



Lunch Menu May 2025


April 30, 2025

Manner Goal: Let's put our food in the right place on our trays.

Principal Tetsuro Kawahara

Nutrition Goal: Let's learn the food groups !

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
1	Th	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture・Hachiju-hachi-ya☆							
		Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	carrot, onion, crown daisy	kelp stock, bonito flake stock, salt, soy sauce	673	24.1
		Suruga Soup		tofu, fish ball dumplings		carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce		
		Matcha-Flavored Dumplings		soy bean flour	rice flour, (white) sugar		matcha, salt		
2	F	Chinese Steamed Rice	○	pork	rice, glutinous rice, sesame oil, (white) sugar	carrot, bamboo shoots, dried shiitake	sake, salt, oyster sauce, soy sauce	603	23.1
	Seasonal Clear Soup	steamed fish paste		wheat bran	komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
	Chinese Sesame Salad with Noodles			udon noodles, cooking oil, sesame oil, sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
	Orange Jelly	agar powder(kanten)		(white) sugar	orange juice				
3	Sa	Constitution Day							
4	Su	 Greenery Day							
5	M	Children's Day							
6	Tu	Substitute holiday for Children's Day							
7	W	Chinese Rice Bowl	○	pork	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, cloud ear mushroom, Chinese cabbage, bean sprouts, bok-choy, scallion	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	558	23.5
	Chinese Tofu and Kinoko Soup	tofu		sesame oil	ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
	Spicy Pickled Vegetables			sesame oil	bean sprouts, cucumber, carrot	salt, vinegar, soy sauce, chili oil			
8	Th	Barley Rice	○		rice, barley			609	23.6
	Kenchin Soup	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			
	Japanese Salad with Daikon and Seaweed	wakame (seaweed)		cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
9	F	Spaghetti with Cream Sauce	○	chicken, milk	cooking oil, butter, wheat flour, olive oil, spaghetti	garlic, onion, carrot, mushroom, ginger, parsley	white wine, chicken broth, salt, pepper, bay leaf powder	604	22.1
	Koro-Koro Salad			potatoes, sesame oil, honey	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn	vinegar,soy sauce, salt, pepper			
	Fruit (Apple)				apple				
12	M	Rice	○		rice			616	22.3
	Tofu and Wakame Soup	tofu, wakame (seaweed)		white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
	Fish and Vegetables with Sweet and Sour Sauce	cod		starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, 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			
13	Tu	Kakitama Udon	○	pork, egg	cooking oil, udon noodles	carrot, daikon, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	541	22.2
	Chinese cabbage and deep fried tofu crispy salad	fried tofu		cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
	Fruit (Amanatsu orange)				Amanatsu orange				
14	W	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds, sesame oil	onion, ginger, komatsuna	salt, sake, soy sauce	625	26.5
	Yoshino Jiru	tofu		taro, starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
	Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
15	Th	Hand-Made Tuna and Mayonnaise Bread	○	tuna	bread flour, (white) sugar, cooking oil, Non-egg mayonnaise	onion, whole corn	salt, dry yeast, pepper	653	21.0
	Bacon and Vegetable Chowder Soup	bacon, milk		cooking oil, potatoes, wheat flour	onion, carrot, ginger, whole corn	chicken broth, salt, pepper, bay leaf powder			
	Vegetable Chips			potatoes, cooking oil	carrot, pumpkin, burdock	salt			

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

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 theirrandoseru or backpack as extras.



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.

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
16	F	Rice	○		rice			604	30.5
		Tori Jiru		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Teriyaki Fish		jacopever	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
19	M	Rice	○		rice			590	26.5
		Furikake (Rice Seasoning)		chirimen jakko, fish shavings, nori	white sesame seeds		yukari shiso (red perilla)		
		Miso Soup with Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock		
		Fried Egg		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce		
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
20	Tu	Chicken Pilaf	○	chicken	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	588	20.9
		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		
21	W	Tomato Spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	553	24.8
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
		Fruit (Melon)				melon			
22	Th	Stamina Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, maitake mushroom, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	581	23.5
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Chinese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
23	F	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potatoes, wheat flour, panko	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, pepper	739	21.6
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
		Frozen Apple				frozen apple			
24	Sa	Sports Day							
25	Su	Sports Day substitute date							
26	M	Substitute holiday for Sports Day							
27	Tu	Rice	○		rice			671	24.0
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock		
		Shiba-no-ura's special Fried Chicken		chicken, egg	cooking oil, starch	ginger, garlic	soy sauce, sake, salt		
		Marinated Vegetable			(white) sugar	carrot, cabbage, bean sprouts, cucumber, lemon	soy sauce, vinegar		
28	W	Let's enjoy food from around the world! ☆ United States of America ☆							
		Jambalaya	×	ham, sausage	rice, cooking oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup	612	21.9
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme powder, bay leaf powder, chicken broth		
		French Potato Salad			potatoes, Non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper		
Yogurt Drink	drinkable yogurt								
29	Th	Brown sugar bread	○		brown sugar bread			651	26.0
		Chicken Pikata		chicken, egg	wheat flour		pepper, white wine, salt, ketchup		
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
		Fruit Punch with sticky rice balls			(white) sugar, rice flour	canned orange, canned pineapple	white wine		
30	F	Barley Rice	○		rice, barley			563	25.9
		Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock		
		Foil-Baked Merlucciidae		Merlucciidae, bacon	cooking oil	red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce		
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake		