



# May Lunch Menu

Manner Goal : Let's clean up and put everything away.

Principal: Mr. Hatano

Nutrition Goal : Learning food groups.

School Nutritionist: Ms. Koide

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g
1	Wed	Coronation Day Holiday							
2	Thu	Coronation Day							
3	Fri	Coronation Day Holiday							
4	Sat	Greenery day							
5	Sun	Children's Day							
6	Mon	Children's Day Observed							
7	Tue	miso ramen		pork, miso	Chinese noodles, vegetable oil, sesame oil, starch	garlic, ginger, carrot, onion, cabbage, Chinese chive, dried shiitake, scallion, canned corn	chicken broth, mirin, soy sauce, sweet bean paste, pepper	643	21.3
		Japanese Salad	○		vegetable oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		tofu donut		tofu, soy bean flour	(white) sugar, vegetable oil, wheat flour		baking powder		
8	Wed	bamboo shoots rice		fried tofu	rice, (light brown) sugar	bamboo shoots	sake, salt, soy sauce, kombu, fish shavings (soup)	577	26.6
		seasonal clear soup	○	steamed fish paste		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce		
		grilled fish w/Saikyo miso		Spanish mackerel, Saikyo miso			sake		
		komatsuna with sesame			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
9	Thu	bread			bread			639	25.3
		soy milk gratin	○	chicken, bacon, soy milk, cheese	macaroni, vegetable oil, butter, wheat flour	onion, carrot, parsley	white wine, salt, pepper, bay leaf powder		
		cabbage and corn salad			vegetable oil	carrot, cabbage, cucumber, canned corn, onion	vinegar, salt, pepper		
		fruit (kawachi-bankan orange)				kawachi-bankan orange			
10	Fri	Chinese rice bowl		pork, squid, shrimp	rice, vegetable oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, Chinese cabbage, bok-choy, scallion,	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	669	21.8
		spicy pickled cucumber and turnip	○		sesame oil	turnip, cucumber	salt, vinegar, soy sauce, chili oil		
		fruit punch with sticky rice balls			(white) sugar, rice flour	canned orange, canned pineapple			
13	Mon	barley rice			rice, wheat			665	24.8
		daikon and komatsuna miso soup	○	miso		daikon, scallion, komatsuna	fish shavings (soup)		
		mackerel in onion sauce		mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		fried hijiki and soy beans		hijiki(seaweed), fried tofu, soy bean	vegetable oil, (light brown) sugar	carrot	fish shavings (soup), mirin, soy sauce		
14	Tue	tomato spaghetti		bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	530	19.9
		coleslaw	○		vegetable oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		fava bean and cheese fritter		grated cheese	wheat flour, starch	fava beans	salt		
15	Wed	chicken pilaf		chicken	rice, vegetable oil	carrot, onion, mushroom, canned corn, parsley	salt, white wine, pepper	571	17.8
		vegetable soup	○	bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf powder, pepper		
		daikon salad			vegetable oil	cabbage, cucumber, daikon, onion	salt, vinegar, pepper		
16	Thu	soy bean flour and sugar toast		soy bean flour	bread, butter, (white) sugar			615	24.6
		pork and beans	○	pork,bacon, soy beans	vegetable oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce		
		turnip salad			vegetable oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
17	Fri	barley rice			rice, wheat			641	28.4
		jako furikake		chirimen jako, fish shavings, nori	roasted sesame seeds	yukari shiso (red perilla)			
		turnip and fried-tofu miso soup	○	fried tofu, miso		turnip, scallion	fish shavings (soup)		
		rolled egg		chicken, egg	vegetable oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce		
		spicy seasoned Chinese cabbage				komatsuna,carrot,Chinese cabbage	mustard, soy sauce		

## Lunch Fee ♪

From this school year the price has changed to per meal rather than a monthly price. Since the number of days per month is different, the price per month will change. We will notify you of the price on the lunch menu. This time will be for April and May, and withdrawn on May 15 (Tue).

Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6
¥7,552☆	¥7,552	¥7,998	¥7,998	¥8,960	¥8,960

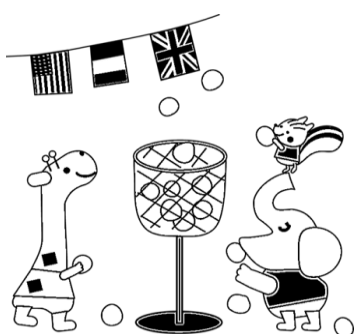
☆G1 will pay full price this time even though they only had milk and bread at first. We will take off the amount from another month at a later date.

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

## ~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Wednesday, May 15. A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row. To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance. If there is a change in the absence period, please be sure to inform your homeroom teacher. For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g	
20	Mon	hand-made tuna and mayonnaise bread	○	tuna	bread flour, (white) sugar, vegetable oil, mayonnaise	onion, canned corn	salt, dried yeast, pepper	677	22.4	
		curry soup		chicken	vegetable oil, wheat flour, macaroni	garlic, ginger, onion, carrot, cabbage	chicken broth, salt, pepper, bay leaf powder, curry powder, ketchup			
		German potato			vegetable oil, potatoes	onion, bell pepper	salt, pepper			
21	Tue	nanban chicken udon	○	chicken	vegetable oil, starch, udon noodles	daikon, carrot, dried shiitake, scallion, komatsuna	kombu, fish shavings (soup), sake, mirin, salt, soy sauce	552	21.1	
		deep fried green peas and shrimp		egg, chirimen jako, shrimp	vegetable oil, wheat flour	green peas, onion, burdock	salt			
		marinated cabbage with salted seaweed		salted seaweed	roasted sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
22	Wed	rice	○		rice			605	25.3	
		foil-baked Merlucciidae		Merlucciidae, bacon		red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		dried radish salad			(light brown) sugar, sesame oil, roasted sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar, ground red chili pepper			
		simmered potatoes		chicken	vegetable oil, potatoes, (light brown) sugar, starch		fish shavings (soup), sake, soy sauce			
23	Thu	Japanese Food Day ☆Kumamoto Prefecture☆								
		Takana Fried Rice	○	egg	rice, sesame oil, roasted sesame seeds, vegetable oil	takana pickles	sake, salt, soy sauce, mirin	665	20.7	
		Taipien		pork, shrimp, squid	vegetable oil, vermicelli, sesame oil	ginger, carrot, Chinese cabbage, bamboo shoots, cloud ear mushroom, snow peas	chicken broth, sake, oyster sauce, salt, pepper, soy sauce			
		Ikinari Dango		bean paste	rice flour, wheat flour, (white) sugar, sweet potato		salt			
World Food Day ☆United States of America☆										
24	Fri	jambalaya	×	ham, sausage, shrimp	rice, vegetable oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup, white wine	611	24.4	
		chicken noodle soup		chicken	vegetable oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme powder, bay leaf powder, chicken broth			
		French potato salad			potatoes, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper			
		drinkable yogurt		drinkable yogurt						
27	Mon	rice	○		rice			611	24.4	
		deep-fried mackerel with grated radish source		horse mackerel	vegetable oil, starch, (light brown) sugar	ginger, daikon	sake, fish shavings (soup), mirin, soy sauce			
		Japanese salad with daikon and seaweed		wakame (seaweed)	vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
		enoki mushroom and komatsuna miso soup		miso, fried tofu		enoki mushroom, komatsuna	fish shavings (soup)			
28	Tue	peperoncino w/spring cabbage	○	bacon	vegetable oil, olive oil, spaghetti	garlic, eringi, carrot, onion, cabbage, komatsuna, ginger	chili pepper, salt, pepper, bay leaf powder, chicken broth	567	20.5	
		broccoli salad			vegetable oil	carrot, cabbage, broccoli, cucumber, onion	vinegar, salt, pepper			
		fruit (Citrus reticulata Siranui)				Citrus reticulata Siranui				
29	Wed	stamina bowl	○	pork	rice, vegetable oil, (white) sugar, starch	garlic, ginger, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	597	22.4	
		wakame soup		wakame (seaweed)	roasted sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Chinese salad			vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
30	Thu	hot dog	○	frankfurter	bread, vegetable oil	cabbage	salt, ketchup, Worcestershire sauce	569	20.9	
		pot-au-feu		chicken	vegetable oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
		vegetable chips			potatoes, vegetable oil	carrot, pumpkin, burdock	salt			
31	Fri	chicken cutlet curry	○	chicken	rice, vegetable oil, potatoes, wheat flour, panko	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, pepper	747	20.1	
		bell pepper salad			vegetable oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
		fruit punch			(white) sugar	canned orange, canned peach, canned pineapple				
1	Sat	Sports Day								
2	Sun	Sports Day rain date								
3	Mon	Day off in lieu of June 1								



**Do not forget to prepare ♪**

**All students have to wear a mask during lunch preparation.**  
It's not just for hygienic reasons, but also for disease prevention.  
**Please prepare a new mask together with a clean lunch mat every week.**  
Students can use any type of masks, disposable type or gauze type.  
Thank you for your understanding.

