



Lunch Menu, October 2026

Manners Goal : Let's hold our dishes correctly.

Principal Tetsuro Kawahara

Nutritional Goal : Let's learn about main and side dishes.

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	Th	Tokyo Citizens' Day							
2	F	Japanese local food ☆Tokyo☆							
		Niku Udon	○	pork, tube shaped fish cake	(light brown) sugar, udon noodle	carrot, scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	616	26.3
		Seaweed Salad		seaweeds mix	cooking oil, sesame oil, white sesame seeds	daikon, cucumber	vinegar, salt, soy sauce, pepper		
		Ashitaba Cake		egg, milk	(white) sugar, wheat flour, cooking oil, sugared red beans	Ashitaba powder	baking powder		
5	M	Rice	○		rice			562	28.6
Miso Soup w/Tofu and Nameko	tofu, miso			nameko mushroom, komatsuna, scallion	bonito flake stock				
Grilled Squid w / green onion sauce	squid	cooking oil, (light brown) sugar		ginger, scallion, garlic	sake, soy sauce, vinegar				
Japanese Daikon Salad	wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds		cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake				
6	Tu	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potatoes, wheat flour, panko	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, Worcestershire sauce, Worcestershire sauce (semi-thick), curry powder, coriander, cinnamon, garam masala, pepper	741	25.6
Turnip Salad		cooking oil		cabbage, turnip, cucumber, onion	vinegar, salt, pepper				
Apple Jelly	agar powder(kanten)	(white) sugar		apple juice					
7	W	Kakifama Udon	○	pork, tube shaped fish cake, egg	cooking oil, (light brown) sugar, udon noodle	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	599	26.7
Crispy Salad Chinese Cabbage and Deep-Fried Tofu	fried tofu	cooking oil, (light brown) sugar, white sesame seeds		Chinese cabbage, bean sprouts, cucumber, carrot, ginger	vinegar, salt, soy sauce				
Roasted Sweet Potato		sweet potato							
8	Th	Rice	○		rice			677	24.4
Hearty Miso Soup	miso, tofu	konyaku		carrot, burdock, komatsuna, scallion	bonito flake stock				
Potato Croquette	pork	cooking oil, potatoes, wheat flour, panko		onion	salt, pepper, Worcestershire sauce (semi-thick)				
Cabbage Salad		cooking oil		carrot, cabbage, cucumber, onion	vinegar, salt, pepper				
9	F	Gratin Bread	○	chicken, milk, cheese	bread, cooking oil, wheat flour	carrot, onion, mushroom	salt, pepper, bay leaf powder	615	27.4
Paprika Salad		cooking oil		red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper				
Blueberry Yogurt	yogurt	(white) sugar		blueberry jam, blueberry	red wine				
12	M	Sports Day							
13	Tu	Rice	○		rice			632	25.6
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	Alaska pollock	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				
14	W	Barley Rice	○		rice, barley			618	26.0
Kenchin Soup	tofu	cooking oil, sesame oil		carrot, daikon, burdock, scallion	kelp stock, bonito flake stock, salt, soy sauce				
Grilled Chicken with Saikyo Miso	chicken, saikyo miso	cooking oil			sake, salt				
Japanese-Style Salad with Cabbage	wakame (seaweed)	cooking oil, sesame oil, white sesame seeds		carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper				
15	Th	Kinoko Spaghetti	○	bacon, chicken	cooking oil, starch, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	637	24.0
Koro-Koro Salad	tuna	potatoes, cooking oil		red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper				
Baked Apple		(white) sugar, butter		apple	cinnamon				

Don't forget to prepare♪

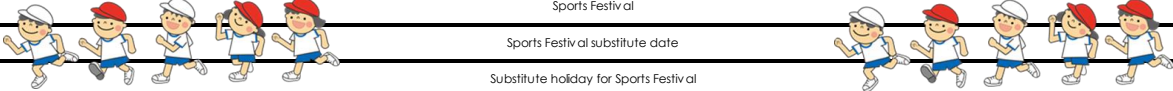
All students have to wear a mask during lunch preparation.
This is not just for hygienic reasons, but also to prevent infection.
Please prepare a new mask together with a cleaned lunch mat every day.
Please keep 2 to 3 extra masks in your child's randoseru or backpack as extras.
Thank you for your understanding.



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		
16	F	Chestnut Rice	○		rice, glutinous rice, chestnut, sesame salt		sake, salt	626	25.6		
		Clear Soup with Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Grilled Saury		saury			salt				
		Marinated Chinese Cabbage			komatsuna, bean sprouts, carrot, Chinese cabbage	soy sauce					
19	M	Rice	○		rice			625	23.5		
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce				
		Fried Spring roll		pork	Spring roll wrapper, cooking oil, vermicelli, starch, sesame oil	ginger, scallion, bamboo shoots, dried shitake, Chinese chive	sake, salt, pepper, soy sauce, oyster sauce				
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce				
	Tu	Let's Enjoy Food from Around the World! ☆The United Kingdom☆								574	27.9
		Cheese Bread	×	cheese	bread						
		ABC Soup		chicken	macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper				
		Fish & Chips		Alaska pollock, egg	cooking oil, wheat flour, rice flour, potatoes		salt, pepper, sparkling water				
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard				
		Yoghurt Drink		drinkable yoghurt							
21	W	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shitake, Chinese cabbage, bean sprouts	salt, pepper, soy sauce, vinegar	574	26.4		
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce				
		Fruit (apple)				apple					
22	Th	Salmon and Kinoko Pilaf	○	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, parsley	salt, white wine, soy sauce	668	25.1		
		Julienne Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf powder, pepper				
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, broccoli, cucumber, onion	vinegar, salt, pepper				
		Fruit Punch			(white) sugar	canned mikan, canned peach, canned pineapple	white wine				
	F	Fukiyose Rice	○	chicken	rice, candied chestnut, (light brown) sugar	bamboo shoots, dried shitake, shimeji, carrot	sake, soy sauce, kelp stock, salt, bonito flake stock	653	23.9		
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake				
		Two-Colored Azuki Dango		Azuki Bean	rice flour, (light brown) sugar	pumpkin	salt				
24	Sa										
25	Su	Sports Festival substitute date									
26	M	Substitute holiday for Sports Festival									
	Tu	Sauce Yakisoba	○	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	671	25.3		
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake				
		Desserts Choose your flavor! (Vanilla ice cream, GARIGARIKUN Soda, GARIGARIKUN Grape)		vanilla ice cream	GARIGARIKUN Soda, GARIGARIKUN Grape						
28	W	Rice	○		rice			644	27.3		
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock				
		Thick Omelette		chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shitake, green peas	sake, salt, soy sauce				
		Konnyaku Salad			konnyaku, cooking oil, sesame oil, (light brown) sugar, white sesame seeds	cucumber, cabbage, carrot, onion	vinegar, salt, pepper, soy sauce				
29	Th	Sanma Rice	○	saury	rice, cooking oil, starch, rice flour, (light brown) sugar, white sesame seeds	ginger	salt, soy sauce	697	27.4		
		Tonjiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock				
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce				
		Fruit (satsuma orange)				satsuma orange					
	F	Ghost Bread	○		bread flour, (white) sugar, cooking oil, chocolate pen		salt, dry yeast	662	25.8		
		Chicken and Pumpkin Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour, macaroni	onion, carrot, ginger, pumpkin, cabbage, mushroom	white wine, chicken broth, salt, pepper, bay leaf powder				
		Tomato and Corn Salad			cooking oil	tomato, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper				

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