



# Lunch Menu, March 2021

February 26, 2021

Manner Goal: Let's rethink our manners and eat quietly.

Principal Yoji Hatano

Nutrition Goal: Let's eat a balanced meal to build a strong body.

Ayako Koide  
School Nutritionist

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	M	Rice	○		rice			566	25.8	
		Miso Soup with Fried Tofu and Komatsuna		fried tofu, miso		Japanese spinach, leek	bonito broth			
		Grilled Squid with Green Onion Sauce		squid	brown sugar	ginger, leek, garlic	sake, soy sauce, vinegar			
		Japanese Bean Sprout Salad			cooking oil, sesame seed oil white sesame seed	cabbage, cucumber bean sprout	vinegar, salt, soy sauce pepper			
2	Tu	Nanban Chicken Udon	○	chicken	cooking oil, starch udon noodle	daikon radish, carrot dried shiitake mushroom leek, Japanese spinach	kombu broth, sake bonito broth, mirin salt, soy sauce	564	20.0	
		Aonori Beans		soybean, aonori seaweed	cooking oil, starch, potato		salt			
		Marinated Cabbage with Salted Seaweed		salted kelp	white sesame seed	cabbage, bean sprout, carrot	soy sauce			
3	W	Let's enjoy Japanese cultural food! ☆Hinamatsuri ☆								
		Chirashi Zushi	○	Conger eel, egg fish floss (yuk sung)	rice, brown sugar vegetable oil	carrot, dried shiitake dried gourd, lotus root pea pods	kombu broth, vinegar salt, bonito broth soy sauce	597	21.2	
		Sumashi Soup		steamed fish paste		Japanese spinach, scallion	kombu broth bonito broth, salt, soy sauce			
		Marinated Canola Blossoms		fish shavings		canola blossom Chinese cabbage	soy sauce			
Hinamatsuri Dessert	agar powder (kanten) milk	sugar		strawberry	matcha					
4	Th	Double-Cooked Pork Rice Bowl	○	pork, miso	rice, cooking oil, brown sugar starch	garlic, cabbage, green pepper red pepper, leek eryngii mushroom	tenmenjan flour paste Chinese chili paste sake, salt, soy sauce pepper	622	22.3	
		Gomoku Soup		pork, egg, tofu	sesame seed oil	ginger, carrot Chinese cabbage, leek Japanese spinach	chicken broth, salt pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil sesame seed oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce chili oil			
5	F	Rice	○		rice			596	26.3	
		Tofu and Enoki mushroom Clear Soup		tofu	wheat bran	enoki mushroom, leek	kombu broth bonito broth salt, soy sauce			
		Saikyo Grilled Mackerel		mackerel, Saikyo miso			sake			
		Chinese Cabbage and Deep-Fried Tofu Crispy Salad		fried tofu	cooking oil, brown sugar white sesame seed	Chinese cabbage, cucumber carrot, ginger	vinegar, salt, soy sauce			
8	M	Barley Rice	○		rice, rolled barley			622	24.5	
		Potato and Wakame Miso Soup		fried tofu, miso wakame seaweed	potato		bonito broth			
		Grilled Teriyaki Chicken		chicken	cooking oil, brown sugar starch	ginger	soy sauce, sake, mirin			
		Jakko Salad		dried sardines	sesame seed oil, brown sugar	mizuna, Japanese spinach bean sprout, carrot, ginger	vinegar, soy sauce salt, sake			
9	Tu	Miso Ramen	○	pork, miso	Chinese noodle, cooking oil sesame seed oil, starch white sesame seed	garlic, ginger, carrot, onion Chinese cabbage, bean sprout Chinese garlic, leek, corn dried shiitake mushroom	chicken broth, mirin soy sauce, pepper	572	22.7	
		Japanese Cabbage Salad			cooking oil, sesame seed oil white sesame seed	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper			
		Fruit (Apple)				apple				
10	W	Rice with Wakame	○	wakame seaweed rice seasoning	rice, white sesame seed			695	19.4	
		Mushroom Soup			konyaku, starch	carrot, daikon radish shiitake mushroom shimeji mushroom enoki mushroom, leek	kombu broth bonito broth salt, soy sauce			
		Potato Croquette		pork, egg	cooking oil, butter, potato flour, bread crumbs	onion	salt, pepper chuno sauce			
		Japanese spinach with Sesame Seed Dressing			brown sugar white sesame seed	Japanese spinach, carrot Chinese cabbage	soy sauce			
		Apple Jelly		agar powder	sugar	apple juice, apple				
11	Th	Let's enjoy Japanese local food! ☆Miyagi Prefecture☆								
		Fried Wheat Gluten Rice Bowl	○	egg	rice, brown sugar, wheat bran	onion, Japanese parsley	bonito broth, salt, mirin soy sauce, sake	640	23.4	
		Hatto Soup		tofu, fried tofu	flour, rice flour	burdock root, carrot, daikon radish, leek, Japanese spinach	kombu broth, bonito broth sake, salt, soy sauce			
Turnip and Cucumber with Yukari				turnip, cucumber yukari flavoring	salt					

☆Please understand that the menu may change due to certain circumstances.

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	
12	F	Hatake Dry Curry	○	soy bean meat	rice, cooking oil, flour	garlic, ginger, onion, carrot egg plant	tomato purée, salt bay leaf, nutmeg curry powder Worcestershire sauce	768	23.5	
		Pari-Pari Salad			cooking oil, wonton wrap	carrot, cabbage, cucumber onion	vinegar, salt, pepper			
		Ashitaba Cake		egg, milk	sugar, flour, cooking oil sugared red beans	Ashitaba powder	baking powder			
15	M	Rice	○		rice			631	25.8	
		Miso Soup with Turnips and Japanese spinach		fried tofu, miso		turnip, Japanese spinach, leek	bonito broth			
		Tofu Hamburger		pork, tofu, egg, miso	bread crumbs, cooking oil white sesame seed sesame seed oil brown sugar, starch	onion, ginger	salt, pepper, soy sauce mirin, sake			
		Pickled Cucumber and Daikon Radish			cucumber, daikon radish	salt				
16	Tu	Let's enjoy food from around the world! ☆China☆								
		Handmade Pork Bun	○	pork	sesame seed oil, flour sugar, cooking oil	bamboo sprout, onion dried shiitake mushroom	salt, pepper, soy sauce baking powder dried yeast	688	25.7	
		Chinese Egg Soup		egg	starch	ginger, carrot, leek dried shiitake mushroom	chicken broth, sake, salt pepper, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodle, cooking oil sesame seed oil white sesame seed	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper			
		Yogurt Drink		yogurt drink						
17	W	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, flour	carrot, onion, mushroom broccoli, ginger	white wine, salt, pepper bay leaf, chicken broth	653	18.3	
		Coleslaw Salad (with Mustard Dressing)			cooking oil, brown sugar	carrot, cabbage, cucumber onion	vinegar, salt, pepper granular mustard			
		Orange Jelly		agar powder	sugar	orange juice				
18	Th	Barley Rice	○		rice, rolled barley			623	26.2	
		Jako Rice Seasoning		dried sardines fish shavings, nori	white sesame seed	yukari flavoring				
		Kenchin Soup		tofu	cooking oil, sesame seed oil	burdock root, carrot daikon radish, leek	kombu broth bonito broth, salt, soy sauce			
		Rolled Omelette with Dried Daikon Radish		chicken, egg	cooking oil, brown sugar	leek, dried daikon radish	sake, salt, soy sauce			
		Chinese Cabbage with Spicy Dressing				Japanese spinach, carrot Chinese cabbage	mustard, soy sauce			
19	F	Let's enjoy Japanese cultural food! ☆Ohigan☆								
		Three-Color Rice Bowl	○	egg, chicken	rice, cooking oil brown sugar sesame seed oil	ginger, Japanese spinach	salt, vinegar, sake soy sauce	727	26.9	
		Cabbage Isoae		nori		cabbage, bean sprout	soy sauce			
Azuki Bean Mochi	Red bean paste kinako powder	mochi rice, rice, sugar			salt					
20	Sa	 Spring Equinox Day 								
22	M	Handmade Bread with Tuna and Mayonnaise	○	tuna	bread flour, sugar, cooking oil no egg mayonnaise	onion, corn	salt, dried yeast, pepper	679	24.0	
		Ratatouille		bacon, chicken	olive oil, cooking oil	tomato, red pepper, onion yellow pepper, green pepper egg plant, zucchini celery, parsley, garlic	white wine, salt, pepper nutmeg, oregano bay leaf			
		Sweet Potato and Broccoli Salad			sweet potato, cooking oil	carrot, broccoli, cucumber onion	vinegar, salt, pepper			
23	Tu	Celebration Rice with Red Beans	○	cowpea	rice, mochi rice black sesame seed		salt	631	25.7	
		Fried Chicken		chicken	cooking oil, starch	ginger	soy sauce, sake			
		Chinese Cabbage Isoae		nori		Japanese spinach Chinese cabbage, bean sprout	soy sauce			
		Sumashi Soup		fish cake		Japanese spinach, carrot	kombu broth bonito broth, salt			
24	W	 Graduation Ceremony 								
25	Th	 Closing Ceremony 								

~To Parents and Guardians~

If your child will miss lunch for more than 5 days in a row, a refund for the fee is available. To be eligible, parents/guardians must inform their child's teacher 10 days in advance and submit the necessary paperwork 1 week in advance. If there is a change in the absence period, please inform your homeroom teacher. In the event of an extensive absence or school transfer, a full or partial refund will be deposited into the JP Yucho account at the end of the term and a handling fee will be charged.

