



July Lunch Menu 2025

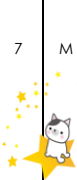

June 30, 2025

Manner Goal: Let's eat quietly and with a good posture!

Principal Tetsuro Kawahara

Nutrition Goal: Let's eat to beat the heat!

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	Tu	Mabo Nasu Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, Chinese chili paste	634	21.8
		Chinese Style Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, whole corn, canned cream corn, parsley	chicken broth, salt, pepper, soy sauce		
		Spicy Pickled Turnips and Cucumbers			sesame oil	turnip, cucumber	salt, vinegar, soy sauce, chili oil		
		Fruit (frozen orange)			frozen orange				
2	W	Cold Chinese Noodles	○	chicken, egg	Chinese noodles, cooking oil, sesame oil, sesame seeds, (light brown) sugar, sesame seed paste	ginger, carrot, dried shiitake, cucumber, bean sprouts	chicken broth, soy sauce, vinegar, sake, salt	617	25.8
		Seaweed Salad		seaweeds mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper		
		Fruit (Watermelon)			watermelon				
3	Th	Bread	○		bread			509	32.3
		Julienne Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf powder, pepper		
		Baked Chicken with Cheese		chicken, cheese			white wine, salt, pepper, ketchup, Worcestershire sauce		
		Macaroni Salad		tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
4	F	Rice	○		rice			557	23.4
		Hearty Miso Soup		miso, tofu		burdock, carrot, daikon, scallion	bonito flake stock		
		Grilled Cutlass Fish		cutlass fish			salt		
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
	M	Let's enjoy Japanese cultural food! ☆ Tanabata Festival ☆							
		Tanabata Cold Somen	○	steamed fish paste	somen noodles, (light brown) sugar	dried shiitake, scallion, okra, carrot	kelp stock, bonito flake stock, salt, soy sauce	654	25.0
		Tempura		chicken	cooking oil, wheat flour	eggplant, pumpkin			
		Tanabata Punch			(white) sugar, butterfly pea syrup, rice flour, orange agar jelly	canned orange, canned pineapple, canned peach			
	Tu	Let's Enjoy Regional Cuisine ☆Okinawa Prefecture☆							
		Taco Rice	○	pork, soy bean	rice, cooking oil	garlic, ginger, onion, carrot, cabbage	red wine, ketchup, Worcestershire sauce, pepper, tabasco, soy sauce	605	25.2
		Winter Melon Soup				winter melon, green onions, ginger	kelp stock, bonito flake stock, salt		
		Goya Champuru		bacon, tofu, egg	cooking oil	onion, carrot, bitter melon	soy sauce, salt		
9	W	Barley Rice	○		rice, barley			577	26.7
		Dosanko Jiru		pork, miso, wakame (seaweed)	potatoes, butter	carrot, whole corn, scallion	bonito flake stock		
		Simmered Fish		red fish	(light brown) sugar		sake, soy sauce		
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce		

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

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.



[illegible]


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.



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