



Lunch Menu December 2024



Manner Goal : Let's wash our hands.

Principal Yuichi Hashimoto

Nutrition Goal : Let's eat to beat the cold.

School Nutritionist Ayako Koide

komatsuna, 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
2	M	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆						618	21.2
		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		
		Bean sprouts with Mustard Dressing				komatsuna, carrot, bean sprouts	mustard, soy sauce		
		Miso Potato		miso	cooking oil, potatoes, starch, (white) sugar		mirin		
	Tu	Let's Enjoy Food from Around the World! ☆Russia☆						642	23.2
		Homemade Pirozhki		pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shiitake	salt, dried yeast, pepper, oyster sauce, soy sauce		
		Borscht		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		
		Olivier Salad		egg	potatoes, non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper		
Yogurt Drink	drinkable yogurt								
4	W	Rice	○		rice			604	21.8
		Nikujaga		pork	cooking oil, konnyaku, potatoes, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
		Fruit (Apple)				apple			
5	Th	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
		Fuwa Fuwa Egg Soup		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			
6	F	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		632	27.2
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock		
		Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce		
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
9	M	Barley Rice	○		rice, barley			626	27.6
		Clear Soup w/Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Chicken Cutlet		chicken	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)		
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar		
10	Tu	Shoyu Ramen with Vegetables	○	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	526	20.4
		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		
		Fruit (Apple)				apple			
11	W	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	635	29.0
		Sanpei Soup		salmon, tofu, miso	konnyaku, potatoes	burdock, carrot, daikon, scallion	sake, bonito flake stock, sake lees		
		Pickled Turnip and Cucumber				turnip, cucumber	salt		
12	Th	Bread	○		bread			533	27.1
		Cabbage Rolls		pork, soy bean, egg, milk	panko, starch	cabbage, onion, carrot	salt, pepper, nutmeg, bonito flake stock, soy sauce, mirin		
		Broccoli Salad		tuna	cooking oil	carrot, broccoli, cabbage, cucumber, onion	vinegar, salt, pepper		
		Fruit (satsuma orange)				satsuma orange			

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

