



Lunch Menu, November 2025



Manner Goal : Let's say the proper *aisatsu* for our meals.

Principal Tetsuro Kawahara

Nutrition Goal : Let's learn about seasonal foods.

School Nutritionist Ayako Koide

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	
3	M	Culture Day								
	Tu	Barley Rice	○		rice, barley			655	25.7	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Deep-Fried Horse Mackerel		horse mackerel	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Potato Salad			potatoes, non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper			
	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodles	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	603	30.1	
		Chinese Cabbage Isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
	Th	Chicken Rice	○	chicken	rice, butter, cooking oil	onion, carrot, mushroom, whole corn, green peas	salt, paprika powder, white wine, pepper, tomato puree, ketchup	660	20.8	
		Bacon and Vegetable Chowder		bacon, milk	cooking oil, potatoes, wheat flour	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf powder			
		Okashina Fried Egg		agar powder(kanten), calpis		canned apricot				
	F	Jako and Wakame Rice	○	wakame seaweed seasoning, chirimen jakko	rice			641	24.3	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce			
	M	Kinoko Rice	○	fried tofu	rice	shiitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock	615	26.6	
		Miso Soup w/Turnip and Komatsuna		miso		turnip, komatsuna, scallion	bonito flake stock			
		Grilled Saury		saury			salt, soy sauce			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
	Tu	Spaghetti with Grilled Meat	○	pork	spaghetti, cooking oil, (light brown) sugar, white sesame seeds	garlic, ginger, onion, bell pepper, enoki mushroom, shimeji	soy sauce, sake, mirin, parsley powder	635	24.4	
		Tekkotsu Salad		hijiki (seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Mystery Pyramid		milk, fresh cream, egg	sweet potato, butter, (white) sugar, cracker					
	W	Rice	○		rice			601	25.3	
		Tofu Hamburger		chicken, tofu, egg, miso	panko, sesame oil, cooking oil, (light brown) sugar, starch	onion, ginger, dried shitake	salt, pepper, soy sauce, mirin, sake			
		Cabbage and Cucumber with Yukari				cucumber, cabbage	salt, yukari shiso (red perilla)			
		Furofuki Daikon		miso	(light brown) sugar	daikon, yuzu	bonito flake stock, salt, soy sauce, mirin, sake			
	Th	Tuna and Cheese Sandwiches	○	tuna, cheese	white bread, Non-egg mayonnaise, whole wheat bread	cucumber	salt, pepper, grain mustard	589	26.5	
		Tomato Stew w/Chicken and Vegetables		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder			
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
	F	Japanese Event Lunch ☆ School Anniversary ☆							683	25.4
		Celebratory Rice	○	cowpea	rice, glutinous rice, black sesame salt		salt			
		Celebratory Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Kara-age Fried Chicken		chicken	cooking oil, starch, wheat flour	ginger	soy sauce, sake			
		Marinated Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Kouhaku Fruit Punch			(white) sugar, rice flour	canned beets, canned orange, canned peach				
	Sa	Omelette Rice		○	chicken, egg	rice, butter, cooking oil	onion, carrot, mushroom, whole corn	salt, paprika powder, white wine, pepper, tomato puree, ketchup	634	24.2
		ABC Soup	bacon		macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Colorful Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			

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

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
17	M	Substitute Holiday							
18	Tu	Barley Rice	○		rice, barley			609	27.9
		Miso Soup w/Tofu and Wakame		miso, tofu, wakame (seaweed)	scallion	bonito flake stock			
		Omelet with Dried Daikon		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce		
		Ohitashi with Chinese Cabbage and Jakko		chirimen jakko	komatsuna, carrot, Chinese cabbage	soy sauce, sake			
19	W	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts	salt, pepper, soy sauce, vinegar	574	25.3
		Chinese Broccoli and Cabbage Salad		cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (apple) 			apple				
20	Th	Kinako Toast	○	soy bean flour	bread, butter, (white) sugar			621	30.4
		Pork and Beans		pork, bacon, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce		
		Turnip Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
	F	Let's Enjoy the Flavor of Washoku Broth!						612	27.8
		Rice with Soybeans and Hijiki	○	fried tofu, soy bean, hijiki (seaweed)	rice, glutinous rice, cooking oil, (light brown) sugar	carrot	sake, salt, soy sauce, kelp stock, mirin		
		Mushroom Soup			konyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Mackerel with Miso		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
23	Su	Labor Thanksgiving Day							
24	M	Substitute holiday for Labor Thanksgiving Day							
25	Tu	Rice Balls (wakame, red perilla)	○	wakame seaweed seasoning, chirimen jakko	rice		yukari shiso (red perilla)	621	20.5
		Tonjiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt		
		Fruit (satsuma orange) 				satsuma orange			
26	W	Miso Ramen	○	pork, miso, naruto	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	591	25.3
		Marinated Cabbage with Salted Kelp		salted kelp, chirimen jakko		cabbage, bean sprouts, carrot	soy sauce		
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple, canned apple	white wine, cider		
	Th	Let's Enjoy Food from Around the World! ☆ Canada ☆						603	23.9
		Maple Toast	○		bread, cooking oil, maple syrup				
		Salmon Cream Stew		salmon, milk	cooking oil, potatoes, wheat flour	onion, carrot, ginger, cabbage	white wine, chicken broth, salt, pepper, bay leaf powder		
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard		
		Yogurt Drink		drinkable yogurt					
 	F	Let's enjoy a menu from a local restaurant! ☆Vino Grazie☆						655	22.8
		Rice with Grains	○		rice, 16 grain rice				
		Stewed Chicken in Tomato		chicken	olive oil, (white) sugar, cooking oil	garlic, onion, ginger, carrot, zucchini, yellow bell pepper, red bell pepper, eggplant, string bean	tomato puree, chicken broth, salt, bay leaf powder		
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			

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.