Lunch Menu December 2024



Manner Goal: Let's wash our hands. Nutrition Goal: Let's eat to beat the cold.

School Nutritionist Ayako Koide

		TS S		र ू	k	omatsuna, carrot, bean sprouts				
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	
	» 5	Let's Enjoy Local Cuisine! *Saitama Prefecture*								
2		Okkirikomi		chicken, fried tofu	cooking oil, (white) sugar, udon noodles	burdock, carrot, daikon, shimeji, dried shiitake, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	618	21.2	
		Bean sprouts with Mustard Dressing	0			komatsuna, carrot, bean sprouts	mustard, soy sauce	-		
S)P		Miso Potato		miso	cooking oil, potatoes, starch, (white) sugar		mirin			
		Let's Enjoy Food from Around the World! ★Russia★								
3	Tu	Homemade Pirozhki	\setminus	pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shiitake	salt, dried yeast, pepper, oyster sauce, soy sauce			
		Borscht	$ \setminus $	pork, fresh cream	cooking oil, potatoes	carrot, onion, ginger, whole tomatoes, tomato juice, cabbage, parsley	red wine, chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder	642	23.2	
		Olivier Salad		egg	potatoes, non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper			
		Yogurt Drink	\	drinkable yogurt						
		Rice			rice				21.8	
		Nikujaga		pork	cooking oil, konnyaku, potatoes, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce			
4	W	Komatsuna with Sesame Seed Dressing	0		(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce	604		
		Fruit (Apple)				apple				
		Pork and Kimchi Rice Bowl		pork, miso	rice, cooking oil, (white) sugar, white sesame seeds	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprouts	sake, soy sauce, Chinese chili paste	670	24.7	
5	Th	Fuwa Fuwa Egg Soup	0	egg	starch	scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Japanese Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
		Milk Jelly with oranges		agar powder(kanten), milk	(white) sugar	canned orange				
	F	Jako and Ume Rice	0	chirimen jakko	rice	umeboshi				
,		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock	632	27.2	
6		Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce] 302		
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
		Barley Rice			rice, barley					
9	м	Clear Soup w/Tofu and Enoki	0	tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce	626	27.6	
		Chicken Cutlet		chicken	cooking oil, wheat flour, panko		salt, pepper, Worchestershire sauce (semi-thick)			
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar			
	Tu	Shoyu Ramen with Vegetables	0	pork	Chinese noodles, cooking oil, sesame oil	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion	kelp stock, bonito flake stock, sake, soy sauce, salt, pepper, garlic powder			
10		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake	526	20.4	
		Fruit (Apple)				apple				
	W	Okara and Chicken Soboro Rice Bowl	0	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce			
11		Sanpei Soup		salmon, tofu, miso	konnyaku, potatoes	burdock, carrot, daikon, scallion	sake, bonito flake stock, sake lees	635	29.0	
		Pickled Turnip and Cucumber				turnip, cucumber	salt			
	Th	Bread			bread					
12		Cabbage Rolls	0	pork, soy bean, egg, milk	panko, starch	cabbage, onion, carrot	salt, pepper, nutmeg, bonito flake stock, soy sauce, mirin	533	27.1	
		Broccoli Salad		tuna	cooking oil	carrot, broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (satsuma orange)				satsuma orange				

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
13		Mabo Rice Bowl		pork, miso, tofu	rice, cooking oil, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	Chinese chili paste, sake, soy sauce, sweet bean paste	623	24.9
	F	Chinese Egg Soup	0	egg	starch	ginger, carrot, dried shiitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
16	М	Nerima Spaghetti		tuna, nori	(white) sugar, spaghetti, olive oil, butter	daikon	vinegar, salt, soy sauce		
Œ.		Cabbage Salad	0		cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper	604	25.4
		Fruit (satsuma orange)				satsuma orange			
		Dry curry with chick peas		pork, chickpeas	rice, butter, cooking oil, wheat flour	garlic, ginger, onion, carrot, green pepper, whole tomatoes	salt, curry powder, red wine, pepper, ketchup, Worcestershire sauce		24.6
17	Τυ	ABC Soup	0	chicken	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper	710	
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
		Barley Rice			rice, barley				
18	W	Mushroom Soup	0		taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce	- 588	24.8
10	**	Gisei tofu		chicken, tofu, egg	cooking oil, (light brown) sugar, starch	carrot, bamboo shoots, dried shiitake, ginger	salt, soy sauce, mirin	300	24.8
		Pickled Turnip and Cucumber				turnip, cucumber	salt		
1)	Lets enjoy a menu from a local restaurant! \$\pm\$Beer gallery B@SE\$							
19	Th	chicken and vegeable pilaf with crispy onions		chicken	rice, cooking oil, olive oil, bread flour	carrot, onion	white wine, chicken broth, salt, pepper	670	28.7
RIKATA	l	champingnon cream soup	0	chicken, fresh cream	potatoes, butter	mushroom, onion	chicken broth, salt, pepper		
		broccoli and chicken salad		chicken	cooking oil, olive oil	broccoli	salt, pepper, white wine, vinegar, soy sauce		
00		Japanese Event Lunch *Winter Solstice*							
20	F	Yukari Rice	0		rice		yukari shiso (red perilla)		24.4
	8	Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock	650	
		Fried Hoki		Patagonian grenadier	cooking oil, wheat flour, panko		salt, pepper, Worchestershire sauce (semi-thick)		
		Pumpkin Fukumeni			(light brown) sugar	pumpkin	mirin, soy sauce		
		Rice			rice				24.4
23		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce	588	
23	М	Grilled Chicken with Saikyo Miso	0	chicken, Saikyo miso	cooking oil		sake	- 588	
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce		
	Τυ	Let's Enjoy Food from Around the World!							
24		Carrot Rice with Creamy Chicken Sauce		chicken, milk	rice, butter, cooking oil, wheat flour	carrot, onion, mushroom, ginger, broccoli	white wine, salt, pepper, bay leaf powder, chicken broth	686	21.0
4		Macaroni Salad	0	tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Joulutorttu			pie crust , powdered sugar	Strawberry jam			
25	W	W Term 2 Closing Ceremony · No Lunch							

chicken, milk

Don't forget to prepare ight angle

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
1/8	W	∜ ∙ ☆ • ∕/⁄> •	4	∤ · ☆ · / i · ∳	Term 3 Opening Ceremony ·	No Lunch	♥・*・☆ =/j̇̀	* 	