

Lunch Menu, February 2026

January 30, 2026



Manner Goal : Let's eat everything and not be picky!

Principal Tetsuro Kawahara

Nutrition Goal : Let's try food we don't usually like.

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			
2	M	Rice	○		rice			578	29.8			
		Tori Jiru		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock					
		Grilled Salmon Shark		salmon shark	sesame seeds, cooking oil	scallion, ginger, garlic	soy sauce, mirin, sake					
		Bean Sprout Isoae		nori		komatsuna, carrot, bean sprouts	soy sauce					
3	Tu	Japanese Event Lunch ☆ Setsubun ☆										
		Ehomaki	○	nori, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	cucumber, kampyo, dried shiitake	kelp stock, salt, vinegar, soy sauce	641	22.1			
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce					
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt					
		Ohitashi with Chinese Cabbage and Jakko		chirimen jakko		komatsuna, carrot, Chinese cabbage	soy sauce					
4	W	Salty Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts	salt, pepper, oyster sauce	598	23.5			
		Chinese-Style Salad with Broccoli and Cabbage			cooking oil, sesame oil, sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper					
		Fruit (Dekopon)				dekonpon						
5	Th	Barley Rice	○		rice, barley			634	28.7			
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock					
		Grilled Squid with Green Onion Sauce		squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar					
		Stir-Fried Hijiki and Soybeans		hijiki (seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce					
		Fruit (Tsunokagayaki Orange)				tsunokagayaki orange						
6	F	Bread	○		bread			624	29.7			
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, basil, pepper					
		Chicken Milanese		chicken, cheese	cooking oil, wheat flour, panko		salt, pepper, parsley					
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper					
9	M	Niku Udon	○	pork, tube shaped fish cake	udon noodles	carrot, scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	586	20.9			
		Crispy Salad Chinese Cabbage and Deep-Fried Tofu		fried tofu	cooking oil, (light brown) sugar, sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce					
		Roasted Sweet Potato			sweet potato							
10	Tu	Hui Guo Rou Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch	garlic, cabbage, carrot, bell pepper, red bell pepper, scallion, eringi	Chinese chili paste, sake, salt, soy sauce, pepper	625	25.6			
		Chinese Soup		chicken, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce					
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil					
11	W	National Foundation Day										
12	Th	Let's Enjoy Local Cuisine! ☆ Akita Prefecture ☆										
		Kiritanpo Nabe	○	chicken	kiritanpo	ginger, burdock, daikon, Chinese cabbage, carrot, maitake mushroom, scallion, water dropwort	kelp stock, chicken broth, sake, salt, soy sauce, mirin	599	20.3			
		Dried Daikon Stir Fry		freeze-dried tofu	cooking oil, konnyaku, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, sake, mirin, soy sauce					
		Sweet Potato and Apple Spring Rolls			cooking oil, Spring roll wrapper, (white) sugar, sweet potato, powdered sugar	apple						

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 ransosser 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
13	F	International Event Lunch ☆Valentine's Day☆							
		Penne Arrabbiata	O	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji, tomato	salt, pepper, spicy red pepper, paprika, bay leaf powder, basil, tomato puree, ketchup	645	24.9
		Genki Salad		ham, salted kelp, fish shavings	(light brown) sugar, cooking oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper		
		Chocolate Chip Cake		egg, milk	(white) sugar, cooking oil, wheat flour, chocolate chips		cocoa, baking powder		
16	M	Rice	O		rice			627	23.7
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shiitake, 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		
17	Tu	Spaghetti with Cream Sauce	O	chicken, bacon, milk	cooking oil, butter, wheat flour, olive oil, spaghetti	garlic, onion, carrot, mushroom, ginger, parsley	chicken broth, white wine, salt, pepper, bay leaf powder	651	22.8
		Koro-Koro Salad			potatoes, sesame oil, honey	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn	ponzu, salt, pepper		
		Apple Jilly		agar powder(kanten)	(white) sugar	apple juice, canned pineapple			
18	W	Barley Rice	O		rice, barley			678	27.6
		Miso Soup w/Eggplant and Onion		miso		eggplant, onion	bonito flake stock		
		Fried Minced Mackerel		mackerel, egg	cooking oil, wheat flour, panko	onion, garlic, ginger	ketchup, salt, pepper, Worcestershire sauce (semi-thick)		
		Bean sprouts with Sesame Miso		miso	(light brown) sugar, sesame seeds	komatsuna, carrot, bean sprouts	mirin, soy sauce		
19	Th	Bread	O		bread			627	27.2
		Macaroni Gratin		chicken, milk, cheese	cooking oil, butter, wheat flour, macaroni	carrot, onion, mushroom	salt, pepper, bay leaf powder		
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
20	F	Mabo Rice Bowl	O	pork, miso, tofu	rice, cooking oil, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	Chinese chili paste, sake, soy sauce, sweet bean paste	645	26.7
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
23	M	The Emperor's Birthday							
24	Tu	Homemade Baked Curry Bread	O	pork	bread flour, (white) sugar, butter, cooking oil, panko	carrot, onion	salt, dried yeast, curry powder, ketchup, Worcestershire sauce	669	31.1
		Stewed vegetables		pork	mustard	ginger, carrot, onion, celery, cabbage, broccoli, mushroom	chicken broth, white wine, salt, pepper, bay leaf powder		
		Fruit (Mihaya Orange)				mihaya orange			
25	W	Rice	O		rice			606	26.4
		Miso Soup w/Potato and Wakame		miso, wakame (seaweed)	potatoes	onion	bonito flake stock		
		Teriyaki fish		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Tekkotsu Salad		hijiki (seaweed), chirim jakko	(light brown) sugar, cooking oil, sesame oil, sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake		
26	Th	Let's Enjoy Food from Around the World! ☆France☆							
		Butter Rice with Carrot	O		rice, butter	whole corn	salt, white wine	605	21.1
		Julienne Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf powder, pepper		
		Grilled Fish with Ravigote Sauce		Patagonian grenadier	cooking oil, wheat flour, rice flour, (white) sugar	tomato, onion, cucumber, parsley	salt, pepper, vinegar, low salt soy sauce		
		Lyonnaise Potato		bacon	cooking oil, potatoes	onion, bell pepper	salt, pepper		
27	F	Yogurt Drink		drinkable yogurt				634	28.0
		Oyako Rice Bowl	O	chicken, egg, nori	rice, (light brown) sugar	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake		
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Chinese Cabbage with Sesame Miso		miso	(light brown) sugar, sesame seeds	komatsuna, carrot, Chinese cabbage	mirin, soy sauce		

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

