



Lunch Menu, September 2025

September 1, 2025




Manner Goal: Finish your lunch within the assigned time.

Nutrition Goal: Eat the three basic meals every day.

Principal Tetsuro Kawahara

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	M	Opening Ceremony • no lunch							
2	Tu	Barley Rice	○		rice, barley			606	27.4
		Suiton Soup		pork, egg	cooking oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce		
		Spanish Mackerel with Saikyo Miso		Spanish mackerel, Saikyo miso			sake		
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
3	W	Kimchi Fried Rice	○	pork, egg	rice, cooking oil	carrot, kimchi	sake, salt, soy sauce, pepper	575	19.5
		Chinese Soup			vermicelli, sesame oil	ginger, cloud ear mushroom, bamboo shoots, bok-choy, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Japanese Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil		
		Calpis Jelly		agar powder(kanten), calpis					
4	Th	Bread Roll	○		bread			562	24.1
		Noodle Soup		bacon	cooking oil, udon noodles	onion, carrot, ginger, cabbage	chicken broth, salt, pepper, bay leaf powder		
		Breaded Sardine with herbs		sardine	olive oil, panko, cooking oil	garlic, parsley	salt, pepper, white wine, basil, oregano, soy sauce		
		Honey Potato Salad			cooking oil, potatoes, honey	carrot, cucumber	vinegar, salt, mustard		
5	F	Summer Vegetables Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	onion, pumpkin, zucchini, whole corn	soy sauce	662	21.7
		Ton Jiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce		
8	M	Barley Rice	○		rice, barley			587	23.0
		Kenchin Soup		tofu	cooking oil, sesame oil	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Chicken with Salted Koji		chicken			salted koji, sake		
		Japanese Salad with Daikon and Seaweed		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper		
9	Tu	Japanese Event Lunch ☆Chrysanthemum Festival☆							
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shiitake	soy sauce, kelp stock, sake, mirin	562	30.8
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Salmon		salmon			salt		
		Pickled Cabbage with Yukari				cabbage	salt, yukari shiso (red perilla)		
10	W	Cold Kitsune Udon	○	sasakamaboko, fried tofu	udon noodles, (light brown) sugar	scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	547	26.9
	Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce			
	Fruit (Pear)				pear				
11	Th	Hot Dog	○	sausage	bread, cooking oil		salt, ketchup, Worcestershire sauce	538	26.1
	Pot-Au-Feu	chicken		cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
	Macaroni Salad with Tuna and Eggs	egg, tuna		macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
12	F	Let's Enjoy Food from Different Regions around Japan! ☆Shiba Daradara Festival (ginger festival)☆							
		Ginger Rice	○	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock	585	29.1
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Stir-Fried Ginger Pork		pork	cooking oil, (light brown) sugar, starch	garlic, ginger, onion	soy sauce, sake, mirin		
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	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
15	M	<div>Respect for the Aged Day</div>							
16	Tu	Lets enjoy a menu from a local restaurant! ☆SOUGO☆							
		Maitake Rice	○	salted kelp	rice, cooking oil, rice flour	maitake mushroom		643	19.5
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
Simmered eggplant			cooking oil, Namafu, starch, sweet potato	eggplant, broccoli, daikon	bonito flake stock, soy sauce, thin soy sauce, mirin				
17	W	Salty Fried Noodles	○	pork	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts, Chinese chive, shiitake	sake, salt, pepper, soy sauce, oyster sauce	544	22.7
		Japanese-Style Chinese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Fruit (Pear)				pear			
18	Th	Japanese local food ☆Yamagata Prefecture☆							
		Rice	○		rice			694	17.5
		Chopped and Flavored Summer Vegetables and Herbs (Dashi)		chirimen jakko, natto kelp	(white) sugar	eggplant, cucumber, okra, myoga, perilla	bonito flake stock, thin soy sauce		
		Taro and Meat Stew (Imoni)		beef	taro, konnyaku, (light brown) sugar	carrot, maitake mushroom, scallion	sake, soy sauce, salt		
		Peach Jelly		agar powder(kanten)	(white) sugar	peach juice, canned peach			
19	F	Hagi Rice	○		rice	green soybean	yukari shiso (red perilla)	556	23.4
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Chicken with Green Onion Sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
22	M	Barley Rice	○		rice, barley			589	26.4
		Miso Soup with Tofu and Komatsuna		miso, tofu		komatsuna, scallion	bonito flake stock		
		Grilled Mackerel		mackerel	cooking oil		salt, soy sauce		
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
23	Tu	<div>Autumnal Equinox</div>							
24	W	Cinnamon Sugar Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	576	22.1
		Chicken and Vegetables Stewed in Tomato Sauce		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder		
		Koro-Koro Salad			potatoes, cooking oil	red paprika, yellow bell pepper, cabbage, cucumber, whole corn, onion			
25	Th	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	664	21.1
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			
26	F	Rice	○		rice			626	27.1
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, shimeji, komatsuna, scallion	bonito flake stock		
		Thick Omelette		chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce		
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce		
29	M	Let's Enjoy Food from Around the World! ☆China☆							
		Fried Rice	×	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, pepper, soy sauce, vinegar	560	24.8
		Chinese Soup		chicken, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce		
		Vermicelli Chinese Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
Yogurt Drink	yogurt drink								
30	Tu	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, (light brown) sugar, udon noodles	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	578	24.4
		Seaweed Salad		seaweeds mix	cooking oil, sesame oil, white sesame seeds	daikon, cucumber	vinegar, salt, soy sauce, pepper		
		Ashitaba Cake		egg, milk	(white) sugar, wheat flour, cooking oil, sugared red beans	Ashitaba powder	baking powder		

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.

