



Lunch Menu May 2026

April 30, 2026



Manner Goal: Let's put our food in the right place on our trays.

Principal Tetsuro Kawahara

Nutrition Goal: Let's learn the food groups!

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	
1	F	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture · Hachiju-hachi-ya(5/2)☆								
		Tempura Rice Bowl	○	shrimp	rice, cooking oil, rice flour, (light brown) sugar	carrot, onion, crown daisy	kelp stock, bonito flake stock, salt, soy sauce	662	24.5	
		Suruga Soup		tofu, fish ball dumplings		carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce			
		Matcha-Flavored Dumplings		soy bean flour	rice flour, (white) sugar		matcha, salt			
3	Su	Constitution Day								
4	M	Greenery Day								
5	Tu	Children's Day								
6	W	Substitute holiday for Children's Day								
7	Th	Chinese Steamed Rice	○	pork	rice, glutinous rice, sesame oil, (white) sugar	carrot, bamboo shoots, dried shiitake	sake, salt, oyster sauce, soy sauce	632	24.7	
		Seasonal Clear Soup		steamed fish paste	wheat bran	komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodle, cooking oil, sesame oil, sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice				
8	F	Barley Rice	○		rice, barley			624	27.2	
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Grilled Mackerel with Green Onion Sauce		mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
11	M	Chicken Pilaf	○	chicken	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	620	23.3	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
12	Tu	Rice	○		rice			630	24.6	
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Fish and Vegetables with Sweet and Sour Sauce		cod	starch, 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			
13	W	Kakitama Udon	○	pork, egg	cooking oil, (light brown) sugar, udon noodle	carrot, daikon, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	645	28.0	
		Chinese cabbage and deep fried tofu crispy salad		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
		Sweet and Spicy Soy Beans and Potatoe		soy bean, chirimen jakko	(light brown) sugar, cooking oil, starch, potatoes, white sesame seeds		soy sauce, mirin			
14	Th	Barley Rice	○		rice, barley			611	23.6	
		Kenchin Soup		tofu	sesame oil	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Chicken with Saikyo Miso		chicken, saikyo miso			sake, salt			
		Japanese Salad with Daikon and Seaweed		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper			
15	F	Barley Rice	○		rice, barley			598	27.7	
		Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock			
		Foil-Baked Merlucciidae		Merlucciidae, bacon	cooking oil	red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake			

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



Don't forget to prepare ♪

All children 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 your child's randoseru or backpack as extras. Thank you for your understanding.



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.**

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	
18	M	Rice	○		rice			587	27.7	
		Chanko Soup		chicken, fried bean curd	cooking oil, sesame oil, konnyaku	burdock, carrot, daikon, dried shiitake, shimeji, Chinese cabbage, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Atka mackerel		atka mackerel			salt			
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
19	Tu	Tuna hot dog	○	tuna, cheese	bread, Non-egg mayonnaise	onion	pepper	624	23.4	
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potatoes, wheat flour	onion, carrot, ginger, whole corn	chicken broth, salt, pepper, bay leaf powder			
		Vegetable Chips			potatoes, cooking oil	carrot, pumpkin, burdock	salt			
		Fruit (Dekopon)				dekopon				
20	W	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds, sesame oil	onion, ginger, komatsuna	salt, sake, soy sauce	625	26.5	
		Yoshino Jiru		tofu	taro, starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
21	Th	Tomato Spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, dried basil, tomato puree, ketchup	549	24.9	
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Melon)				melon				
22	F	Rice	○		rice			597	27.1	
		Furikake (Rice Seasoning)		chirimen jakko, fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Miso Soup with Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Fried Egg with dried daikon		chicken, egg	cooking oil, (light brown) sugar	scallion, dried daikon	sake, salt, soy sauce			
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
23	Sa	Stamina Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, maitake mushroom, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	599	25.6	
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Chinese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
25	M	Substitute Holiday								
26	Tu	Chinese Rice Bowl	○	pork	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, cloud ear mushroom, Chinese cabbage, bean sprouts, bok-choy, scallion	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	606	25.6	
		Chinese Tofu and Kinoko Soup		tofu	sesame oil	ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Spicy Pickled Vegetables			sesame oil	bean sprouts, cucumber, carrot	salt, vinegar, soy sauce, chili oil			
		Frozen Apple				frozen apple				
27	W	Curry Udon	○	pork, sasakamaboko	(light brown) sugar, udon noodle, starch	carrot, onion, scallion, komatsuna	bonito flake stock, mirin, salt, soy sauce, curry powder	633	24.7	
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake			
		Steamed Ogura Macha Cake		egg, milk	(white) sugar, wheat flour, butter, sugared red beans		matcha, baking powder			
28	Th	Rice	○		rice			598	23.6	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock			
		Ko aji Nanbanzuke		small horse mackerel	cooking oil, starch	ginger, scallion	soy sauce, sake, vinegar, ground red chili pepper			
		Japanese Daikon and Hijiki Salad		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper			
29	F	Let's enjoy food from around the world! ☆ United States of America ☆								
		Jambalaya	×	ham, sausage	rice, cooking oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup	626	22.8	
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme, bay leaf powder, chicken broth			
		French Potato Salad			potatoes, Non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper			
Yogurt Drink	drinkable yogurt									

