

# Lunch Menu, February 2025



January 31, 2025

Manner Goal: Let's eat everything and not be picky!

Principal Yuichi Hashimoto

Nutrition Goal: Let's try food we don't usually like.

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	
3	M	Japanese Event Lunch ☆Setsubun(2/2)☆								
		Ehomaki	○	norī, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	cucumber, kanpyo, dried shitake	kelp stock, salt, vinegar, soy sauce	635	21.9	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Aonori Beans		soy bean, norī	cooking oil, starch, potatoes		salt			
Ohitashi with Chinese Cabbage and Jakko	chirimen jakko			komatsuna, carrot, Chinese cabbage	soy sauce					
4	Tu	Rice	○		rice			641	22.4	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce			
5	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	617	23.0	
		Chinese-Style Salad with Broccoli and Cabbage			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (dekopon)				dekopon				
6	Th	Japanese Event Lunch ☆Hatsu-Uma☆								
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	629	23.9	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
Japanese-Style Salad with Cabbage		cooking oil, sesame oil, sesame seeds		carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper					
7	F	Rice	○		rice			562	28.4	
		Tori Jiru		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon shark		salmon shark	sesame seeds, cooking oil	scallion, ginger, garlic	soy sauce, mirin, sake			
		Bean Sprout Isoae		norī		komatsuna, carrot, bean sprouts	soy sauce			
10	M	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	601	21.8	
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, pepper			
		Fruit (Apple)				apple				
11	Tu	National Foundation Day								
12	W	Hui Guo Rou Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch	garlic, cabbage, carrot, green and red bell pepper, scallion, eringi	Chinese chili paste, sake, salt, soy sauce, pepper	601	21.8	
		Chinese Soup		chicken, 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			
13	Th	Barley Rice	○		rice, barley			607	23.5	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		sake, salt			
		Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			

## 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	
14	F	International Event Lunch ☆Valentine's Day☆								
			Penne Arrabbiata	○	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji, tomato	salt, pepper, spicy red pepper, paprika, bay leaf powder, basil, tomato puree, ketchup	626	23.2
			Genki Salad		ham, salted kelp, fish shavings	(light brown) sugar, cooking oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper		
Chocolate Chip Cake	egg, milk	(white) sugar, cooking oil, wheat flour, chocolate chips			cocoa, baking powder					
17	M	Rice	○		rice			624	25.6	
		Clear Soup with Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Dried Daikon Salad			(light brown) sugar, sesame oil, sesame seeds	dried daikon, cucumber, carrot, bean sprouts	soy sauce, vinegar			
18	Tu	Spaghetti with Cream Sauce	○	chicken, bacon, milk	cooking oil, butter, wheat flour, olive oil, spaghetti	garlic, onion, carrot, mushroom, ginger, parsley	white wine, chicken broth, salt, pepper, bay leaf powder	652	22.9	
		Koro-Koro Salad			potatoes, sesame oil, honey	red and yellow bell pepper, cabbage, cucumber, whole corn	ponzu, soy sauce, salt, pepper			
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine			
19	W	Rice	○		rice			573	27.5	
		Miso Soup with Onion and Potato		chicken, miso, tofu	potatoes	onion	bonito flake stock			
		Salmon Chan Chan Yaki		salmon, miso	cooking oil, (white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake, mirin, soy sauce			
		Marinated Cabbage with Salt Kelp		salted kelp	sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
20	Th	Rice flour bread	○		Rice flour bread			585	25.7	
		Vegetable Soup		chicken		ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Pumpkin Gratin		chicken, cheese	cooking oil, macaroni, wheat flour	pumpkin, garlic, celery, carrot, onion, mushroom, whole tomatoes, tomato juice	salt, basil, pepper			
		Broccoli Salad			cooking oil	carrot, cabbage, broccoli, cucumber, onion	vinegar, salt, pepper			
21	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	624	24.9	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shitake, 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			
24	M	 The Emperor's Birthday 								
25	Tu	Hainanese chicken rice	○	chicken	rice, (light brown) sugar	garlic, ginger, scallion, cucumber, tomato	sake, salt, pepper, soy sauce, vinegar	664	24.1	
		Singapore Fried Noodle		shrimp	cooking oil, rice noodles	carrot, onion, bean sprouts, cabbage, Chinese chive	salt, pepper, curry powder, soy sauce			
		Banana Fritter			cooking oil, wheat flour, starch, powdered sugar	banana	baking powder, sparkling water			
26	W	Let's Enjoy Local Cuisine! ☆Yamanashi Prefecture☆								
			Hoto Udon	○	chicken, fried tofu, miso	cooking oil, konnyaku, hoto udon	burdock, carrot, daikon, pumpkin, scallion	sake, kelp stock, bonito flake stock, soy sauce	574	23.6
			Bean Sprouts with Sesame Seed Dressing			(light brown) sugar, sesame seeds	carrot, bean sprouts, komatsuna	soy sauce		
Mitarashi Dumpling		rice flour, (white) sugar, (light brown) sugar, starch			soy sauce, mirin					
27	Th	Let's enjoy food from around the world! ☆China☆								
			Handmade Pork Bun	○	pork	sesame oil, wheat flour (All Purpose flour), (white) sugar, cooking oil	bamboo shoots, dried shitake, onion	salt, pepper, soy sauce, baking powder, dry yeast	621	25.0
			Chinese Corn Soup		chicken, egg	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, pepper, soy sauce		
			Chinese Sesame Salad with Noodles			udon noodles, cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
Yogurt Drink	drinkable yogurt									
28	F	Barley Rice	○		rice, barley			633	29.0	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Mackerel		mackerel	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			

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