



Lunch Menu December 2025

Manner Goal : Let's wash our hands.

Nutrition Goal : Let's eat to beat the cold.



Principal Tetsuro Kawahara

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	
1	M	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, sesame seeds	onion, ginger	salt, sake, soy sauce	635	29.0	
		Sanpei Soup		salmon, tofu, miso	konnyaku, potatoes	burdock, carrot, daikon, scallion	sake, bonito flake stock, sake lees			
		Pickled Turnip and Cucumber				turnip, cucumber	salt			
	Tu	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆							618	21.2
		Okkirikomi	○	chicken, fried tofu	cooking oil, (white) sugar, udon noodles	burdock, carrot, daikon, shimeji, dried shiitake, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce			
		Bean sprouts with Mustard Dressing				komatsuna, carrot, bean sprouts	mustard, soy sauce			
		Miso Potato		miso	cooking oil, potatoes, starch, (white) sugar		mirin			
3	W	Rice	○		rice			562	26.3	
		Yoshino Jiru		tofu	cooking oil, sesame oil, taro, starch	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Foil-Baked Merlucciidae		Merlucciidae, bacon	cooking oil, (light brown) sugar, sesame seeds	red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		Chinese cabbage and deep fried tofu crispy salad		fried tofu		Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
	Th	Let's Enjoy Food from Around the World! ☆Russia☆							643	23.2
		Homemade Pirozhki	○	pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shiitake	salt, dry yeast, pepper, oyster sauce, soy sauce			
		Borscht		pork, fresh cream	cooking oil, potatoes	carrot, onion, ginger, whole tomatoes, tomato juice, cabbage, parsley	red wine, chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder			
		Olivier Salad		egg	potatoes, non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper			
		Yogurt Drink		drinkable yogurt						
	F	Let's Enjoy Organic Food! ☆Organic Day 12/8☆							705	22.1
		Organic Chicken Curry	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	chicken broth, red wine, salt, bay leaf powder, ketchup, curry powder, coriander, garam masala, Worcestershire sauce (semi-thick), Worcestershire sauce			
		Red Core Radish and Ayame Snow Turnip Salad			cooking oil	red core radish, Ayame snow turnip, mini tomato, onion, lotus root, burdock	vinegar, salt, pepper			
		Blueberry Yogurt		yogurt	(white) sugar	blueberry, blueberry jam	red wine			
8	M	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		644	28.2	
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Shumai		pork	Shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
9	Tu	Barley Rice	○		rice, barley			618	26.0	
		Chive and egg soup		egg	starch	ginger, carrot, dried shiitake, Chinese chive	chicken broth, sake, salt, pepper, soy sauce			
		Fried squid		squid	cooking oil, starch, rice flour	ginger	soy sauce, sake			
		Japanese Daikon Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake			
10	W	Pork and Kimchi Rice Bowl	○	pork, miso	rice, cooking oil, (white) sugar, sesame seeds	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprouts	sake, soy sauce	615	27.9	
		Chinese Egg Soup		pork, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard			
	Th	Let's enjoy a menu from a local restaurant! ☆La Goccia Tokyo☆							646	26.9
		Bolognese	○	beef, fresh cream, cheese	conchiglie, olive oil, butter	whole tomatoes, onion, celery, carrot, dried porcini	red wine, salt, black pepper			
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Sweet potato		milk, fresh cream, egg	sweet potato, butter, (white) sugar					

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

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
12	F	 Wakame Rice Oden Chinese Cabbage with Spicy Sauce Fruit (mikan)		wakame seaweed seasoning chikuwa fish paste, hanpen, fish ball, fried tofu fritter	rice, sesame seeds (light brown) sugar, konnyaku	daikon komatsuna, carrot, Chinese cabbage satsuma orange	bonito flake stock, kelp stock, sake, salt, soy sauce mustard, soy sauce	602	25.0
15	M	 Nerima Spaghetti Cabbage Salad Fruit (Apple)		tuna, nori 	(white) sugar, spaghetti, olive oil, butter cooking oil	daikon carrot, cabbage, cucumber, onion apple	vinegar, salt, soy sauce vinegar, salt, pepper	632	25.1
16	Tu	Rice Kenchin Soup Grilled Chicken with Saikyo Miso Marinated Cabbage		 tofu chicken, Saikyo miso	rice cooking oil, sesame oil, taro cooking oil	 burdock, carrot, daikon, scallion komatsuna, carrot, cabbage	 kelp stock, bonito flake stock, salt, soy sauce sake soy sauce	586	24.0
17	W	 Let's Enjoy Local Cuisine ☆Tottori Prefecture☆ Rice Miso Soup with Potato and Onion Stamina Natto Chikuzenni Stew		 wakame (seaweed), miso natto, chicken chicken	rice potatoes sesame oil, (light brown) sugar cooking oil, konnyaku, (light brown) sugar	 onion ginger, garlic, scallion burdock, carrot, bamboo shoots, lotus root, daikon, dried shiitake, string bean	 bonito flake stock soy sauce, sake, tabasco bonito flake stock, sake, salt, soy sauce	666	31.0
18	Th	Bread Cabbage Rolls Broccoli Salad Fruit (mikan)		 pork, egg, milk tuna	bread panko, starch cooking oil	 cabbage, onion, carrot carrot, broccoli, cabbage, cucumber, onion satsuma orange	 salt, pepper, nutmeg, bonito flake stock, soy sauce, mirin vinegar, salt, pepper	560	27.2
19	F	 Japanese Event Lunch ☆Winter Solstice☆ Yukari Rice Root Vegetable Soup Fried Hoki Pumpkin Fukumeni		 miso Patagonian grenadier	rice cooking oil, sweet potato, konnyaku cooking oil, wheat flour, panko (light brown) sugar	 burdock, carrot, daikon, scallion pumpkin	yukari shiso (red perilla) bonito flake stock salt, pepper, Worcestershire sauce (semi-thick) mirin, soy sauce	647	24.2
22	M	 Let's Enjoy Food from Around the World! ☆Christmas☆ Carrot Rice with Creamy Chicken Sauce Macaroni Salad Yule Tart		chicken, milk tuna	rice, butter, cooking oil, wheat flour macaroni, Non-egg mayonnaise pie crust, powdered sugar	carrot, onion, mushroom, ginger, broccoli carrot, cabbage, cucumber strawberry jam	white wine, salt, pepper, bay leaf powder, chicken broth vinegar, salt, pepper	687	21.0
23	Tu	 Term 2 Closing Ceremony · No Lunch 							

Don't forget to prepare 🎵

All students must wear a mask during lunch preparation. This is not just for hygienic reasons, but also for disease prevention. 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 for back-up. 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
1/8	Th	 Term 3 Opening Ceremony · No Lunch							