



# Lunch Menu, March 2026

Manner Goal: Let's look back on our lunches over the year.

Principal Tetsuro Kawahara

Nutrition Goal: Let's eat a balanced meal to build a strong body!

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	Barley Rice	○		rice, barley			607	24.0	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Chicken with Saikyo Miso		chicken, saikyo miso	cooking oil		sake, salt			
		Japanese-Style Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
3	Tu	Let's enjoy Japanese cultural food! ☆Hinamatsuri ☆								
		Chirashi Zushi	○	anago, steamed fish paste, egg, fish shavings	rice, (light brown) sugar, cooking oil	carrot, dried shiitake, kanpyo, lotus root, snow peas	kelp stock, vinegar, salt, bonito flake stock, soy sauce	613	22.1	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Marinated Canola Blossoms		fish shavings		canola blossom, Chinese cabbage	soy sauce			
		Peach Jelly		agar powder(kanten)	(white) sugar	peach juice, canned peach				
4	W	Hot Dog	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	597	29.2	
		Pot-Au-Feu		chicken	potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
		Macaroni Salad with Tuna and Eggs		egg, tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
5	Th	Kimchi Fried Rice	○	pork, egg	rice, cooking oil	carrot, kimchi, soy beanbean sprouts, bell pepper	sake, salt, soy sauce, pepper	684	24.8	
		Wonton Soup		pork, pork	wonton wrapper, sesame oil	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
6	F	Ankake Yakisoba	○	pork, squid, shrimp	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, snow peas	salt, pepper, sake, soy sauce	578	28.5	
		Chinese-Style Salad with Broccoli and Cabbage			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Dekopon)				dekopon				
9	M	Rice	○		rice			563	27.2	
		Kinoko Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Salmon Chan-Chan Yaki		salmon, miso	cooking oil, (white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake, mirin, soy sauce			
		Marinated Cabbage with Salt Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
10	Tu	Let's enjoy food from around the world! ☆China☆								
		Handmade Pork Bun	○	pork	sesame oil, wheat flour (all purpose flour), (white) sugar, cooking oil	bamboo shoots, dried shiitake, onion	salt, pepper, soy sauce, baking powder, dry yeast	623	23.0	
		Chinese Corn Soup		chicken, egg	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, pepper, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodles, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
Yogurt Drink	drinkable yogurt									

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

### 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	
11	W	Let's enjoy Japanese local food! ☆Miyagi Prefecture☆								
		Fried Wheat Gluten Rice Bowl	○	egg	rice, (light brown) sugar, fried wheat gluten	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake	620	23.4	
		Hatto Soup		tofu, fried tofu	wheat flour, rice flour	burdock, carrot, daikon, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce			
Turnip and Cucumber with Yukari				turnip, cucumber	salt, yukari shiso (red perilla)					
12	Th	Miso Ramen	○	pork, miso, naruto	rice	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	608	26.1	
		Marinated Cabbage with Salt Kelp and Jakko		salted kelp, chirimen jakko		cabbage, bean sprouts, carrot	soy sauce			
		Fruit Punch			(light brown) sugar, cooking oil, sesame oil, white sesame seeds	canned mikan, canned peach, canned pineapple, canned apple	white wine			
13	F	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	580	28.5	
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Apple)				apple				
16	M	Barley Rice	○		rice, barley			622	21.8	
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Fried Rainbow Smelt		Rainbow Smelt	cooking oil, starch, rice flour		salt, pepper			
		Crispy Salad Chinese Cabbage and Deep-Fried Tofu		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
17	Tu	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth	672	21.6	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Mikan Jelly		agar powder(kanten)	(white) sugar	mikan juice				
18	W	Fried Bread Choose your flavor! (sugar, cocoa, strawberry)	○		bread, cooking oil, (white) sugar, granulated sugar		cocoa, strawberry flavor powder	628	22.6	
		Chicken and Vegetables Stewed in Tomato Sauce		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder			
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
19	Th	Let's enjoy Japanese cultural food! ☆Ohigan☆								
		Nanban Chicken Udon	○	chicken, fried tofu	cooking oil, starch, udon noodles	onion, carrot, dried shiitake, scallion, komatsuna	kelp stock, bonito flake stock, sake, mirin, salt, soy sauce, mixture of red pepper and six other spices	651	27.4	
		Fried Burdock Salad			cooking oil, sesame oil, white sesame seeds, starch	carrot, cabbage, cucumber, burdock	vinegar, salt, soy sauce, pepper			
Azuki Bean Mochi	skinless bean paste, soy bean flour	glutinous rice, rice, (white) sugar			salt					
20	F	Spring Equinox Day								
23	M	Celebration Rice with Red Beans	○	cowpea	rice, glutinous rice, black sesame seeds		salt	670	27.2	
		Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Chicken Kara-Age		chicken	cooking oil, wheat flour, starch	ginger	soy sauce, sake			
		Tekkotsu Salad		hijiki (seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake			
24	Tu	Graduation Ceremony								
25	W	Closing Ceremony								

### Concerning Food Allergies ↓

We use all kinds of ingredients in our school lunches. **Please check the menu every month to avoid eating certain things for the first time at school.**

For example, those with fish egg allergies should be aware that some fish are procured while carrying baby fish.

Also, more students with pollen allergies have also been developing new allergies to certain fruits that can trigger similar reactions.

We encourage you to talk with your child about school lunches, and if you have any concerns about specific ingredients, please consult your doctor.

If any updates or concerns arise, don't hesitate to contact the school nurse or our nutritionist.

Thank you for your continued support and cooperation.

