

July Lunch Menu 2025

Nutrition Goal:

Manner Goal: Let's eat aujetly and with a good posture! Let's eat to beat the heat!

Principal Tetsuro Kawahara

Ayako KoideSchool Nutritionist

Eneray Proteir Red Food Group Yellow Food Group Green Food Group Date Day Menu Milk Others For Stronger Bodies For Energetic Bodies For Healthy Bodies Kcal а eggplant, garlic, ginger, carrot, rice, cooking oil, (light brown) sugar ake, soy sauce, Mabo Nasu Rice Bowl oork, miso pamboo shoots, scallion, Chinese starch, sesame oil Chinese chili paste hive ginger, onion, carrot, whole corn, canned cream corn, parsley chicken broth, salt Chinese Style Corn Soup chicken starch, sesame oil 0 pepper, soy squce 634 21.8 1 Τu salt, vinegar, soy sauce, chili oil Spicy Pickled Turnips and sesame oil urnip, cucumber Cucumbers Fruit (frozen orange) frozen oranae Chinese noodles, cooking oil, chicken broth, soy ginger, carrot, dried shiitake, Cold Chinese Noodles chicken, egg sesame oil, sesame seeds, (light auce, vinegar, cucumber, bean sprouts brown) sugar, sesame seed paste ake, salt 2 w 0 cucumber, daikon, whole corn, vineaar, salt, sov 617 25.8 Seaweed Salad eaweeds mix cooking oil auce, pepper onion Fruit (Watermelon) watermelon Bread bread chicken broth, sal ginger, carrot, onion, cabbage Julienne Soup bacon ay leaf powder oarslev pepper 3 \cap white wine, salt, pepper, ketchup, Th 509 32.3 Baked Chicken with chicken, cheese Cheese Worcestershire auce /inegar, salt, Macaroni Salad tuna macaroni, non-egg mayonnaise carrot, cabbage, cucumber pepper Rice rice Hearty Miso Soup niso, tofu burdock, carrot, daikon, scallion bonito flake stock 4 F 557 23.4 0 Grilled Cultlass Fish cutlass fish alt Chinese Cabbage with komatsuna, carrot, Chinese nustard, soy Mustard Sauce cabbage auce Let's enjoy Japanese cultural food! ☆ Tanabata Festival ☆ 7 М elp stock, bonito Tanabata Cold Somen steamed fish paste dried shiitake, scallion, okra, carrot somen noodles, (light brown) sugar lake stock, salt, ioy sauce 0 654 25.0 Tempura chicken cooking oil, wheat flour eggplant, pumpkin (white) sugar, butterfly pea syrup, canned orange, canned pineapple Tanabata Punch ice flour, orange agar jelly canned peach Let's Enjoy Regional Cuisine 🛣 Okinawa Prefecture 8 Τu ed wine, ketchup Norcestershire garlic, ginger, onion, carrot, laco Rice rice, cooking oil pork, soy bean auce, pepper, cabbage abasco, soy auce 0 605 25.2 elp stock, bonito Winter Melon Soup winter melon, green onions, ginger flake stock, salt cooking oil Gova Champuru bacon, tofu, egg onion, carrot, bitter melon oy sauce, salt Barley Rice ice, barley ork, miso, wakame Dosanko Jiru potatoes, butter carrot, whole corn, scallion onito flake stock (seaweed) 9 0 577 W 26.7 Simmered Fish ed fish (light brown) sugar ake, sov sauce Marinated Cabbage komatsuna, carrot, cabbage ioy sauce

lpha 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.



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	
		Let's enjoy food from around the world! $ m interval label{eq:label}$ Italy $ m interval label{eq:label}$								
10	Th	Handmade pizza (tuna and com)	×	tuna, cheese	bread flour, (white) sugar, olive oil, cooking oil	whole tomatoes, garlic, onion, whole corn, bell pepper	dry yeast, salt, pepper, oregano	539	25.2	
		Minestrone		bacon, kidney beans	cooking oil, potatoes, macaroni	garlic, onion, carrot, celery, cabbage, whole tomatoes, ginger, tomato juice	red wine, chicken broth, tomato puree, salt, pepper, bay leaf powder, basil, thyme powder			
		Fruit (Melon)				melon				
		Yogurt Drink		drinkable yogurt						
	F	Mixed Inari	0	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin		24.2	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce	677		
		Chinese Cabbage Isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Steamed Corn				corn	salt			
14		Paris 15th Arrondissement and Minatoy City Friendship Agreement Commemorative Lunch 🛪 Let's enjoy French cuisine! 🛪								
	м	Croque Monsieur		mixed cheese, cheese, ham	bread		white sauce		30.6	
	ilionale	Soup Parisian	0	bacon	potatoes	leek, carrot, string bean	chicken broth, salt, pepper	624		
		Nicoise-style Potato salad		egg, tuna, anshovy	potatoes, cooking oil	cucumber, tomato, whole corn, green soybean, onion	vinegar, salt, pepper	0∠4		
		Pudding		egg, fresh cream, milk	granulated sugar, caramel tablet		vanilla essence			
	Τυ	Salmon and Edamame Pilaf	0	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, green soybean	salt, white wine, soy sauce		21.0	
15		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper	541		
		Tomato Salad			cooking oil, (light brown) sugar	tomato, parsley, onion	vinegar, salt, pepper			
16	w	Summer Vegetable Curry	0	chicken	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, zucchini, tomato, eggplant, pumpkin	red wine, salt, bay leaf powder, ketchup, W orcestershire sauce, W orchestershire sauce (semi-thick), chicken broth, curry powder	676	19.9	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (frozen apple)				frozen apple				
17	Th	Japanese cultural food ☆ Doyō(7/19 · 7/31) ☆								
		Eel chirashi zushi	0	eel, nori	rice, (light brown) sugar, sesame seeds		sake, mirin, soy sauce		27.9	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock	105		
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt	695		
		Doyō Mochi	1	azuki bean	rice flour, (white) sugar, (light brown) sugar		salt			

Don't forget to prepare ${\boldsymbol{\mathcal{I}}}$



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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