



Lunch Menu June 2026

Manner Goal: Chew your food well to build strong teeth.

Principal Tetsuro Kawahara

Nutrition Goal: Let's learn about foods that make our teeth strong.

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 | | |
|-------|------|---|------|---------------------------------------|--|---|--|----------------|--------------|--|--|
| 1 | M | Kajodofu Rice Bowl | ○ | pork, fried bean curd, miso | rice, cooking oil, (white) sugar, starch | onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger | soy sauce, sake, Chinese chili paste, chicken broth | 594 | 25.6 | | |
| | | Chinese Wakame soup | | wakame (seaweed) | white sesame seeds | ginger, bamboo shoots, scallion | chicken broth, salt, pepper, soy sauce | | | | |
| | | Chinese Vermicelli Salad | | | vermicelli, cooking oil, sesame oil | carrot, cabbage, cucumber | vinegar, salt, soy sauce | | | | |
| 2 | Tu | Bread | ○ | | bread | | | 613 | 26.7 | | |
| | | Soy Milk Gratin | | chicken, soy milk, cheese | macaroni, cooking oil, wheat flour | onion, carrot, parsley | white wine, salt, pepper, bay leaf powder | | | | |
| | | Cabbage and Corn Salad | | | cooking oil | carrot, cabbage, cucumber, whole corn, onion | vinegar, salt, pepper | | | | |
| 3 | W | Rice | ○ | | rice | | | 593 | 24.8 | | |
| | | Hearty Miso Soup | | miso, tofu | konnyaku | carrot, burdock, komatsuna, scallion | bonito flake stock | | | | |
| | | Grilled Chicken w/Green Onion Sauce | | chicken | cooking oil, (light brown) sugar | ginger, scallion, garlic | sake, soy sauce, vinegar | | | | |
| | | Japanese-Style Salad with Bean Sprouts | | | cooking oil, sesame oil, white sesame seeds | cabbage, cucumber, bean sprouts | vinegar, salt, soy sauce, pepper | | | | |
| 4 | Th | Koya Rice | ○ | chicken, freeze-dried tofu | rice, glutinous rice, konnyaku, (light brown) sugar | dried shiitake, carrot, burdock, pea pods | bonito flake stock, sake, mirin, soy sauce | 537 | 22.5 | | |
| | | Clear Soup | | steamed fish paste | | komatsuna, scallion | kelp stock, bonito flake stock, salt, soy sauce | | | | |
| | | Iron-Rich Salad | | hiki(seaweed), chirimen jakko | (light brown) sugar, cooking oil, sesame oil, white sesame seeds | cabbage, cucumber, daikon | salt, soy sauce, vinegar, pepper, sake | | | | |
| 5 | F | Kaki-Age Udon | ○ | shrimp, chirimen jakko | (light brown) sugar, udon noodles, cooking oil, wheat flour, rice flour | dried shiitake, scallion, carrot, onion, burdock, fava beans | kelp stock, bonito flake stock, mirin, salt, soy sauce | 624 | 21.2 | | |
| | | Chinese cabbage with Sesame Seed Dressing | | | (light brown) sugar, white sesame seeds | carrot, Chinese cabbage, bean sprouts | soy sauce | | | | |
| | | Banana cake | | egg, milk | (white) sugar, wheat flour, butter | banana | cocoa, baking powder | | | | |
| 8 | M | Barley Rice | ○ | | rice, barley | | | 603 | 23.3 | | |
| | | Root Vegetable Soup | | miso | cooking oil, sweet potato, konnyaku | burdock, carrot, daikon, scallion | bonito flake stock | | | | |
| | | Grilled Chicken with Salted Koji | | chicken | | | salted koji, sake | | | | |
| | | Marinated Chinese cabbage | | fish shavings | | komatsuna, carrot, Chinese cabbage | soy sauce | | | | |
| 9 | Tu | Grilled Sardine Rice Bowl | ○ | sardine | rice, cooking oil, starch, (light brown) sugar | ginger | sake, soy sauce, mirin | 631 | 22.8 | | |
| | | Kenchinjiru | | tofu | cooking oil, sesame oil | burdock, carrot, daikon, scallion | kelp stock, bonito flake stock, salt, soy sauce | | | | |
| | | Kinpira Potatoes | | | cooking oil, konnyaku, potatoes, (light brown) sugar, white sesame seeds | burdock, carrot | mirin, soy sauce, ground red chili pepper | | | | |
| 10 | W | Bread | ○ | | bread | | | 619 | 23.0 | | |
| | | Vegetable Soup | | bacon | | ginger, carrot, onion, mushroom, cabbage | chicken broth, salt, bay leaf powder, pepper | | | | |
| | | Potato Croquette | | pork | cooking oil, potatoes, wheat flour, panko | onion | salt, pepper, Worcestershire sauce (semi-thick) | | | | |
| | | Sauteed Vegetable | | | cooking oil | carrot, onion, green peas, whole corn | salt, pepper | | | | |
| 11 | Th | Jako and Ume Rice | ○ | chirimen jakko | rice | umeboshi | | 598 | 26.7 | | |
| | | Miso Soup with Turnip and Komatsuna | | fried tofu, miso | | turnip, komatsuna | bonito flake stock | | | | |
| | | Tuna Omelette | | tuna, egg | cooking oil, (light brown) sugar | carrot, onion, dried shiitake, green peas | salt, sake, soy sauce | | | | |
| | | Marinated Bean Sprouts | | | | komatsuna, carrot, bean sprouts | soy sauce, bonito flake stock | | | | |
| 12 | F | Let's enjoy a menu from a local restaurant! ☆La Goccia Tokyo☆ | | | | | | | | | |
| | | Bolognese | ○ | beef, fresh cream, cheese | Conchiglie, olive oil, butter | whole tomatoes, onion, celery, carrot, dried porcini | red wine, salt, Black pepper | 648 | 27.8 | | |
| | | Tuna and Soybean Salad | | soy bean, tuna | cooking oil | carrot, cabbage, cucumber | vinegar, salt, soy sauce | | | | |
| Donut | milk | wheat flour, (white) sugar, cooking oil, granulated sugar | | | baking powder | | | | | | |
| 15 | M | Barley Rice | ○ | | rice, barley | | | 572 | 22.0 | | |
| | | Khoko Soup | | | konnyaku, starch | carrot, daikon, shiitake, shimeji, enoki mushroom, scallion | kelp stock, bonito flake stock, salt, soy sauce | | | | |
| | | Grilled Cutlass Fish | | cutlass fish | | | salt | | | | |
| | | Japanese Cabbage Salad | | | cooking oil, sesame oil, white sesame seeds | carrot, cabbage, cucumber | vinegar, salt, soy sauce, pepper | | | | |

☆ 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 | |
|------|-----|--|------|--|---|--|---|----------------|--------------|--|
| 16 | Tu | Brown sugar bread | ○ | | brown sugar bread | | | 621 | 24.8 | |
| | | Chicken Pikata | | chicken, egg | wheat flour | | pepper, white wine, salt, ketchup | | | |
| | | Turnip Salad | | | cooking oil | cabbage, turnip, cucumber, onion | vinegar, salt, pepper | | | |
| | | Fruit Punch with sticky rice balls | | | (white) sugar, rice flour | canned peach, canned mikan, canned pineapple | white wine | | | |
| 17 | W | Khipra Rice | ○ | chicken | rice, cooking oil, konnyaku, (light brown) sugar, sesame oil | burdock, carrot, green beans | kelp stock, soy sauce, sake, salt | 591 | 25.0 | |
| | | Tofu and Egg Soup | | egg, tofu | starch | scallion | kelp stock, bonito flake stock, salt, soy sauce | | | |
| | | Japanese Salad with Daikon and Jako | | wakame (seaweed), chirimen jakko | cooking oil, sesame oil, white sesame seeds | cabbage, cucumber, daikon | salt, vinegar, soy sauce, pepper, sake | | | |
| 18 | Th | Dry Curry with Chick Peas | ○ | pork, chickpeas | rice, cooking oil, wheat flour | garlic, ginger, onion, carrot, bell pepper, whole tomatoes | salt, curry powder, red wine, pepper, ketchup, Worcestershire sauce | 670 | 23.3 | |
| | | Konnyaku Salad | | | konnyaku, sesame oil, cooking oil, (light brown) sugar | cucumber, cabbage, carrot, onion | vinegar, salt, soy sauce | | | |
| | | Yogurt with Fruit | | yogurt | (white) sugar | banana, canned mikan | | | | |
| 19 | F | Let's Enjoy Regional Cuisine ☆Tokyo(Ota-ku)・Summer Solstice☆ | | | | | | | | |
| | | Cold Kitsune Udon | ○ | steamed fish paste, fried tofu | (light brown) sugar, udon noodles | scallion, komatsuna | kelp stock, bonito flake stock, mirin, salt, soy sauce | 585 | 27.7 | |
| | | Komatsuna with Sesame Seed Dressing | | | (light brown) sugar, white sesame seeds | komatsuna, carrot, Chinese cabbage | soy sauce | | | |
| | | Takopettan | | soy bean, octopus, milk, fish shavings, nori | cooking oil, wheat flour | cabbage, carrot, whole corn, scallion, red ginger | Worcestershire sauce (semi-thick), Worcestershire sauce | | | |
| Rice | | rice | | | | | | | | |
| 22 | M | Miso Soup with Onion and Potato | ○ | wakame (seaweed), miso | potatoes | onion | bonito flake stock | 602 | 29.9 | |
| | | Teriyaki Fish | | bonito | cooking oil, (light brown) sugar, starch | ginger | soy sauce, sake, mirin | | | |
| | | Fried Hijiki and Soy Beans | | hijiki(seaweed), fried tofu, soy bean | cooking oil, (light brown) sugar | carrot | bonito flake stock, mirin, soy sauce | | | |
| | | Chinese Noodles with Cold Meat Sauce | | pork, miso | Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch | cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scallion | Chinese chili paste, mirin, sake, salt, soy sauce, sweet bean paste, oyster sauce | | | |
| 23 | Tu | Cabbage and Turnip Salad | ○ | | cooking oil | cabbage, turnip, cucumber, onion | vinegar, salt, pepper | 620 | 24.2 | |
| | | Hydrangea Jelly | | agar powder(kanten) | (white) sugar | acerola juice, grape juice | white wine | | | |
| | | Cinnamon Toast | | | bread, cooking oil, granulated sugar | | cinnamon | | | |
| 24 | W | Vegetables Simmered in Cream | ○ | chicken, milk | cooking oil, potatoes, wheat flour | carrot, onion, cabbage, ginger | white wine, chicken broth, salt, pepper, bay leaf powder | 634 | 22.5 | |
| | | Coleslaw Salad | | | cooking oil, (light brown) sugar | carrot, cabbage, cucumber, whole corn, onion | vinegar, salt, pepper, grain mustard | | | |
| | | Rice | | | rice | | | | | |
| 25 | Th | Hearty Miso Soup | ○ | miso, tofu | konnyaku | carrot, burdock, komatsuna, scallion | bonito flake stock | 543 | 27.9 | |
| | | Stir-Fried Ginger Pork | | pork | cooking oil, starch | ginger, onion | soy sauce, sake | | | |
| | | Pickled Cucumber and Cabbage | | | | cabbage, cucumber | salt | | | |
| | | Let's enjoy food from around the world! ☆ Singapore ☆ | | | | | | | | |
| 26 | F | Hainanese Chicken Rice | x | chicken | rice, (light brown) sugar | ginger, tomato, cucumber, scallion, garlic | soy sauce, sake, vinegar | 641 | 23.3 | |
| | | Chinese Soup | | pork, egg, tofu | sesame oil | ginger, carrot, Chinese cabbage, scallion, komatsuna | chicken broth, salt, pepper, soy sauce | | | |
| | | Banana Fritter | | | cooking oil, wheat flour, starch, powdered sugar | banana | baking powder, spiking water | | | |
| | | Yogurt Drink | | drinkable yogurt | | | | | | |
| 29 | M | Fried Rice | ○ | pork, egg | rice, cooking oil, (light brown) sugar | carrot, scallion, green peas | sake, salt, soy sauce, pepper, vinegar | 570 | 23.0 | |
| | | Chinese Soup | | | vermicelli, sesame oil | ginger, carrot, bamboo shoots, bok-choy, scallion | chicken broth, sake, salt, pepper, soy sauce | | | |
| | | Fruit (Melon) | | | | melon | | | | |
| 30 | Tu | Barley Rice | ○ | | rice, barley | | | 581 | 26.1 | |
| | | Miso Soup with Tofu and Fried Tofu | | miso, tofu, fried tofu | | scallion | bonito flake stock | | | |
| | | Enoki Wrapped in Pork with Japanese-Style Sauce | | pork | (light brown) sugar, starch | enoki mushroom, carrot, ginger | salt, pepper, soy sauce, mirin | | | |
| | | Marinated Bean Sprouts and Komatsuna | | | | komatsuna, Chinese cabbage, bean sprouts | soy sauce | | | |

Request 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.

