



October Lunch Menu

Manner Goal: Be careful with your dishes.

Principal: Mr. Hatano

Nutrition Goal: Let's learn about the main dish and side dish.

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	Tue	Tokyo Citizen's Day								
2	Wed	mushroom spaghetti	○	bacon, nori	vegetable oil, starch, olive oil spaghetti	garlic, ginger, onion carrot, shimeji, eringi, mushroom	sake, salt, pepper soy sauce	636	18.6	
		cabbage salad (carrot dressing)			vegetable oil	tomato, cucumber, cabbage onion, carrot	salt, vinegar, pepper			
		baked apple			(white) sugar, butter	apple	cinnamon powder			
3	Thu	rice	○		rice			625	25.7	
		potato and wakame miso soup		wakame (seaweed), miso	potatoes	onion	fish shavings (soup)			
		stamina natto		natto, chicken	sesame oil, (light brown) sugar	ginger, garlic, scallion	soy sauce, sake, tabasco			
		simmered chikuzen		chicken	vegetable oil, konnyaku (light brown) sugar	burdock, carrot, bamboo shoots lotus root, daikon, dried shiitake string bean	fish shavings (soup)			
4	Fri	chicken and burdock pilaf	○	chicken	rice, wheat, vegetable oil	burdock, eringi, carrot green peas	sake, salt, pepper soy sauce	606	17.4	
		egg and tomato soup		bacon, egg	vegetable oil	celery, onion, ginger, tomato	chicken broth, salt pepper, basil bay leaf powder			
		French sweet potato salad			sweet potato, vegetable oil	carrot, cucumber, onion	vinegar, salt pepper			
7	Mon	rice	○		rice			592	18.2	
		stewed meat and potatoes (Nikujaga)		pork	vegetable oil, konnyaku potatoes, (light brown) sugar	onion, carrot, string bean	fish shavings (soup), sake salt, soy sauce			
		Chinese cabbage and deep fried tofu crispy		fried tofu	vegetable oil, (light brown) sugar roasted sesame seeds	Chinese cabbage, cucumber carrot, ginger	vinegar, soy sauce, salt			
		fruit (pear)				pear				
8	Tue	curry udon	○	pork, sasakamaboko	udon noodles, starch	carrot, onion, scallion, komatsuna	fish shavings (soup) mirin, salt, soy sauce curry powder	545	22.3	
		jakko salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts carrot, ginger	vinegar, soy sauce salt, sake			
		fruit (satsuma orange)				satsuma orange				
9	Wed	World Food ☆ South Korea ☆							617	24.6
		bibimbap (Korean rice dish)	○	pork, egg	rice, sesame oil, (light brown) sugar roasted sesame seeds vegetable oil	garlic, ginger, scallion bean sprouts, komatsuna	soy sauce, vinegar Chinese chili paste, salt			
		wakame seaweed soup		wakame (seaweed)	roasted sesame seeds	ginger, scallion	chicken broth, salt pepper, soy sauce			
		toppogi		chicken	vegetable oil, sesame oil, toppogi (light brown) sugar	garlic, carrot, cabbage, scallion	Gochujang, soy sauce			
drinkable yogurt	drinkable yogurt									
10	Thu	hot dog	○	frankfurter	bread, vegetable oil	cabbage	salt, ketchup Worchestershire sauce	617	23.7	
		pot-au-feu		chicken	potatoes	celery, carrot, onion, ginger cabbage	chicken broth, white wine salt, pepper bay leaf powder			
		vegetable chips			potatoes, vegetable oil	carrot, pumpkin, burdock	salt			
		blueberry yogurt		yogurt	powdered sugar	blueberry, blueberry jam	red wine			
11	Fri	Japanese event food ☆13th night☆ ★Menu to support the 6th graders for the Inter-School Sports Day (10/15)★							790	38.4
		chicken cutlet bowl	○	chicken, egg	rice, (light brown) sugar, panko vegetable oil, wheat flour	onion mitsuba (Japanese honeywort)	fish shavings (soup), mirin salt, soy sauce, pepper			
		seasonal clear soup		steamed fish paste		komatsuna, scallion	fish shavings (soup) kombu, salt, soy sauce			
		cabbage salad			vegetable oil, sesame oil white sesame seeds	carrot, cabbage, cucumber	vinegar, salt pepper, soy sauce			
sweet azuki-bean dumplings	Azuki Bean	rice flour, (light brown) sugar		pumpkin	salt					
14	Mon	Health and Sports Day								
15	Tue	rice	○		rice			582	28.7	
		fried tofu and komatsuna		fried tofu, miso		komatsuna, scallion	fish shavings (soup)			
		Miso Soup								
		squid with green onion sauce		squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
bean sprout salad		vegetable oil, sesame oil white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce pepper						
16	Wed	Japanese local food ☆Nagasaki prefecture☆							666	29.7
		Nagasaki chanpon	○	pork, squid, shrimp, naruto	Chinese noodles, vegetable oil sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage ginger	sake, salt, pepper light soy sauce chicken broth Worchestershire sauce			
		daikon and hijiki salad		hijiki (seaweed)	(light brown) sugar, vegetable oil sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper			
steamed cake	egg, milk	(white) sugar, wheat flour butter, sweet potato			baking powder					

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	
17	Thu	rice	○		rice			633	27.3	
		potato and onion miso soup		wakame (seaweed), miso	potatoes	onion	fish shavings (soup)			
		deep-fried cod with sweet and sour sauce		cod	wheat flour, starch, vegetable oil (light brown) sugar	ginger, carrot, onion, shiitake	soy sauce, mirin			
		cabbage isoae		nori		cabbage, bean sprouts	soy sauce			
18	Fri	Hayashi rice	○	pork	rice, vegetable oil, butter wheat flour	garlic, ginger, onion, carrot mushroom, tomato juice	red wine, chicken broth salt, pepper, ketchup Worcestershire sauce	677	20.5	
		coleslaw			vegetable oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
		fruit (persimmon)				persimmon				
21	Mon	okara & minced chicken rice bowl	○	egg, okara (soy pulp), chicken	rice, vegetable oil, sesame oil (light brown) sugar roasted sesame seeds	onion, ginger, komatsuna	salt, sake, soy sauce	636	25.4	
		mushroom soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji enoki mushroom, scallion	fish shavings (soup) kombu, salt, soy sauce			
		turnip and cucumber				turnip, cucumber yukari shiso (red perilla)	salt			
22	Tue	Coronation Day • public holiday								
23	Wed	spaghetti w/bean-meat sauce	○	pork	vegetable oil, wheat flour olive oil, spaghetti	garlic, ginger, onion carrot, tomato juice	red wine, salt, pepper nutmeg, ketchup tomato puree Worcestershire sauce	678	23.9	
		diced vegetable salad			potatoes, vegetable oil	red bell pepper, yellow bell pepper cabbage, cucumber canned corn, onion	vinegar, salt, pepper			
		fruit punch			(white) sugar	canned orange, canned peach canned pineapple				
24	Thu	rice	○		rice			692	23.7	
		Chinese soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage scallion, komatsuna	chicken broth, salt pepper, soy sauce			
		fried gyoza		pork	vegetable oil, dumpling wrappers sesame oil	garlic, ginger, Chinese cabbage scallion, Chinese chive	salt, pepper, soy sauce			
		Chinese vermicelli sesame salad			vermicelli, vegetable oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce chili oil			
25	Fri	sanma rice	○	saury	rice, vegetable oil, starch (light brown) sugar roasted sesame seeds	ginger	salt, soy sauce	643	22.6	
		daikon and komatsuna Miso Soup		fried tofu, miso		daikon, komatsuna, scallion	fish shavings (soup)			
		marinated cabbage with salted seaweed		salted seaweed	roasted sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		fruit (satsuma orange)				satsuma orange				
28	Mon	chestnut rice	○		rice, glutinous rice chestnut, black sesame		sake, salt	538	23.1	
		sumashi Soup		steamed fish paste		onion	fish shavings (soup) kombu, salt, soy sauce			
		meat filled freeze-dried tofu		freeze-dried tofu chicken, egg	(light brown) sugar	carrot, onion, dried shiitake green peas	fish shavings (soup), salt soy sauce, sake, mirin			
		Chinese cabbage with mustard sauce				komatsuna, carrot Chinese cabbage	mustard, soy sauce			
29	Tue	fried noodles(yakisoba)	○	pork	vegetable oil, Chinese noodles sesame oil	carrot, onion, cabbage bean sprouts, Chinese chive shiitake	sake, salt, pepper soy sauce, oyster sauce	581	19.4	
		konnyaku salad			konnyaku, vegetable oil (light brown) sugar	cucumber, cabbage, carrot, onion	vinegar, salt, pepper soy sauce			
		apple jelly		agar powder(kanten)	(white) sugar	apple juice, apple				
30	Wed	rice	○		rice			633	27.9	
		hearty miso soup		tofu, miso	konnyaku	carrot, burdock, komatsuna, scallion	fish shavings (soup)			
		Spanish mackerel with onion sauce		Spanish mackerel	vegetable oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		pari pari Salad			vegetable oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
31	Thu	World Food ☆ Halloween ☆							629	26.3
		Handmade ghost bread	○		bread flour, (white) sugar vegetable oil		salt, dried yeast cocoa			
		vegetable soup		chicken		ginger, carrot, onion, cabbage	chicken broth, salt pepper, bay leaf powder			
		pumpkin gratin		chicken, cheese	vegetable oil, macaroni wheat flour	pumpkin, garlic, celery, onion mushroom, whole tomatoes tomato juice, carrot	salt, pepper			
		cabbage and corn salad			vegetable oil	carrot, cabbage, cucumber canned corn, onion	vinegar, salt, pepper			

☆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 for November will be withdrawn October 10th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,956	¥4,956	¥5,418	¥5,418	¥5,880	¥5,600

~ 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.