

Lunch Menu June 2025

Manner Goal: Chew your food well to build strong teeth.

Principal Tetsuro Kawahara

Ayako Koide School Nutritionist

Nutrition Goal: Let's learn about foods that make our teeth strong.

Chreek Edoma Solate will College Jeff Control Jeff Contro	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
Chrese become Sodia with Courte Jahr Open Service Courte Jahr Open Serv	2	М	Nagasaki Champon	0	pork, naruto			salt soy sauce, chicken broth,		23.7
Part	V	7				cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber			
Party Mas Source Control on William Control on Market Cont			Calpis Jelly		agar powder(kanten), calpis					
3 Tu Clased Circles wide wide from Cooking of light brown) signs darker wide control pages state with book cooking of light brown signs darker wide cooking of light brown signs cooking			Rice			rice			593	24.8
Cocking of Committee Cocking of Clight from Supple Cocking of Clig	2	т			miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
Security Rises Orichen, Teases-dated finity Original Rises Orichen, Teases-dated finity Original Rises Orichen, Teases-dated finity Original Rises Orichen, Teases-dated finity Number Tease-dated finity	3	10	Sauce		chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic	vinegar		
delicion, fierese delle foto contiguitate access in territoria protection from place in sugar contenting of seed philosise, corrol buddoct, show people and continuity you contenting of seed philosise, corrol buddoct, show people and continuity you contenting of seeme and combined, socialism in the service, start, by social polymers and seeme and combined contenting of seeme and contenting o				ł		cooking oil, sesame oil, sesame seeds	cabbage, cucumber, bean sprouts			
Control Solid Control Soli	4	w			chicken, freeze-dried tofu		dried shiitake, carrot, burdock, snow peas			
Seed		3	Clear Soup	0	hanpen		komatsuna, scallion	flake stock, salt, soy	522	21.2
S The Sy Milk Gratin	1	2	Iron-Rich Salad		hijiki(seaweed), chirimen jakko		cabbage, cucumber, daikon	salt, soy sauce,		
S			Bread			bread				26.9
Cabbage and Com Salad Cabbage and Cabba	5	Th	Soy Milk Gratin	0	chicken, soy milk, cheese	macaroni, cooking oil, wheat flour	onion, carrot, parsley	pepper, bay leaf	615	
Tanjilu			Cabbage and Corn Salad			cooking oil			1	
6 F Aj Nonban Yotii Chinese Cabbage with Mustard Oxice Chinese Cabbage with Mustard Chinese Cabbage Chinese With Mustard Chinese Cabbage with Mustard Chinese Cabbag			Rice			rice			554	26.4
A) Nonban Yold Chinese Cabbage with Mustrard Source Grifed Sardine Rice Bowl Fenchinitia Grifed Sardine Rice Bowl Kinpta Potatoes For Yolksoba Dork Sourcy Yolksoba Dork Dork Sourcy Yolksoba Dork Sourcy Yolksoba Dork Sourcy Yolksoba Dork Dork Sourcy Yolksoba Dork Sourcy Yolksoba Dork Dork Sourcy Yolksoba Dork Dork Dork Sourcy Yolksoba Dork Dork Dork Dork Dork Dork Dork Sourcy Yolksoba Dork					pork, miso, tofu		burdock, carrot, daikon, scallion	bonito flake stock		
Souce Souce Souce Source Source	6	F	Aji Nanban Yaki	0	horse mackerel	cooking oil, (light brown) sugar	ginger, scallion	vinegar, ground red		
Source S							komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
9 M Kenchinjiru Cooking oil, sesame oil burdock, carrot, dakon, scallon floke stock, salt, soy souce, minis, soy souce, so, so, souce, minis, soy souce, so souce, minis, soy souce, soy souce, minis, soy souce, minis, soy souce, so		М			sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	631	22.8
Kinptra Potatoes Cooking oil, Kohinyata, pointales, light Durdock, carrot ground red chili pepper	9		Kenchinjiru	0	tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion			
Saucy Yakisaba Dork			Kinpira Potatoes				burdock, carrot	ground red chili		
Jakko Salad tofu danut tofu danut tofu year flour tofu danut tofu danut tofu, soy bean flour (ight brown) sugar, wheat flour, (ight brown) sugar turnip, komatsuna turnip, komatsuna turnip, komatsuna bonilo floke stock solt, sake, soy sauce tuna, egg cooking oil, (light brown) sugar carrot, onion, dried shirtake, green peas solt, sake, soy sauce solt, sake, soy sauce tohicken broth, white wine, salt, pepper, soy lay leaf powder tohicken broth, white wine, salt, pepper bay leaf powder wine, salt, pepper solt, pepper, soy souce, meiny miso, tofu, fried tofu pork (ight brown) sugar, starch enoki mushroom, carrot, ginger soult, pepper, soy souce, meiny solt, pepper, soy soult, pe		Τυ	Saucy Yakisoba	0	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	Worcestershire sauce, Worchestershire		24.2
Solid Carrol Solid Solid Carrol Solid Carrol Solid Carrol Solid Carrol Solid Solid Carrol Solid Solid Solid Carrol Solid	10		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon		621	
Miso Soup with Turnip and Komatsuna Tuna Omelette Marinated Bean Sprouts Cheese Bread Cheese Bread Chicken Chicken Cooking oil, (light brown) sugar Cooking oil, (light brown) sugar Cooking oil, (light brown) sugar Cheese Bread Cheese Bread Chicken broth, white wine, sall, pepper, bay leaf powder Macaroni Salad Barley Rice Miso Soup with Tofu and Fried Tofu Japanese-Style Sauce Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Marinated Bean Sprouts and Miso Soup with Tofu and Fried Tofu Miso So			tofu donut		tofu, soy bean flour			baking powder		
Solar Soup with Turnip, komatsuna Sonit office stock Sonit sake, soy sauce Sonit sake, sonit sake, sonit sake, sonit sake, son	11	w	Jako and Ume Rice	0	chirimen jakko	rice	umeboshi			26.7
Tuna Omelette Marinated Bean Sprouts Cheese Bread Cheese Bread Chicken Chicken Cooking oil, (fight brown) sugar Cooking oil, (fight brown) sugar Cheese Bread Cheese Bread Cheese Bread Chicken Cooking oil, potatoes Celery, carrot, onion, ginger, cabbage Chicken broth, white wine, salt, pepper, bay leaf powder Wine, salt, pepper, bay leaf powder Vinegar, salt, pepper Wiso Soup with Tofu and Fried Tofu Benoki Wrapped in Pork wilth Japanese-Style Sauce Marinated Bean Sprouts and Tuna Omelette tuna, egg Cooking oil, (fight brown) sugar Celery, carrot, onion, dried shiftake, green peas solt, sake, soy sauce solt, sake, soy sauce solt sake soy sauce solt sake, solt, sake, sake,					fried tofu, miso		turnip, komatsuna	bonito flake stock	508	
Cheese Bread Cheese Bread Cheese Bread Chicken Cooking oil, potatoes Celery, carrot, onion, ginger, cabbage Chicken broth, white wine, salt, pepper, bay leaf powder Macaroni Salad Macaroni Salad Macaroni Salad Carrot, cucumber, onion, whole corn Vinegar, salt, pepper Vinegar, salt, pepper Miso Soup with Tofu and Fried Tofu Enoki Wtapped in Pork with Japanese-Style Sauce Marinated Bean Sprouts and Cheese Dread Chicken broth, white wine, salt, pepper, bay leaf powder Vinegar, salt, pepper Scallion Scallion South, pepper, soy soute, mirrin Komatsuna, Chinese cabbage, bean Cooking oil, potatoes Chicken broth, white wine, salt, pepper, bay leaf powder Vinegar, salt, pepper Scallion South, pepper, soy soute, mirrin South, pepper, soy south, pepper, bay leaf powder South, pepp			Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce	390	
Th Pot-au-Feu O chicken cooking oil, potatoes celery, carrot, onion, ginger, cabbage chicken broth, white wine, salt, pepper, bay leaf powder wine, salt, pepper, bay leaf powder wine, salt, pepper, bay leaf powder wine, salt, pepper wine, sa			Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
The Pot-au-Feu Cocking oil, potatoes celery, carrot, onion, ginger, cabbage wine, saft, pepper, bay leaf powder sold powder wine, saft, pepper bay leaf powder sold powder wine, saft, pepper bay leaf powder sold powder sold powder wine, saft, pepper sold powder sold powd	12	Th	Cheese Bread		cheese	bread			626	28.2
Barley Rice Miso Soup with Tofu and Fried Tofu Miso Soup with Tofu and Fried Tofu Fencik Wrapped in Pork with Japanese-Style Sauce Marinated Bean Sprouts and Marinated Bean Sprouts and It ce, barley scallion scallion bonito flake stock pork (fight brown) sugar, starch enoki mushroom, carrot, ginger saut, pepper, soy souce, mirin komatsuna, Chinese cabbage, bean			Pot-au-Feu	0	chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	wine, salt, pepper,		
Miso Soup with Tafu and Fried Tafu Miso Soup with Tafu and Fried Tafu Pencki Wrapped in Park with Japanese-Style Sauce Marinated Bean Sprouts and Miso Soup with Tafu and Fried Tafu miso, tafu, fried tafu park (light brown) sugar, starch enoki mushroom, carrot, ginger soult, pepper, soy soulc, mirin komatsuna, Chinese cabbage, bean miso, tafu, fried tafu park Miso Soup with Tafu and Fried Tafu pork Miso Soup with Tafu and Fried Tafu pork Miso, tafu, fried tafu pork pork Miso, tafu, fried tafu pork pork pork Miso, tafu, fried tafu pork po			Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper		
F Encki Wrapped in Pork with Japanese-Style Sauce Marinated Bean Sprouts and O pork (light brown) sugar, starch encki mushroom, carrot, ginger solt, pepper, soy sauce, mirin komatsuna. Chinese cabbage, bean solt pepper solt pepper solt solt pepper so	13		Barley Rice			rice, barley				26.1
Japaness-Syle Sauce Marinated Bean Sprouts and [fight brown] sugar, starch enoki mushroom, carrot, ginger soll, pepper, soy souce, mirin komatsuna, Chinese cabbage, bean sprouts and		F	Miso Soup with Tofu and Fried Tofu	0	miso, tofu, fried tofu		scallion	bonito flake stock		
			Japanese-Style Sauce		pork	(light brown) sugar, starch	enoki mushroom, carrot, ginger		581	
KOMUISONA			Marinated Bean Sprouts and Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce	1	

Don't forget to prepare ightarrow

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.



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.

Date	Day	M enu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
		Rice			rice				
16		Miso Soup with Onion and Potato		wakame (seaweed), miso	potatoes	onion	bonito flake stock	602	29.9
	М	Teriyaki Fish	0	bonito	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Fried Hijiki and Soy Beans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
		Dry Curry with Chick Peas		pork, chick peas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, bell pepper, whole tomatoes	salt, curry powder, red wine, pepper, ketchup, Worcestershire sauce	670	
17	Tu .	Konnyaku Salad	0		konnyaku, sesame oil, cooking oil, (light	cucumber, cabbage, carrot, onion	vinegar, salt, soy		23.3
		Yogurt with Fruit		yogurt	brown) sugar (white) sugar	banana, canned orange	sauce		
		Bread		, , ,	bread				
18	w	Vegetable Soup	0	bacon		ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper salt, pepper,	599	21.9
		Potato Croquette		pork	cooking oil, potatoes, wheat flour, panko	onion	Worchestershire sauce (semi-thick)		
	ŀ	Sauteed Vegetable			cooking oil	carrot, onion, green peas, whole corn	salt, pepper		
		Barley Rice			rice, barley				
	•	Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock	583	24.0
19	Th	Grilled Mackerel with Green Onion	0	mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce,		
		Sauce					vinegar vinegar, salt, soy		
		Japanese Cabbage Salad			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	sauce, pepper		
20	F	Let's Enjoy Regional Cuisine	a Prefecti	ure · Summer Solstice☆		T	I		
		Cold Kitsune Udon		steamed fish paste, fried tofu	(light brown) sugar, udon noodles	scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	549	26.9
05	۸ آ	Komatsuna with Sesame Seed Dressing	0		(light brown) sugar, sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
		Takoyak-Style Fritter		shrimp, hanpen, octopus, egg, fish shavings, nori	cooking oil, wheat flour, starch	cabbage, scallion, red ginger	salt, soy sauce, sake, Worchestershire sauce (semi-thick), Worcestershire sauce		
		Barley Rice	0		rice, barley			585	18.6
	М	Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
23		Fried Rainbow Smelt		Rainbow Smelt	cooking oil, starch, wheat flour		salt, pepper		
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper		
		Cinnamon Toast	0		bread, cooking oil, granulated sugar		cinnamon powder	601	21.5
24	Τυ	Vegetables Simmered in Cream		chicken, milk	cooking oil, potatoes, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, bay leaf powder		
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard		
	:	Fried Rice		pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	570	23.0
25	W	Chinese Soup	0		v ermicelli, sesame oil	ginger, carrot, bamboo shoots, bok-choy, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Fruit (Melon)				melon			
26		Chinese Noodles with Cold Meat Sauce	0	pork, miso	Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scalion	Chinese chili paste, mirin, sake, salt, soy sauce, sweet bean paste, oyster sauce	620	24.2
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
		Hydrangea Jelly		agar powder(kanten)	(white) sugar	acerola juice, grape juice	white wine		
27		Barley Rice	0		rice, barley			- 593	21.8
	F	Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worchestershire sauce (semi-thick)		
		Japanese Cabbage Salad			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Let's enjoy food from around the wo	orld! ☆ Sin	gapore ☆					
30	м	Hainanese Chicken Rice		chicken	rice, sesame oil, (light brown) sugar	onion, garlic, ginger, tomato, cucumber	soy sauce, sake, Chinese chili paste		
S		Chinese Soup	×	pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce	645	23.2
7.5		Banana Fritter			cooking oil, wheat flour, starch, powdered sugar	banana	baking powder, spakling water		
		Yogurt Drink		drinkable yogurt					Щ_

Request Concerning Food Allergies 🔈

We use all kinds of ingredients in our school lunches. Please check the menu every month to avoid eating certain things for the first time at school.

For example, those with fish egg allergies should be aware that some fish are procured while carrying baby fish.

 $Also, more \ students \ with \ pollen \ allergies \ have \ also \ been \ developing \ new \ allergies \ to \ certain \ fruits \ that \ can \ trigger \ similar \ reactions.$

We encourage you to talk with your child about school lunches, and if you have any concerns about specific ingredients, please consult your doctor.

If any updates or concerns arise, don't hesitate to contact the school nurse or our nutritionist. Thank you for your continued support and cooperation.

