



Lunch Menu, September 2026

September 1, 2026

Manner Goal: Finish your lunch within the assigned time.
Nutrition Goal: Eat three basic meals every day.

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
1	Tu	Term 2 Opening Ceremony · no lunch							
2	W	Barley Rice	○		rice, barley			647	28.8
		Suiton Soup		pork, egg	cooking oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce		
		Spanish Mackerel with Saikyo Miso		Spanish mackerel, saikyo miso			sake		
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
3	Th	Bread Roll	○		bread			559	27.1
		Noodle Soup		bacon	cooking oil, udon noodles	onion, carrot, ginger, cabbage	chicken broth, salt, pepper, bay leaf powder		
		Breaded Horse mackerel with herbs		horse mackerel	olive oil, panko	garlic, parsley	salt, pepper, white wine, basil, oregano, soy sauce		
		Honey Potato Salad			potatoes, cooking oil, honey	carrot, cucumber	vinegar, salt, mustard		
4	F	Summer Vegetables Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, rice flour, (light brown) sugar	onion, pumpkin, zucchini, whole corn	bonito flake stock, soy sauce	644	21.9
		Ton Jiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce		
7	M	Rice	○		rice			638	27.3
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Thick Omelette		chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shitake, green peas	sake, salt, soy sauce		
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shitake	bonito flake stock, salt, soy sauce		
8	Tu	Hot Dog	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	621	29.3
		Pot-Au-Feu		chicken	cooking oil, 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		
9	W	Japanese Event Lunch ☆Chrysanthemum Festival☆							
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shitake	soy sauce, kelp stock, sake, mirin	570	31.1
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Salmon		salmon			salt		
		Pickled Cabbage with Yukari				cabbage	salt, yukari shiso (red perilla)		
10	Th	Cold Tomato Pasta	○	chicken, shrimp, squid	olive oil, cooking oil, spaghetti	garlic, onion, zucchini, yellow bell pepper, tomato juice, tomato	white wine, salt, pepper, basil, chili pepper	654	26.7
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
		Rice flour blueberry cheesecake		cheese, egg, fresh cream, milk, yogurt	(white) sugar, rice flour	lemon, blueberry			
11	F	Japanese local food ☆Yamagata Prefecture☆							
		Rice	○		rice			615	22.8
		Chopped and Flavored Summer Vegetables and Herbs (Dashi)		chirimen jakko, natto kelp	(white) sugar	eggplant, cucumber, okra, myoga, perilla	bonito flake stock, low salt soy sauce		
		Taro and Meat Stew (Imoni)		beef	taro, konnyaku, (light brown) sugar	carrot, maitake mushroom, scallion	sake, soy sauce, salt		
		Peach Jelly		agar powder(kanten)	(white) sugar	peach juice, canned peach			
14	M	Let's Enjoy Food from Different Regions around Japan! ☆Shiba Daradara Festival (ginger festival)☆							
		Ginger Rice	○	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock	586	29.1
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Stir-Fried Ginger Pork		pork	cooking oil, (light brown) sugar, starch	garlic, ginger, onion	soy sauce, sake, mirin		
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		

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

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 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 to 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
15	Tu	Nagasaki Champon	○	pork, squid, shrimp, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar, lard	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, low salt soy sauce, chicken broth, Worcestershire sauce	559	30.0
		Japanese Daikon Salad		wakame (seaweed), chiimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake		
		Fruit (Pear)				pear			
16	W	Mabo Eggplant Rice Bowl	○	pork, soy bean, miso	rice, cooking oil, (light brown) sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, Chinese chili paste	634	23.2
		Chinese Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, whole corn, cream corn, parsley	chicken broth, salt, soy sauce, pepper		
		Chinese Salad with Bean sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
17	Th	Honey Lemon Toast	○		bread, margarine, honey	lemon		585	22.8
		Chicken and Vegetables Stewed in Tomato Sauce		chicken	cooking oil, potatoes, rice flour, wheat flour	carrot, onion, ginger, tomato, cabbage	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder		
		Koro-Koro Salad			potatoes, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
18	F	Hagi Rice	○		rice	green soybean	yukari shiso (red perilla)	566	24.3
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Chicken with Green Onion Sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
21	M	Respect for the Aged Day							
22	Tu	National Holiday							
23	W	Autumnal Equinox							
24	Th	Barley Rice	○		rice, barley			592	27.4
		Miso Soup with Tofu and Komatsuna		miso, tofu		komatsuna, scallion	bonito flake stock		
		Grilled Mackerel		mackerel	cooking oil		salt, soy sauce		
		Iron-Rich Salad		hijiki(seaweed), chiimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
25	F	Japanese Event Lunch ☆Tsukimi☆							
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	664	23.2
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, komatsuna, cabbage	vinegar, salt, soy sauce, pepper		
		Mitarashi Dumpling			rice flour, (white) sugar, (light brown) sugar, starch		soy sauce, mirin		
26	Sa	Hashed Pork	○	pork, fresh cream	rice, cooking oil, (white) sugar, butter, wheat flour	garlic, ginger, onion, carrot, mushroom, tomato juice	red wine, salt, pepper, bay leaf powder, ketchup, chicken broth	629	22.2
		Konnyaku Salad			konnyaku, sesame oil, (light brown) sugar	cucumber, cabbage, carrot, onion, ginger	vinegar, soy sauce, salt		
		Fruit (Grape flavored)				grape			
28	M	Substitute Holiday							
29	Tu	Barley Rice	○		rice, barley			603	24.3
		Yoshino Jiru		tofu	taro, starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Koji-Marinated Grilled Chicken		chicken			salted koji, sake		
		Japanese Salad with Daikon and Seaweed		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper		
30	W	Let's Enjoy Food from Around the World! ☆China☆							
		Fried Rice	×	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, pepper, soy sauce, vinegar	570	25.8
		Chinese Soup		chicken, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce		
		Vermicelli Chinese Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
		Yogurt Drink		drinkable yogurt					

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.

