



Lunch Menu, November 2026



Manner Goal : Let's say the proper *aisatsu* for our meals.

Principal Tetsuro Kawahara

Nutrition Goal : Let's learn about seasonal foods.

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	
2	M	Shrimp Carrot Pilaf	○	shrimp	rice, cooking oil, butter	carrot, onion, whole corn, mushroom, parsley, carrot	white wine, salt, pepper	655	27.0	
		Vegetable Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf powder, pepper			
		Macaroni Salad with Tuna		tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice				
3	Tu	Culture Day								
4	W	Kinoko Rice	○	fried tofu	rice	shiitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock	701	27.4	
		Miso Soup w/Potato and Wakame		miso, wakame (seaweed)	potatoes	onion	bonito flake stock			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, chives	salt, pepper, soy sauce			
		Spicy Pickled Turnip and Cucumber			sesame oil	turnip, cucumber	salt, vinegar, soy sauce, chili oil			
5	Th	Spaghetti with Grilled Meat	○	pork	spaghetti, cooking oil, (light brown) sugar, white sesame seeds	garlic, ginger, onion, bell pepper, enoki mushroom, shimeji	soy sauce, mirin, sake, parsley	660	28.8	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake			
		Okashina Pyramid		milk, fresh cream, egg	sweet potato, butter, (white) sugar, cracker					
6	F	Chicken Rice	○	chicken	rice, butter, cooking oil	onion, carrot, mushroom, whole corn, green peas	salt, paprika powder, white wine, pepper, tomato puree, ketchup	741	26.8	
		Bacon and Vegetable Chowder		bacon, milk	potatoes, cooking oil, wheat flour	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf powder			
		Okashina Fried Egg		agar powder(kanten), calpis		canned apricot				
9	M	Rice	○		rice, barley			634	28.0	
		Miso Soup w/Tofu and Nameko		tofu, miso		nameko mushroom, komatsuna, scallion	bonito flake stock			
		Omelet with Dried Daikon		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce			
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
10	Tu	Let's Enjoy Local Cuisine! ☆Yamanashi Prefecture☆							691	27.1
		Hoto Udon	○	chicken, fried tofu, miso	konnyaku, Hoto noodles	burdock, carrot, daikon, pumpkin, scallion	sake, kelp stock, bonito flake stock, soy sauce			
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
		Apple Lumpia			cooking oil, Spring roll wrapper, (white) sugar, powdered sugar	apple	red wine			
11	W	Rice	○		rice			657	30.1	
		Hearty Soup		egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Fried Mackerel with Korean Sauce		mackerel, miso	rice flour, wheat flour, cooking oil, (light brown) sugar, white sesame seeds	scallion, ginger, garlic	sake, soy sauce, mirin, Chinese chili paste			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce, chili oil			
12	Th	Cinnamon Toast	○		bread, margarine, granulated sugar		cinnamon	644	28.6	
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
13	F	Japanese Event Lunch ☆ School Anniversary ☆							708	27.6
		Celebratory Rice	○	cowpea	rice, glutinous rice, sesame salt		salt			
		Celebratory Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Kara-age Fried Chicken		chicken	cooking oil, starch, wheat flour	ginger	soy sauce, sake			
		Marinated Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Kouhaku Fruit Punch			(white) sugar, rice flour	canned beets, canned mikan, canned peach				
16	M	Let's enjoy food from around the world! ☆Korea☆							627	28.0
		Bibimbap (Korean rice dish)	○	pork, egg	rice, cooking oil, sesame oil, (light brown) sugar, white sesame seeds	garlic, ginger, scallion, bean sprouts, komatsuna	soy sauce, Chinese chili paste, salt, vinegar			
		Wakame seaweed soup		tofu, wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce			
		Spicy pickled cucumber and daikon			sesame oil	daikon, cucumber	salt, vinegar, soy sauce, chili oil			
		Yogurt Drink		drinkable yogurt						

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

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	
17	Tu	Nan	○		nan			649	28.4	
		Indian Curry		chicken, yogurt	cooking oil	garlic, ginger, onion, carrot, apple, cauliflower	salt, pepper, chicken broth, tomato puree, curry powder, garam masala, bay leaf powder			
		Mixed Bean and Cheese Salad		chickpeas, pinto bean, cheese	cooking oil	carrot, cucumber	vinegar, salt, pepper, garlic powder			
		Yogurt with Fruit		yogurt	powdered sugar	banana, canned peach, canned mikan				
18	W	Spaghetti with Meat and Bean Sauce	○ 	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, nutmeg, salt, pepper, ketchup, tomato puree, Worcestershire sauce	646	27.3	
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
		Fruit (Persimmon)				persimmon				
19	Th	Ugali	○		durum flour			746	22.9	
		Beef Srew		beef	cooking oil	garlic, ginger, maitake mushroom, onion	red wine, salt, pepper, bay leaf powder, ketchup, tomato paste			
		Stir-fried Komatsuna			cooking oil	komatsuna	salt, black pepper			
		British Carrot Cake		egg	(light brown) sugar, cooking oil, wheat flour	carrot	baking powder, baking soda, cinnamon			
20	F	Tacos	○	pork, soy bean, cheese	tortilla, cooking oil	garlic, ginger, onion, carrot, cabbage, mini tomato	red wine, paprika powder, ketchup, Worcestershire sauce, pepper, tabasco, soy sauce	643	29.4	
		Chickpea Soup		chickpeas		carrot, onion, komatsuna, whole tomatoes, ginger	salt, pepper, chicken broth			
		Banana Chimichanga			cooking oil, Spring roll wrapper, powdered sugar	banana				
23	M	<div>Labor Thanksgiving Day</div>								
24	Tu	Let's Enjoy the Flavor of Washoku Broth!							669	27.6
		 Rice Balls (wakame, red perilla)	○ 	wakame seaweed seasoning, chirimen jakko	rice		yukari shiso (red perilla)			
		Satsuma Jiru		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt			
		Fruit (satsuma orange)				satsuma orange				
25	W	Barley Rice	○		rice, barley			611	29.4	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Fish with Aromatics		Japanese rockfish	white sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake			
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			
26	Th	Miso Ramen	○ 	pork, miso	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, chives, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	601	27.7	
		Marinated Cabbage with Salted Kelp		salted kelp, chirimen jakko		cabbage, bean sprouts, carrot	soy sauce			
		Fruit (Apple flavored)				apple				
 27	F	Lets enjoy a menu from a local restaurant! ☆Vino Grazie☆							687	27.2
		Rice with Grains	○		rice, 16 grain rice					
		Stewed Chicken in Tomato		chicken	olive oil, (white) sugar, cooking oil	garlic, onion, ginger, carrot, zucchini, yellow bell pepper, red bell pepper, eggplant, string bean	tomato puree, chicken broth, salt, bay leaf powder			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Soy Milk Pudding		egg, soy milk	(white) sugar, (light brown) sugar		vanilla essence			
 28	Sa	Chicken and Shrimp Doria	/	chicken, milk, shrimp, cheese	rice, butter, cooking oil, wheat flour	celery, onion, mushroom, ginger	tomato puree, white wine, salt, pepper, chicken broth	652	27.3	
		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			
		Strawberry milk		strawberry milk						
30	M	Substitute Holiday								

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 their 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.

