		
28	Th	Let's Enjoy Food from Around the World! ☆Canada ☆							
		Maple Toast	○		bread, cooking oil, maple syrup			601	24.0
		Salmon Cream Stew		salmon, milk	cooking oil, potato, wheat flour	onion, carrot, ginger, cabbage	white wine, chicken broth, salt, pepper, bay leaf powder		
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard		
		Yogurt Drink		drinkable yogurt					
Let's Enjoy Local Cuisine ☆Tottori Prefecture☆									
29	F	Rice	○		rice			663	30.9
		Stamina Natto		natto, chicken	sesame oil, (light brown) sugar	ginger, garlic, scallion	soy sauce, sake, tabasco		
		Chikuzenni stew		chicken	cooking oil, konnyaku, (light brown) sugar	burdock, carrot, bamboo shoots, lotus root, daikon, dried shitake, string bean	bonito flake stock, sake, salt, soy sauce		
		Miso Soup w/Potato and Onion		wakame seaweed, miso	potato	onion	bonito flake stock		

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.