



September Lunch Menu

Manner Goal: Eat and finish school lunch within the assigned time.

Principal: Mr. Hatano

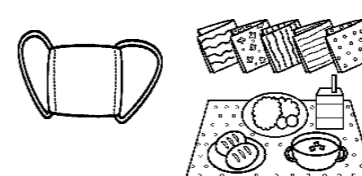
Nutrition Goal: Eat three meals (breakfast, lunch & dinner) every day.

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	
2	Mon	First Day Assembly • no lunch								
3	Tue	Disaster Preparedness Day Menu (9/1)							670	29.8
		barley rice			rice, barley					
		suiton soup		pork, egg	vegetable oil, rice flour wheat flour	carrot, daikon, Chinese cabbage scallion, komatsuna	kombu fish shavings (soup) sake, salt, soy sauce			
		Spanish mackerel with Saikyo miso		Spanish mackerel Saikyo miso	vegetable oil		sake			
		stir-fried hijiki and soybeans		hijiki(seaweed), fried tofu soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin, soy sauce			
4	Wed	cold Chinese noodles		chicken, fried tofu, egg	Chinese noodles, vegetable oil sesame oil, (light brown) sugar white sesame seeds	ginger, carrot, dried shiitake cucumber, bean sprouts	fish shavings (soup) soy sauce vinegar, mustard	605	26.6	
		seaweed salad		seaweed	vegetable oil	cucumber, daikon canned corn, onion	vinegar, salt soy sauce, pepper			
		fruit (watermelon)				watermelon				
5	Thu	Kashiwa bread			bread			650	20.2	
		alphabet soup		bacon	macaroni	ginger, carrot, onion boiled mushrooms, cabbage	chicken broth, salt bay leaf powder pepper			
		potato croquette		pork, egg	vegetable oil, butter, potatoes wheat flour, panko	onion	salt, pepper Worcestershire sauce (semi-thick)			
		sautéed vegetables			vegetable oil, butter	carrot, onion, green peas canned corn	salt, pepper			
6	Fri	eggplant dry curry		pork, chickpeas grated cheese	rice, vegetable oil, wheat flour	garlic, ginger, onion carrot, eggplant	tomato puree, salt bay leaf powder nutmeg, curry powder Worcestershire sauce	623	19.6	
		turnip salad			vegetable oil	cabbage, turnip, cucumber onion	vinegar, salt pepper			
		fruit (frozen mandarin)				frozen mandarin				
9	Mon	Eating Japanese Traditional Food ☆ Chrysanthemum Festival (9/9) ☆							601	32.4
		chrysanthemum flower rice		chicken	rice, glutinous rice, vegetable oil	carrot, chrysanthemum dried shiitake	kombu, salt soy sauce, sake, mirin			
		seasonal sumashi soup		boiled fish paste		komatsuna, scallion	kombu fish shavings (soup) salt, soy sauce			
		grilled salmon		salmon	vegetable oil		salt			
		pickled cabbage w/yukari				cabbage yukari shiso (red perilla)	salt			
10	Tue	Chinese fried noodles		pork, shrimp, squid	vegetable oil, Chinese noodles (light brown) sugar, starch	onion, carrot, bamboo shoots dried shiitake, Chinese cabbage bean sprouts, snow peas	sake, salt, pepper soy sauce, vinegar	595	25.3	
		broccoli and cabbage salad			vegetable oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt soy sauce, chili oil			
		peach jelly		agar powder(kanten)	(white) sugar	canned peach	red wine			
11	Wed	Japanese local food ☆ Minato City ☆ Shiba Daradara Festival (ginger festival) (9/11~9/21)							601	32.4
		ginger rice			rice, roasted sesame seeds	ginger	kombu, sake salt, soy sauce			
		hearty miso soup		miso, tofu	konnyaku	carrot, burdock, komatsuna scallion	fish shavings (soup)			
		stir fried ginger pork		pork	vegetable oil (light brown) sugar, starch	garlic, ginger	soy sauce, sake, mirin			
		bean sprouts isoae		nori		komatsuna, carrot, bean sprouts	soy sauce			
12	Thu	honey-lemon toast			bread, margarine, honey	lemon		602	18.9	
		ratatouille		chicken	olive oil, vegetable oil	garlic, onion, celery zucchini, eggplant, bell pepper yellow bell pepper red bell pepper, tomato, parsley	white wine, salt pepper, nutmeg oregano bay leaf powder			
		pumpkin salad			vegetable oil	pumpkin, carrot cucumber, onion	vinegar, salt, pepper			
13	Fri	Japanese event food ☆ 'Tsukimi' ☆							716	21.7
		shrimp and vegetable rice bowl		shrimp	rice, vegetable oil, wheat flour (light brown) sugar	onion, pumpkin, bitter melon canned corn	vinegar, salt, soy sauce			
		kenchin soup		tofu	vegetable oil, sesame oil	burdock, carrot, daikon, scallion	kombu fish shavings (soup) salt, soy sauce			
		pickled daikon and cucumber				cucumber, daikon, ginger	salt			
		mitarashi dango			rice flour, (white) sugar (light brown) sugar, starch		soy sauce			

Don't forget to prepare ♪

Everyone has to wear a mask when preparing for lunch.
It is for hygienic reasons as well as prevention of illnesses.
Please put a clean lunch mat and mask together in your child's lunch set bag.
Disposable or gauze mask is acceptable. Thank you for 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	
16	Mon	<div style="text-align: center;"> Respect for the Aged Day </div>								
17	Tue	rice	○		rice			677	27.0	
		tofu and nameko mushroom miso soup		tofu, miso		nameko mushroom komatsuna, scallion	fish shavings (soup)			
		teriyaki chicken		chicken	vegetable oil (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		potato salad			potatoes, mayonnaise	carrot, cucumber, canned corn	vinegar, salt, pepper			
18	Wed	fried curry bread	○	chickpeas, pork	bread flour, (white) sugar vegetable oil, panko	carrot, onion	salt, dry yeast curry powder, ketchup Worcestershire sauce	603	20.2	
		vegetable soup		bacon		ginger, carrot, onion boiled mushrooms, cabbage parsley	chicken broth, salt bay leaf powder pepper			
		diced summer vegetable salad			vegetable oil	red bell pepper, yellow bell pepper cabbage, cucumber, tomato	vinegar, salt, pepper			
		fruit (frozen mandarin)				frozen orange				
19	Thu	Chinese rice bowl	○	pork, squid, shrimp	rice, vegetable oil, starch	ginger, onion, carrot bamboo shoots, dried shiitake cloud ear mushroom Chinese cabbage, bok-choy scallion, snow peas	soy sauce, sake chicken broth salt, pepper oyster sauce	574	23.5	
		tofu and mushroom soup		tofu	sesame oil	ginger, shimeji mushroom shiitake, enoki mushroom	chicken broth, sake salt, pepper soy sauce			
		spicy pickled cucumber and turnip			sesame oil	turnip, cucumber	salt, vinegar, soy sauce chili oil			
20	Fri	Japanese event food ☆ Equinoxial week ☆							637	26.5
		kakidama udon	○	pork, fried tofu, egg	vegetable oil, udon noodles	carrot, scallion	kombu fish shavings (soup) mirin, salt, soy sauce			
		Japanese cabbage salad			vegetable oil, sesame oil white sesame seeds	carrot, komatsuna, cabbage	vinegar, salt, soy sauce pepper			
		ohagi		bean paste soy bean flour	glutinous rice, rice, (white) sugar		salt			
23	Mon	<div style="text-align: center;"> Day off in lieu of Autumnal Equinox Day </div>								
24	Tue	rice	○		rice			616	27.6	
		foil-baked Merlucciidae		Merlucciidae, bacon		red bell pepper, onion, enoki mushroom	salt, pepper white wine, soy sauce			
		simmered dried daikon		fried tofu	vegetable oil, (light brown) sugar	carrot, dried radish, dried shiitake	fish shavings (soup) salt, soy sauce			
		seasoned fried soybean and jakko		soy bean, chirimen jakko	(light brown) sugar, vegetable oil starch, roasted sesame seeds		soy sauce, mirin			
25	Wed	fried rice	○	pork, egg	rice, vegetable oil (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce pepper, vinegar	646	27.0	
		gomoku soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage scallion, komatsuna	chicken broth, salt pepper, soy sauce			
		bansansu salad			vermicelli, vegetable oil sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce mustard			
26	Thu	World Food ☆ Canada ☆							584	18.0
		maple toast			bread, vegetable oil, maple syrup					
		salmon cream stew	salmon, milk	vegetable oil, potatoes wheat flour	onion, carrot, ginger, cabbage	white wine chicken broth salt, pepper bay leaf powder				
		coleslaw		vegetable oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper grain mustard				
		drinkable yogurt	drinkable yogurt							
27	Fri	Japanese local food ☆ Tokyo Citizen's Day (10/1) ☆							669	29.5
		rice	○		rice					
		Chanko Soup		chicken, fried bean curd, cod	vegetable oil, sesame oil konnyaku	burdock, carrot, daikon dried shiitake, shimeji mushroom Chinese cabbage, scallion	kombu fish shavings (soup) salt, soy sauce, sake			
		fried minced flying fish		minced flying fish, egg	vegetable oil, panko, panko wheat flour	onion, garlic, ginger	ketchup, salt, pepper Worcestershire sauce (semi-thick)			
Japanese cabbage salad		vegetable oil, sesame oil white sesame seeds		carrot, cabbage, cucumber	vinegar, salt soy sauce, pepper					
30	Mon	barley rice	○		rice, barley			668	29.3	
		onion and wakame miso soup		fried tofu, miso wakame (seaweed)		onion	fish shavings (soup)			
		tuna omelette		tuna, egg	vegetable oil, (light brown) sugar	carrot, onion, dried shiitake green peas	salt, sake, soy sauce			
		Chinese cabbage with mustard				komatsuna, carrot Chinese cabbage	mustard, soy sauce			

☆ There may be changes to the menu due to the availability of food. Thank for your understanding.

School Lunch Fees ♪

This year the school lunch is not being charged as a monthly fee, but the fee is per meal for the month. Every month is different per grade. We will let you know the charges on the menu.

The fees will be withdrawn September 10th.

This time will be for **September and October**.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥8,968	¥8,968	¥9,804	¥9,804	¥10,640	¥9,520

~ Dear Parents /Guardians ~

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.