

Lunch Menu December 2024



Manner Goal : Let's wash our hands.

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



Principal Yuichi Hashimoto

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			
3	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.

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	F	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	
		Chinese Egg Soup		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	M	Nerima Spaghetti	○	tuna, nori	(white) sugar, spaghetti, olive oil, butter	daikon	vinegar, salt, soy sauce	604	25.4	
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (satsuma orange)				satsuma orange				
17	Tu	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	710	24.6	
		ABC Soup		chicken	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
18	W	Barley Rice	○		rice, barley			588	24.8	
		Mushroom Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Gisei tofu		chicken, tofu, egg	cooking oil, (light brown) sugar, starch	carrot, bamboo shoots, dried shiitake, ginger	salt, soy sauce, mirin			
		Pickled Turnip and Cucumber			turnip, cucumber		salt			
19	Th	Let's enjoy a menu from a local restaurant! ☆Beer gallery B@SE☆							670	28.7
		Chicken and vegetable pilaf with crispy onions	○	chicken	rice, cooking oil, olive oil, bread flour	carrot, onion	white wine, chicken broth, salt, pepper			
		Champignon cream soup		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					
20	F	Japanese Event Lunch ☆Winter Solstice☆							650	24.4
		Yukari Rice	○		rice		yukari shiso (red perilla)			
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Fried Hoki		Patagonian grenadier	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
Pumpkin Fukumeni		(light brown) sugar		pumpkin	mirin, soy sauce					
23	M	Rice	○		rice			588	24.4	
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		sake			
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce			
24	Tu	Let's Enjoy Food from Around the World! ☆Christmas☆							686	21.0
		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			
		Macaroni Salad		tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
Yule Tart		pie crust, powdered sugar		strawberry jam						
25	W	Term 2 Closing Ceremony · No Lunch								

Don't forget to prepare ♪

All students must 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	Term 3 Opening Ceremony · No Lunch								