



# July Lunch Menu 2026

Manner Goal: Let's eat quietly and with a good posture!

Principal Tetsuro Kawahara

Nutrition Goal: Let's eat to beat the heat!

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	W	Rice	○		rice			671	33.2	
		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Simmered Koya-Tofu and Vegetables		freeze-dried tofu	konnyaku, (light brown) sugar, potatoes	carrot, burdock, string bean	bonito flake stock, mirin, salt, soy sauce			
		Marinated Cabbage with Salt Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
2	Th	Cold Chinese Noodles	○	chicken, egg	Chinese noodles, cooking oil, sesame oil, white sesame seeds, (light brown) sugar, sesame seed paste	ginger, carrot, dried shiitake, cucumber, bean sprouts	chicken broth, soy sauce, vinegar, sake, salt	585	26.1	
		Seaweed Salad		seaweeds mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper			
		Fruit (navel orange)				navel orange				
3	F	Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	664	22.9	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar, ground red chili pepper			
		Steamed Corn				corn	salt			
6	M	Barley Rice	○		rice, barley			621	26.4	
		Dosanko Jiru		pork, miso, wakame (seaweed)	potatoes, butter	carrot, whole corn, scallion	bonito flake stock			
		Simmered Fish		red fish	(light brown) sugar		sake, soy sauce			
		Marinated Chinese Cabbage				komatsuna, carrot, Chinese cabbage	soy sauce			
		Fruit (frozen orange)				frozen orange				
7	M	Let's enjoy Japanese cultural food! ☆ Tanabata Festival ☆								
		Tanabata Cold Somen	○	steamed fish paste	somen noodles, (light brown) sugar	dried shiitake, scallion, okra, carrot	kelp stock, bonito flake stock, salt, soy sauce	640	25.0	
		Tempura		chicken	cooking oil, wheat flour, rice flour	eggplant, pumpkin				
Tanabata Punch		(white) sugar, shaved ice syrup, rice flour, orange agar jelly		canned orange, canned pineapple, canned peach						
8	W	Rice	○		rice			607	28.4	
		Wakame Seaweed Soup		tofu, wakame (seaweed)	white sesame seeds	scallion	bonito flake stock, salt, pepper, soy sauce			
		Shrimp Omelet		shrimp, egg	cooking oil, (light brown) sugar, starch	bamboo shoots, dried shiitake, scallion, green peas	sake, salt, soy sauce, vinegar			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			

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

### 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.



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
9	Th	Let's enjoy international foods! ☆ Hawaii ☆							
		Mahi-Mahi Sandwich	x	dolphinfish	bread, cooking oil, starch, (light brown) sugar	cabbage, onion, ginger, garlic	salt, pepper, sake, ketchup, soy sauce	557	24.8
		Macaroni Salad		tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Fruit (Pineapple)				pineapple			
Yogurt Drink	drinkable yogurt								
10	F	Let's Enjoy Regional Cuisine ☆Okinawa Prefecture☆							
		Taco Rice	○	pork, soy bean	rice, cooking oil	garlic, ginger, onion, carrot, cabbage	red wine, ketchup, Worcestershire sauce, pepper, tabasco, soy sauce	649	28.6
		Winter Melon Soup				winter melon, green onions, ginger	kelp stock, bonito flake stock, salt		
Goya Champuru	bacon, tofu, egg	cooking oil		onion, carrot, bitter melon	soy sauce, salt				
13	M	Barley Rice	○		rice, barley			641	21.1
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Fried shishamo fish and chikuwa		shishamo fish, chikuwa fish paste, nori	cooking oil, starch, wheat flour		salt, pepper		
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper		
14	Tu	Salmon and Edamame Pilaf	○	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, green soybean	salt, white wine, soy sauce	616	22.3
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper		
		Tomato Salad			cooking oil, (light brown) sugar	tomato, parsley, onion	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			
15	W	Summer Vegetable Curry	○	chicken	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, zucchini, tomato, eggplant, pumpkin	red wine, salt, bay leaf powder, ketchup, Worcestershire sauce, Worcestershire sauce (semi-thick), chicken broth, curry powder	675	20.1
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Fruit (Red and Yellow Watermelon)				watermelon (red and yellow)			
16	Th	Japanese cultural food ☆ Doyō(7/26) ☆							
		Eel chirashi zushi	○	eel, nori	rice, (light brown) sugar, sesame seeds		sake, mirin, soy sauce	667	25.6
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt		
Doyō Mochi	azuki bean	rice flour, (white) sugar, (light brown) sugar			salt				
17	F	Closing ceremony · no lunch							

### 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.**



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9/1	Tu	Opening Ceremony · no lunch							