



Lunch Menu, January 2025



January 8, 2025

Manner Goal : Let's think about our school lunch.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about traditional Japanese food!

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	Protein	
								Kcal	g	
8	W	Term 3 Opening Ceremony · No Lunch								
9	Th	Japanese Event Lunch ☆Osechi☆							612	28.0
		Suzusiro Rice		rice, sesame oil	daikon	sake, salt, kelp stock, soy sauce, rice seasoning				
		Ozoni Soup	chicken, naruto	taro, tteok	carrot, daikon, dried shiitake, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce, mirin				
		Kohaku Kamaboko	steamed fish paste							
		Shichifuku Namasu Pickles		(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	kelp stock, bonito flake stock, salt, soy sauce, low salt soy sauce, vinegar				
		Jakko Tazukuri	chirimen jakko	(light brown) sugar, white sesame seeds		soy sauce, mirin				
		Datemaki Omelette	egg, hanpen	(light brown) sugar		mirin, salt				
10	F	Japanese Event Lunch ☆Kagamibiraki☆							640	25.5
		Kitsune Udon with Mochi		pork, fried tofu	(light brown) sugar, udon noodles, rice cake	scallion, komatsuna, kanpyo	kelp stock, bonito flake stock, mirin, salt, soy sauce			
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
		Fruit (satsuma orange)				satsuma orange				
13	M	Coming of Age Day								
14	Tu	Rice		rice				553	24.2	
		Miso Soup w/Turnip and Fried tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Grilled chicken w / green onion sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Chinese cabbage isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
15	W	Japanese Event Lunch ☆Koshogatsu (Little New Year's)☆							668	21.5
		Kinpira Rice		chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt			
		Japanese Salad with Daikon and Hijiki		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
		Oshiruko Soup		Azuki Bean	(light brown) sugar, rice flour, (white) sugar		salt			
16	Th	Salt Fried Noodles		pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper, oyster sauce	553	22.7	
		Japanese style Chinese cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Fruit (Apple)				apple				
17	F	Rice		rice				606	20.5	
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Cod and Vegetable with sweet and sour sauce		cod	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, green, red, and yellow bell pepper, lotus root, eggplant	soy sauce, sake, vinegar, ketchup			
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
20	M	Maitake Rice		salted kelp	rice, cooking oil, wheat flour	maitake mushroom		570	22.4	
		Oden		tube shaped fish cake, hanpen, fish ball	(light brown) sugar, konnyaku	daikon	bonito flake stock, sake, salt, soy sauce, kelp stock			
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			

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.

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.



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	
21	Tu	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodles	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	527	24.3	
		Tekkatsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Roasted sweet potato			sweet potato					
22	W	Curry and Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, Worcestershire sauce, Worcestershire sauce (semi-thick)	709	21.4	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Milk Jelly with Orange		agar powder(kanten), milk	(white) sugar	canned orange				
23	Th	Let's Enjoy Food from Around the World! ☆Britain☆							606	25.6
		Cheese Bread	○	cheese	bread					
		ABC Soup		chicken	macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Fish&Chips		Patagonian grenadier, egg	cooking oil, wheat flour, potatoes		salt, pepper, sparkling water			
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Yoghurt Drink		drinkable yogurt						
24	F	School Lunch Week (1/24-1/30)							610	29.6
		rice balls (wakame, red perilla)	○	wakame seaweed seasoning, chirimen jakko	rice		yukai shiso (red perilla)			
		Ton jiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon		salmon			salt			
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt			
27	M	School Lunch Week (1/24-1/30)							610	26.4
		Rice	○		rice					
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Whale		whale meat	cooking oil, starch	ginger	soy sauce, sake			
		Dried Daikon Stir Fry		fried tofu	cooking oil, (light brown) sugar	carrot, dried daikon, dried shiitake	bonito flake stock, salt, soy sauce			
28	Tu	School Lunch Week (1/24-1/30)							680	28.3
		spaghetti w/bean-meat sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, nutmeg, salt, pepper, ketchup, tomato puree, Worcestershire sauce			
		French Potato Salad		potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper				
Fruit (Ponkan)				ponkan						
29	W	Let's Enjoy Local Cuisine! ☆Aomori Prefecture☆							619	25.7
		Towada roasted pork bowl	○	pork	rice, starch	apple jam, garlic, ginger, onion, carrot, Chinese cabbage, red bell pepper, maitake mushroom	soy sauce, mirin, sake, Gochujang, salt			
		Senbei jiru		chicken	konnyaku, Nanbu Senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, low salt soy sauce, mirin			
Fruit (Apple)				apple						
30	Th	School Lunch Week (1/24-1/30)							635	23.0
		Kinako Fried Bread	○	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar					
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, bay leaf powder			
Coleslaw Salad		cooking oil		cabbage, turnip, cucumber, onion	vinegar, salt, pepper					
31	F	Rice	○		rice			607	28.4	
		Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	scallion	bonito flake stock, salt, pepper, soy sauce			
		Shrimp Omelet		shrimp, egg	cooking oil, (light brown) sugar, starch	bamboo shoots, dried shiitake, scallion, green peas	sake, salt, soy sauce, vinegar			
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			

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