



Lunch Menu April 2025

Manner Goal: Let's follow the rules when we get ready and clean up.
 Nutrition Goal: Let's learn about many types of food!



Principal Tetsuro Kawahara
 Ayako Koide
 School Nutritionist

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
7	M	Opening Ceremony・Entrance Ceremony							
8	Tu	No school lunch・4-period day							
9	W	No school lunch・4-period day							
10	Th	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	sake, salt, soy sauce, kelp stock, bonito flake stock	550	27.0
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Fish with Saikyo Miso		Spanish mackerel, Saikyo miso			sake		
		Chinese Cabbage with Spicy Dressing				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
11	F	Kimchi Fried Rice	○	pork, egg	rice, cooking oil	carrot, kimchi	sake, salt, soy sauce, pepper	607	21.6
		Chinese Soup			vermicelli, sesame oil	ginger, cloud ear mushroom, bamboo shoots, bok-choy, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Japanese Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Calpis Jelly		agar powder(kanten), calpis					
14	M	Rice	○		rice			581	25.0
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock		
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake		
15	Tu	Garlic Toast	○		bread, cooking oil	garlic, parsley		620	22.7
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
16	W	Curry with 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	678	19.3
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			
17	Th	Spaghetti with Meat and Bean Sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, ketchup, tomato puree, Worcestershire sauce	673	29.2
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Yogurt with Fruit		yogurt	(white) sugar	canned peach, canned orange			

★Grade 1 will not have lunch on the 10th (Th.) or 11th (F.). They will have only milk on the 14th (M.) and milk and bread on the 15th (Tu.). Full lunch will start on the 16th (W.)



Don't forget to prepare ♪



All students have to wear a mask during lunch preparation.
 This is not just for hygienic reasons, but also to prevent infection.
 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 as extras.
 Thank you for your understanding.

What's for lunch today?



★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.
 Talk with your child about the meals and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same meal for breakfast or dinner.

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	
18	F	Rice with Wakame	○	wakame seaweed seasoning	rice, white sesame seeds			650	19.5	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Croquette (Easter ver.)		tuna, quail eggs	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)			
		Spring color salad			macaroni, (white) sugar, cooking oil	cabbage, carrot, cucumber, whole corn, onion	vinegar, salt, pepper			
21	M	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	644	26.6	
		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			
22	Tu	Kinako Toast	○	soy bean flour	bread, butter, (white) sugar			647	31.4	
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
23	W	Barley Rice	○		rice, barley			583	24.3	
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese-Style Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
24	Th	Salty Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper, oyster sauce	599	25.6	
		Tekkotsu Salad		hiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake			
		Fruit (Amanatsu orange)				Amanatsu orange				
25	F	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	572	23.4	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
28	M	Kayaku Rice	○	chicken, fried tofu	rice, glutinous rice, (light brown) sugar	carrot, burdock, bamboo shoots, dried shiitake	sake, salt, soy sauce, kelp stock	620	23.1	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Japanese-Style Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
29	Tu	 Showa Day 								
30	W	Let's enjoy food from around the world! ☆Korea☆								
		Bibimbap (Korean rice dish)	x	pork, egg	rice, sesame oil, (light brown) sugar, white sesame seeds, cooking oil	garlic, ginger, scallion, bean sprouts, komatsuna	soy sauce, Chinese chili paste, salt, vinegar	558	22.8	
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce			
		Japanese-Style Salad with Daikon			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
Yogurt Drink	drinkable yogurt									

School Lunch Kitchen Members !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industries]

School lunch cooks

Yamada · Sato · Kamioka · Kikushima

Higashida · Kashihara · Suehiro · Saito · shigeno

Thank you in advance for your cooperation this year.



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

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.