



# 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	O		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			
		Datemaki Omelette		egg, hanpen	(light brown) sugar		mirin, salt			
12	M	Coming of Age Day								
13	Tu	Japanese Event Lunch ☆Kagamibiraki☆							656	26.1
		Kitsune Udon with Mochi	O	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	O		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	O	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			
		Oshiruko Soup		azuki Bean	(light brown) sugar, rice flour, (white) sugar		salt			
16	F	Handmade Flower Bun	O		wheat flour, (white) sugar, cooking oil		baking powder, dry yeast, salt	618	25.7	
		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			
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber, carrot	vinegar, salt, soy sauce, chili oil			
17	Sa	Rice	O		rice			585	27.6	
		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			
		Chinese Cabbage Isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
19	M	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☆							587	24.5
		Paella		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			
		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	○		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	○	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			
23	F	Let's Enjoy Local Cuisine! ☆Aomori Prefecture☆							619	25.7
		Towada Roasted Pork Bowl	○	pork	rice, starch	apple jam, garlic, ginger, onion, carrot, Chinese cabbage, red bell pepper, maitake mushroom	soy sauce, mirin, sake, Gochujang, salt			
		Senbei		chicken	konnyaku, Nanbu Senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, low salt soy sauce, mirin			
		Fruit (Apple)				apple				
26	M	School Lunch Week (1/24-1/30)							610	29.6
		Rice Balls (Wakame and Red Perilla)	○	wakame seaweed seasoning, chirimen jakko	rice		yukari shiso (red perilla)			
		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)							635	23.0
		Kinako Fried Bread	○	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar					
		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)							610	26.4
		Rice	○		rice					
		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)							651	27.8
		Spaghetti with Bean and Meat Sauce	○	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			
		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)☆							634	24.5
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin			
		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.