



Lunch Menu June 2025

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

Principal Tetsuro Kawahara

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

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
2	M	Nagasaki Champon	○	pork, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, low salt soy sauce, chicken broth, Worcestershire sauce	529	23.7
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Calpis Jelly		agar powder(kanten), calpis					
3	Tu	Rice	○		rice			593	24.8
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Grilled Chicken w/Green Onion Sauce		chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Japanese-Style Salad with Bean Sprouts			cooking oil, sesame oil, sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
4	W	Koya Rice	○	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shitake, carrot, burdock, snow peas	bonito flake stock, sake, mirin, soy sauce	522	21.2
		Clear Soup		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
5	Th	Bread	○		bread			615	26.9
		Soy Milk Gratin		chicken, soy milk, cheese	macaroni, cooking oil, wheat flour	onion, carrot, parsley	white wine, salt, pepper, bay leaf powder		
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
6	F	Rice	○		rice			554	26.4
		Tanjin		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Aji Nanban Yaki		horse mackerel	cooking oil, (light brown) sugar	ginger, scallion	soy sauce, sake, vinegar, ground red chili pepper		
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
9	M	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	631	22.8
		Kenchinjiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Kinpira Potatoes			cooking oil, konnyaku, potatoes, (light brown) sugar, sesame seeds	burdock, carrot	mirin, soy sauce, ground red chili pepper		
10	Tu	Saucy Yakisoba	○	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	621	24.2
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake		
		tofu donut		tofu, soy bean flour	cooking oil, (white) sugar, wheat flour, (light brown) sugar		baking powder		
11	W	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		598	26.7
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shitake, green peas	salt, sake, soy sauce		
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
12	Th	Cheese Bread	○	cheese	bread			626	28.2
		Pot-au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder		
		Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper		
13	F	Barley Rice	○		rice, barley			581	26.1
		Miso Soup with Tofu and Fried Tofu		miso, tofu, fried tofu		scallion	bonito flake stock		
		Enoki Wrapped in Pork with Japanese-Style Sauce		pork	(light brown) sugar, starch	enoki mushroom, carrot, ginger	salt, pepper, soy sauce, mirin		
		Marinated Bean Sprouts and Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce		

☆ 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 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	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	M	Rice	○		rice			602	29.9
		Miso Soup with Onion and Potato		wakame (seaweed), miso	potatoes	onion	bonito flake stock		
		Teriyaki Fish		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		
17	Tu	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	23.3
		Konnyaku Salad			konnyaku, sesame oil, cooking oil, (light brown) sugar	cucumber, cabbage, carrot, onion	vinegar, salt, soy sauce		
		Yogurt with Fruit		yogurt	(white) sugar	banana, canned orange			
18	W	Bread	○		bread			599	21.9
		Vegetable Soup		bacon		ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper		
		Potato Croquette		pork	cooking oil, potatoes, wheat flour, panko	onion	salt, pepper, Worcestershire sauce (semi-thick)		
		Sauteed Vegetable			cooking oil	carrot, onion, green peas, whole corn	salt, pepper		
19	Th	Barley Rice	○		rice, barley			583	24.0
		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 Cabbage Salad			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
20	F	Let's Enjoy Regional Cuisine ☆Osaka Prefecture ☆ Summer Solstice☆							
		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
		Komatsuna with Sesame Seed Dressing			(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, Worcestershire sauce (semi-thick), Worcestershire sauce		
23	M	Barley Rice	○		rice, barley			585	18.6
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		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		
24	Tu	Cinnamon Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	601	21.5
		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		
25	W	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	570	23.0
		Chinese Soup			vermicelli, sesame oil	ginger, carrot, bamboo shoots, bok-choy, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Fruit (Melon)				melon			
26	Th	Chinese Noodles with Cold Meat Sauce	○	pork, miso	Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scallion	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	F	Barley Rice	○		rice, barley			593	21.8
		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, Worcestershire sauce (semi-thick)		
		Japanese Cabbage Salad			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
30	M	Let's enjoy food from around the world! ☆ Singapore ☆							
		Hainanese Chicken Rice	×	chicken	rice, sesame oil, (light brown) sugar	onion, garlic, ginger, tomato, cucumber	soy sauce, sake, Chinese chili paste	645	23.2
		Chinese Soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce		
		Banana Fritter			cooking oil, wheat flour, starch, powdered sugar	banana	baking powder, spoking water		
		Yogurt Drink		drinkable yogurt					

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.

