



Lunch Menu, March 2025

February 28, 2025

Manner Goal: Let's look back on our lunches over the year.

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat a balanced meal to build a strong body!

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	Let's enjoy Japanese cultural food! ☆Hinomatsuri ☆								
		Chirashi Zushi	○	steamed fish paste, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	carrot, dried shiitake, kanpyo, lotus root, snow peas	kelp stock, vinegar, salt, bonito flake stock, soy sauce	572	19.8	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Marinated Canola Blossoms		fish shavings		canola blossom, Chinese cabbage	soy sauce			
Apple Jelly with Peach	agar powder(kanten)	(white) sugar		apple juice, canned peach						
4	Tu	Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, chive, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	556	23.3	
		Kinpira Menma			cooking oil, konnyaku, (light brown) sugar	menma, carrot	mirin, soy sauce, ground red chili pepper			
		Fruit (dekopon)				dekopon				
5	W	Rice	○		rice			556	20.4	
		Miso Soup with Potato and Wakame		miso, wakame (seaweed)	potatoes	onion	bonito flake stock			
		Grilled Squid with Green Onion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese-Style Salad with Daikon			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
6	Th	Garlic Toast	○		bread, cooking oil	garlic, parsley		537	23.6	
		Rice flour gnocchi Stewed in Tomato Sauce		tofu, cheese, bacon, fresh cream	rice flour, olive oil, cooking oil	ginger, carrot, onion, celery, garlic, whole tomatoes, tomato juice	salt, chicken broth, ketchup, Worcestershire sauce (semi-thick), red wine, black pepper, bay leaf powder, basil			
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
7	F	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	638	23.8	
		Tuna and Soybean Salad		soybean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Apple)				apple				
10	M	Barley Rice	○		rice, wheat			614	19.6	
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Okara Croquette		chicken, okara (soy pulp)	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, pepper, Worcestershire sauce (semi-thick)			
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			

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

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 ♪

enoki mushroom

All students must wear a mask during lunch preparation.



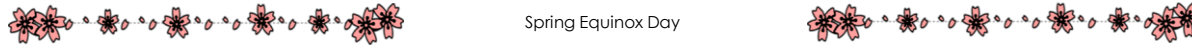


This is not just for hygienic reasons, but also for disease prevention.

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	
11	Tu	Let's enjoy Japanese local food! ☆Miyagi Prefecture☆								
		 Fried Wheat Gluten Rice Bowl	○	egg	rice, (light brown) sugar, fried wheat gluten	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake	590	21.7	
		Hatto Soup		tofu, fried tofu	wheat flour, rice flour	burdock, carrot, daikon, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce			
Turnip and Cucumber with Yukari				turnip, cucumber	salt, yukari shiso (red perilla)					
12	W	Rice	○		rice			580	28.5	
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Teriyaki Bonito		bonito	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Japanese-Style Salad with Daikon and Hijiki		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper			
13	Th	Fried Bread choice of flavor (sugar/cocoa/strawberry)								
		 Chicken and Vegetables Stewed in Tomato Sauce	○	chicken, fresh cream	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder	607	21.2	
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
Let's enjoy Japanese cultural food! ☆Ohigan☆										
14	F	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth	668	20.7	
		 Coleslaw Salad				cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion			vinegar, salt, pepper, grain mustard
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice				
17	M	Let's enjoy Japanese cultural food! ☆Ohigan☆								
		 Nanban Chicken Udon	○	chicken, fried tofu	cooking oil, starch, udon noodles	onion, carrot, dried shiitake, scallion, komatsuna	kelp stock, bonito flake stock, sake, mirin, salt, soy sauce, mixture of red pepper, spices	570	26.0	
		Chinese cabbage with Sesame Seed Dressing				(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts			soy sauce
Azuki Bean Mochi	soy bean flour	glutinous rice, rice, (white) sugar, skinless bean paste			salt					
18	Tu	Let's enjoy food from around the world ☆Italy☆								
		 Handmade pizza (tuna and corn)	○	tuna, cheese	bread flour, (white) sugar, cooking oil	whole tomatoes, garlic, onion, whole corn, bell pepper	dry yeast, salt, pepper, oregano	639	23.0	
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potatoes, wheat flour, panko	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf powder			
		Macaroni Salad			macaroni, non-egg mayonnaise	carrot, cucumber, onion, whole corn	vinegar, salt, pepper			
Yogurt Drink	drinkable yogurt									
19	W	Rice	○		rice			618	25.4	
		Furikake(Rice Seasoning)		fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Tofu Hamburger		pork, tofu, egg, miso	panko, sesame oil, (light brown) sugar, starch	onion, ginger	salt, pepper, soy sauce, mirin, sake			
		Pickled Cucumber and Daikon Radish				cucumber, daikon	salt			
20	Th	 Spring Equinox Day 								
21	F	Celebration Rice with Red Beans	○	cowpea	rice, glutinous rice, black sesame		salt	606	24.5	
		Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Fried Chicken Kara-Age		chicken	cooking oil, wheat flour, starch	ginger	soy sauce, sake			
		Marinated Vegetable			(white) sugar	carrot, cabbage, bean sprouts, cucumber, lemon	soy sauce, vinegar			
24	M	 Graduation Ceremony								
25	Tu	 Closing Ceremony								