

## 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	М	Opening Ceremony Entrance Ceremony								
8	Τυ	<b>*</b>	*/	/** <b>3</b> **	No school lunch • 4-period c	unch·4-period day				
9	W	No school lunch·4-period day								
10	Th	Rice with Bamboo Shoots	0	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			
	F	Kimchi Fried Rice		pork, egg	rice, cooking oil	carrot, kimchi	sake, salt, soy sauce, pepper		21.6	
11		Chinese Soup	0		vermicelli, sesame oil	ginger, cloud ear mushroom, bamboo shoots, bok-choy, scallion	chicken broth, sake, salt, pepper, soy sauce	607		
		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						
		Rice			rice			- 581	25.0	
14	М	Miso Soup with Potato and Wakame	- 0	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			
	Τυ	Garlic Toast			bread, cooking oil	garlic, parsley			22.7	
15		Ratatouille	0	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	620		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
16	W	Curry with Rice	0	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	. 0	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?



 $\bigstar$  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.

Description   Menture   Mile   Beef Food discoperate   Value Food Groups   Content Roder Groups   Present Roder   Present Roder   Present Roder   Present Roder					D 15 10	V.II. 5 . 10	0 5 10		Encorr	Drot-:-
	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
Part	18	F	Rice with Wakame	0	wakame seaweed seasoning	rice, white sesame seeds			650	19.5
Cooperative (Goater ver)   Procession of profit to the following cooperation of profit to the procession of profit to the prof			Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	flake stock, salt, soy		
Setting Court Solution   Processor (Improving Supple Court Country of Court, Information Supple Court, Information Supple Country Supple Court, Chiese Chip Court Court Supple Court Country Supple Court Court Supple Court Court Supple Court Country Supple Court Court Supple			Croquette (Easter ver.)		tuna,quail eggs		onion, carrot			
Muchas Bice Bool   Page   Pa			Spring color salad			macaroni, (white) sugar, cooking oil		vinegar, salt, pepper		
Chinese Figg Supp   Color   Space   State   Space   State   Space		м	Mabo Rice Bowl	0	pork, miso, tofu			sake, soy sauce,	644	26.6
Contract of contractions and contract of contractions of con	21		Chinese Egg Soup		egg	starch		salt, pepper, soy		
The Park and Beans			Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts			
Pork and Beans O polit, say bean cooking al, polatices celery; carbot, orion, ginger browder, female jumes, ast, pepper, by female jumes, ast, pepper, pemper, female jumes, ast, pepper, female jumes, ast, pepper, pemper, pem			Kinako Toast		soy bean flour	bread, butter, (white) sugar				31.4
Barley Rice   Miso Sayp with Daikon and Komatsuna   Miso Sayp with Daikon and Miso Sayp wi	22	Tu	Pork and Beans	0	pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire	647	
Miss Soup with Dalkon and Komatsuna and Koma			Turnip Salad			cooking oil	cabbage, tumip, cucumber, onion	vinegar, salt, pepper		
Cooking oil, (Springer)   Sald with   Springer)   Sald with   Sald with   Springer)   Sald with   Sa			Barley Rice			rice, barley				24.3
Marchane   Cooking oil, Spirit rown) sugar   Griger, scalllon, gafic   Sude, shift sugar, scall say succe, pepper					fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock		
Sean Sprouts   Sean Sprouts   Sean Sprouts   Sean Sprouts   Souce, pepper	23	W		0	mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic		583	
Sality Fried Nobales   Solity Fried Nobales							cabbage, cucumber, bean sprouts			
Fruit (Amonatsu orange)  Shrimp Pilaf  Shrim		Th	Salty Fried Noodles		pork, nori		onion, carrot, cabbage, bean sprouts			25.6
Shrimp Pilaf  Shrimp Carrot, onion, cabbage and chicke broth, salt, soy sauce, bepaper  Shrimp Carrot, onion, cabbage and pepper  capture observed states and salt, salt, soy sauce, capture shrip salt, say sauce, pepper  Shrimp Carrot, onion, cabbage, cucumber, dakon salt, say sauce, pepper  Shrimp Pilaf  Shripper, salt, soy sauce, Chinese  shillosh salt, say sauce, pepper  Shrimp Pilaf  Shrimp Pilaf  Shrimp Pilaf  Shripper, salt, soy sauce, pepper  Shrimp Pilaf  Shripper, salt, soy sauce, Chinese  shillosh salt, sa	24		Tekkotsu Salad	0	hijiki(seaweed), chirimen jakko		cabbage, cucumber, daikon		599	
25 F ABC Soup O bacon macaroni ginger, caroti, onion, cabbage chicken broth, salt, before the peopler obacon macaroni ginger, caroti, onion, cabbage bay leaf powder, peopler cabbage, cucumber, onion cabbage, cucumber, oni			Fruit (Amanatsu orange)				Amanatsu orange			
F ABC Soup Paprika Salad  Cooking oil  Cooking oil  Cooking oil  Cooking oil  Cooking oil  Corrot, buridock, bamboo shoots, dried space, kelp stock seds  Cooking oil, sweet potato, konnyaku  Dapanese-Style Salad with Bean Sprouts  Showa Day  Let's enjoy food from around the world! *Korea*  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  ABC Soup  Cooking oil  Cooking oil  Cooking oil  Cooking oil, sweet potato, konnyaku  Cooking oil, sesame oil, white sesame seeds  Showa Day  Showa Day  ABC Soup  Cord, buridock, bamboo shoots, dried kelp stock kelp stock kelp stock kelp stock kelp stock vinegar, salt, soy sauce, kelp stock solt, pepper  Corrot, buridock, bamboo shoots, dried kelp stock solt, pepper  Showa Day  Cooking oil, sesame oil, white sesame cabbage, cucumber, bean sprouts vinegar, salt, soy sauce, pepper  Soy sauce, Chinese chili poste, salt, vinegar solt, pepper, soy sauce bomito flake stock, salt, pepper, soy sauce bomito flake stock salt, pepper		F	Shrimp Pilaf		shrimp	rice, butter, cooking oil		pepper		23.4
Rayaku Rice	25		ABC Soup	0	bacon	macaroni	ginger, carrot, onion, cabbage	bay leaf powder,	572	
Roydku Rice cheken, med for ince, glumous rice, (light prown) sugar shitake kelp stock kelp stock kelp stock with garden sprouts cooking oil, sweet potato, konnyaku burdock, carrot, daikon, scallion bonito flake stock 620 23.1 japanese-Style Salad with Bean Sprouts cooking oil, sesame oil, white sesame cabbage, cucumber, bean sprouts vinegar, salt, soy sauce, pepper solved is east solved in the world! **Korea**  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Kelp stock kelp stock kelp stock solved in the world, white sesame oil, white sesame oil, white sesame seeds cooking oil sesame oil, glight brown) sugar, white sesame seeds bamboo shoots, scallion solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil, sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, soy souce, pepper solved in the sesame seeds cooking oil sesame oil, white sesame cabbage, cucumber, dakon vinegar, salt, vinegar seeds solved in the sesame seeds cooking oil sesame oil, white sesame seeds cooking oil sesame oil, white sesam			Paprika Salad			cooking oil		vinegar, salt, pepper	f	
Japanese-Style Salad with Bean Sprouts  29 Tu  Showa Day  Let's enjoy food from around the world! **Korea**  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Daikon  Showa Day  Showa Day		М	Kayaku Rice		chicken, fried tofu	rice, glutinous rice, (light brown) sugar				23.1
Bean Sprouts  Showa Day  Let's enjoy food from around the world! *Korea*  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Showa Day  Soy sauce, Chinese chili paste, salt, vinegar white sesame seeds, cooking oil  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame (seaweed)  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)  Wakame (seaweed)  Wakame Seaweed Soup  Soy sauce, Chinese chili paste, salt, vinegar wakame (seaweed)	28		Root Vegetable Soup	0	miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock	620	
Let's enjoy food from around the world! *Korea*  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Let's enjoy food from around the world! *Korea*    Cooking oil   Fig.							cabbage, cucumber, bean sprouts			
Bibimbap (Korean rice dish)  Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Bibimbap (Korean rice dish)  Wakame Seaweed Soup  X  Daikon  Jork, egg  Jork, edg  Jork, edg  Jork, egg  Jork, edg  Jork, edg	29	Τυ			für.	Showa Day			<b>.</b>	11/
Wakame Seaweed Soup  Japanese-Style Salad with Daikon  Walame Seaweed Soup  X  Apport, egg  Japanese-Style Salad with Daikon  Japanese-Style S			Let's enjoy food from around	d the v	vorld! &Korea&					
Wakame Seaweed Soup  Japanese-Style Salad with Daikon  x  wakame (seaweed)  white sesame seeds  bamboo shoots, scallion  salt, pepper, soy sauce  sauce  558  22.8	30	w			pork, egg			chili paste, salt, vinegar		
Daikon seeds cabbage, cucumber, dakon sauce, pepper	2000		Wakame Seaweed Soup	×	wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	salt, pepper, soy	_ 558	22.8
Yogurt Drink drinkable yogurt				-			cabbage, cucumber, daikon			
	V		Yogurt Drink		drinkable yogurt					

School Lunch Kitchen Members!

 $\ensuremath{\cancel{\upmu}}$  There may be changes to the menu due to availability of ingredients.

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industries]

School lunch cooks

Yamada · Sato · Kamioka · Kikushima

 ${\it Higashida} \cdot {\it Kashihara} \cdot {\it Suehiro} \cdot {\it Saito} \cdot {\it shigeno}$ 

Thank you in advance for your cooperation this year.

## 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.