



# Lunch Menu, January 2026



January 8, 2026

Manner Goal : Let's think about our school lunch.

Nutrition Goal : Let's learn about traditional Japanese food!

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
8	Th				Term 3 Opening Ceremony • No Lunch				
9	F	Japanese Event Lunch ☆Osechi☆						618	28.3
		Suzushiro Rice			rice, sesame oil	daikon	sake, salt, kelp stock, soy sauce, rice seasoning		
		Ozoni Soup		chicken, naruto	taro, tteok	carrot, daikon, dried shiitake, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce, mirin		
		Kohaku Kamaboko		steamed fish paste					
		Shichifuku Namasu Pickles			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	kelp stock, bonito flake stock, salt, soy sauce, low salt soy sauce, vinegar		
		Jakko Tazukuri		chirimen jakko	(light brown) sugar, sesame seeds		soy sauce, mirin		
12	M				Coming of Age Day				
		Japanese Event Lunch ☆Kagamibiraki☆						656	26.1
13	Tu	Kitsune Udon with Mochi		pork, fried tofu	(light brown) sugar, udon noodles, rice cake	scallion, komatsuna, kanpyo	kelp stock, bonito flake stock, mirin, salt, soy sauce		
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce		
		Fruit (Mikan)					mikan		
14	W	Rice			rice			602	27.0
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Stir-Fried Ginger Pork		pork	cooking oil, starch	ginger, onion	soy sauce, sake		
		Potato Salad			potatoes, non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper		
15	Th	Japanese Event Lunch ☆Koshogatsu (Little New Year's)☆						665	22.8
		Kinpira Rice		chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt		
		Tekkotsu Salad		hijiki (seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
16	F	Oshiruko Soup		azuki Bean	(light brown) sugar, rice flour, (white) sugar		salt	618	25.7
		Handmade Flower Bun			wheat flour, (white) sugar, cooking oil		baking powder, dry yeast, salt		
		Chinese Corn Soup		egg	starch	ginger, onion, carrot, whole corn, cream corn	chicken broth, salt, pepper, soy sauce, parsley		
		Squid and Shrimp in Chili Sauce		squid, shrimp	cooking oil, (light brown) sugar, rice flour, starch	garlic, ginger, scallion, onion	salt, soy sauce, sake, ketchup, Worcestershire sauce, Chinese chili paste		
17	Sa	Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber, carrot	vinegar, salt, soy sauce, chili oil	585	27.6
		Rice			rice				
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Spanish Mackerel with Onion Sauce		Spanish mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
19	M	Chinese Cabbage Isae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce		
					Substitute Holiday				

## 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.**

## 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.

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
20	Tu	Let's Enjoy Food from Around the World! ☆Spain☆							
		Paella	O	squid, shrimp	rice, olive oil	garlic, carrot, onion, mushroom, whole corn, bell pepper, yellow bell pepper, red bell pepper	saffron, salt, bay leaf powder, pepper, white wine	587	24.5
		Tortilla (Spanish Omelette)		bacon, egg, milk	potatoes, cooking oil	onion, carrot, parsley	salt, pepper, ketchup		
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
		Yogurt Drink		drinkable yogurt					
21	W	Rice	O		rice			635	22.5
		Tofu and Wakame Soup		tofu, wakame (seaweed)	sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Hoki and Vegetable with Sweet and Sour Sauce		hoki	starch, rice flour, cooking oil, potatoes, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, yellow bell pepper, lotus root, eggplant	soy sauce, sake, vinegar, ketchup		
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
22	Th	Curry and Rice	O	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, Worcestershire sauce, Worcestershire sauce (semi-thick)	704	20.8
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine		
		Let's Enjoy Local Cuisinel ☆Aomori Prefecture☆							
23	F	Towada Roasted Pork Bowl	O	pork	rice, starch	apple jam, garlic, ginger, onion, carrot, Chinese cabbage, red bell pepper, maitake mushroom	soy sauce, mirin, sake, Gochujang, salt	619	25.7
		Senbeiijiru		chicken	konnyaku, Nanbu Senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, low salt soy sauce, mirin		
		Fruit (Apple)				apple			
		School Lunch Week (1/24-1/30)							
26	M	Rice Balls (Wakame and Red Perilla)	O	wakame seaweed seasoning, chirimen jakko	rice		yukari shiso (red perilla)	610	29.6
		Tonjiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Grilled Salmon		salmon			salt		
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt		
27	Th	School Lunch Week (1/24-1/30)							
		Kinako Fried Bread	O	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar			635	23.0
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, bay leaf powder		
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
28	W	School Lunch Week (1/24-1/30)							
		Rice	O		rice			610	26.4
		Kenchinjiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Fried Whale		whale meat	cooking oil, starch	ginger	soy sauce, sake		
		Dried Daikon Stir Fry		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce		
29	Th	School Lunch Week (1/24-1/30)							
		Spaghetti with Bean and Meat Sauce	O	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, nutmeg, salt, pepper, ketchup, tomato puree, Worcestershire sauce	651	27.8
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
		Fruit (navel orange)				navel orange			
30	F	Japanese Event Lunch ☆Hatsu-Uma (2/1)☆							
		Mixed Inari	O	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	634	24.5
		Sumashijiru with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		

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