

Lunch Menu April 2026



Manner Goal: Let's follow the rules when we get ready and clean up.

Nutrition Goal: Let's learn about many types of food!



Principal Tetsuro Kawahara

Ayako Koide
School Nutritionist

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
6	M	Opening Ceremony・Entrance Ceremony							
7	Tu	No school lunch・4-period day							
8	W	No school lunch・4-period day							
9	Th	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	sake, salt, soy sauce, kelp stock, bonito flake stock	550	27.0
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Fish with Saikyo Miso		Spanish mackerel, saikyo miso			sake		
		Chinese Cabbage with Spicy Dressing			komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
10	F	Rice	○		rice			581	25.0
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock		
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake		
13	M	Rice with Wakame	○	wakame seaweed seasoning, chirimen jakko	rice			653	20.3
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Tuna Croquette		tuna	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)		
		Spring color salad			macaroni, cooking oil, (light brown) sugar	cabbage, carrot, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard		
14	Tu	Garlic Toast	○		bread, cooking oil	garlic, parsley		584	22.7
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
15	W	Curry with Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander powder, cinnamon, garam	678	19.3
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			
16	Th	Spaghetti with Meat and Bean Sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, ketchup, tomato puree, Worcestershire sauce	663	28.5
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Yogurt with Fruit		yogurt	(white) sugar	canned peach, canned mikan			

★Grade 1 will not have lunch on the 9th (Th.) or 10th (F.). They will have only milk on the 13th (M.) and milk and bread on the 14th (Tu.). Full lunch will start on the 15th (W.)



Don't forget to prepare ♪



All students have to wear a mask during lunch preparation. This is not just for hygienic reasons, but also to prevent infection. 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 as extras. Thank you for your understanding.

What's for lunch today?



★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing. Talk with your child about the meals and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same meal for breakfast or dinner.

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		
17	F	Rice	○		rice			632	26.5		
		Miso Soup with Potato and Onion		wakame (seaweed), miso	potatoes	onion	bonito flake stock				
		Tofu Hamburger		chicken, tofu, egg, miso	panko, sesame oil, (light brown) sugar, starch	onion, ginger, dried shiitake	salt, pepper, soy sauce, mirin, sake				
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper				
20	M	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, dried shiitake, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	664	29.6		
		Chinese Soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce				
		Seaweed Salad		seaweeds mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper				
21	Tu	Kinako Toast	○	soy bean flour	bread, butter, (white) sugar			645	31.3		
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce				
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper				
22	W	Barley Rice	○		rice, barley			590	22.9		
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)				
		Chinese-Style Salad with Broccoli and Cabbage			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce, chili oil				
23	Th	Kogitsune Udon	○	chicken, fried tofu	(light brown) sugar, udon noodles	onion, carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce, sake, mirin	520	24.0		
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar, ground red chili pepper				
		Fruit (Dekopon) 				dekopon					
24	F	Mabo Rice Bowl	○	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	642	26.8		
		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				
27	M	Let's enjoy food from around the world! ☆Korea☆									
		Bibimbap (Korean rice dish)	×	pork, egg	rice, sesame oil, (light brown) sugar, white sesame seeds, cooking oil	garlic, ginger, scallion, bean sprouts, komatsuna	soy sauce, Chinese chili paste, salt, vinegar	574	24.4		
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce				
		Japanese-Style Salad with Daikon			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper				
Yogurt Drink	drinkable yogurt										
28	Tu	Tuna and Cheese Sandwiches	○	tuna, cheese	bread, Non-egg mayonnaise	cucumber	salt, pepper, grain mustard	587	26.3		
		Tomato Stew w/Chicken and Vegetables		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder				
		Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper				
29	W	 Showa Day 									
30	Th	Salty Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper, oyster sauce	581	24.5		
		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				
		Fruit (Apple) 				apple					

School Lunch Kitchen Members !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industries]

School lunch cooks

Yamada · Kikushima · Umeda · Saegusa · Muramoto · Suehiro · Saito · Shigeno

Thank you in advance for your cooperation this year.



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

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.