



# Lunch Menu, April 2021

Manner Goal: Let's follow the rules when we get ready and clean up.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about many types of food!

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
6	Tu	Opening Ceremony · Entrance Ceremony							
7	W	No school lunch · 4 period day							
8	Th	Fried rice	O	pork, egg	rice, cooking oil, brown sugar	carrot, dried shiitake, scallion green peas	sake, salt soy sauce, vinegar black pepper	576	19.3
		Wonton soup		pork	wonton wrap, sesame seed oil	ginger, carrot, Chinese cabbage bean sprouts, scallion, komatsuna	chicken broth soy sauce, sake salt, black pepper		
		Seaweed Salad		seaweed salad mix	cooking oil	cucumber, daikon canned corn, onion	vinegar, salt soy sauce black pepper		
9	F	Garlic Toast	O		bun, cooking oil	garlic, parsley		596	19.2
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini eggplant, bell pepper yellow bell pepper red bell pepper, tomato	white wine, salt black pepper nutmeg oregano, bay leaf		
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt black pepper		
12	M	Curry with Rice	O	chicken	rice, cooking oil, potato, wheat flour	garlic, ginger, carrot, onion	red wine, salt chicken broth bay leaf powder ketchup curry powder coriander cinnamon powder garam masala	690	18.5
		Coleslaw Salad			cooking oil	carrot, cabbage, cucumber	vinegar, salt soy sauce		
		Fruit (Amanatsu orange)				Amanatsu orange			
13	Tu	Spaghetti with Bean-Meat Sauce	O	soy bean meat	cooking oil, wheat flour, olive oil spaghetti	garlic, ginger, onion carrot, tomato juice	red wine, salt black pepper nutmeg tomato ketchup tomato puree Worcestershire sauce	724	25.7
		Pari-Pari Salad			cooking oil, wonton wrap	carrot, cabbage, cucumber, onion	vinegar, salt black pepper		
		Yogurt with Fruit		yogurt	powdered sugar	banana, canned peach canned mikan			
14	W	Kayaku Rice	O	fried tofu	rice, mochi rice, brown sugar	carrot, burdock, bamboo shoots dried shiitake	sake, salt soy sauce kombu broth	539	17.0
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito broth		
		Isoae Salad with Cabbage		nori		komatsuna, Chinese cabbage bean sprouts	soy sauce		
15	Th	Hof Dog	O	sausage	bun, cooking oil	cabbage	salt, tomato ketchup Worcestershire sauce	598	25.4
		Pot-au-Feu		chicken	cooking oil, potato	celery, carrot, onion, ginger cabbage	chicken broth white wine, salt black pepper bay leaf		
		Macaroni Salad with Tuna and Eggs		egg, tuna	macaroni, mayonnaise (no eggs)	carrot, cabbage, cucumber	vinegar, salt black pepper		
16	F	Barley Rice	O		rice, brown sugar			611	24.6
		Hearty Miso Soup		miso, tofu		carrot, shimeji, komatsuna, scallion	bonito broth		
		Thick omelette		chicken, egg		onion, carrot, dried shiitake green peas	sake, salt soy sauce		
		Pickled Daikon Radish				carrot, dried daikon, cucumber	salt, vinegar soy sauce mixture of red pepper and six other		
19	M	Chicken Pilaf	O	chicken	rice, cooking oil	carrot, onion, mushroom canned corn, parsley	salt, white wine black pepper	551	17.3
		ABC Soup		bacon	macaroni	ginger, carrot, onion mushroom, cabbage	chicken broth salt, bay leaf black pepper		
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper cabbage, cucumber, onion	vinegar, salt black pepper		

☆ The first graders start lunch on the 12th. Only milk on the 8th and milk and bread on the 9th.



## Don't 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 cleaned lunch mat every week.**  
Students can use any type of masks, disposable type or gauze type.  
Thank you for your understanding.

## What's for lunch today?

★ We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.  
Talk with your child about the meals and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same breakfast or dinner.



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	
20	Tu	Rice with Jako and Yukari	○	dried sardines	rice	yukari shiso (red perilla)		573	28.7	
		Pork Soup		pork, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito broth			
		Grilled Salty Salmon		salmon			salt			
		Pickled Cucumber and Turnip Salad			turnip, cucumber		salt			
21	W	Spaghetti with Mushrooms	○	bacon, nori	cooking oil, starch, olive oil spaghetti	garlic, ginger, onion, carrot shimeji, eryngii mushroom mushroom	sake, salt black pepper soy sauce	660	21.1	
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage canned corn, onion	vinegar, salt black pepper			
		Orange Cake		egg	sugar, wheat flour, butter	orange juice Orange marmalade	baking powder			
22	Th	Rice	○		rice			615	24.6	
		Miso Soup with Potato and Wakame Seaweed		fried tofu, miso wakame seaweed	potato		bonito broth			
		Chicken Teriyaki		chicken	brown sugar, starch	ginger	soy sauce, sake mirin			
		Jakko Salad		dried sardines	sesame seed oil, brown sugar	mizuna, komatsuna, bean sprouts carrot, ginger	vinegar, sake soy sauce, salt			
23	F	Chinese Rice Bowl	○	pork	rice, cooking oil, starch	ginger, onion, carrot bamboo shoots, dried shiitake Chinese cabbage, bok choy scallion, pea pods	soy sauce, sake chicken broth salt, black pepper oyster sauce	569	17.2	
		Daikon and Cucumber Salad			sesame seed oil	daikon, cucumber	salt, vinegar soy sauce, chili oil			
		Apple Jelly		agar powder (kanten)	sugar	apple juice, canned pineapple				
26	M	Let's Enjoy Food from Around the World! ☆Spain☆								
		Paella	x	squid, shrimp, clam	rice, olive oil	garlic, carrot, onion mushroom, canned corn bell pepper, yellow bell pepper red bell pepper	safron, salt bay leaf black pepper white wine	614	24.6	
		Spanish Omelette		bacon, egg, milk	potato, cooking oil, butter	onion, carrot, parsley	salt, black pepper tomato ketchup			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber canned corn, onion	vinegar, salt black pepper			
Yogurt Drink	yogurt drink									
27	Tu	Miso Ramen	○	pork, miso	Chinese noodle, cooking oil sesame seed oil, starch white sesame seed	garlic, ginger, carrot, onion Chinese cabbage, bean sprouts Chinese chive, dried shiitake scallion, canned corn	chicken broth mirin, soy sauce black pepper sweet bean paste	639	24.6	
		Tekkotsu Salad		hijiki seaweed, dried sardines	brown sugar, cooking oil sesame seed oil, white sesame seed	cabbage, cucumber, daikon	salt, soy sauce vinegar, sake black pepper			
		Fruit Punch			sugar	canned mikan, canned peach canned pineapple	white wine			
28	W	Barley Rice	○		rice, rolled barley			582	25.1	
		Potato and Wakame Miso Soup		fried tofu, miso wakame seaweed	potato		bonito broth			
		Mackerel and Onion Sauce		mackerel	brown sugar	ginger, scallion, garlic	sake, soy sauce vinegar			
		Isoae Salad with Cabbage		nori		komatsuna, Chinese cabbage bean sprouts	soy sauce			
29	Th	 <span style="float: right;">Showa Day</span> 								
30	F	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture☆								
		Soy bean and Shrimp Tempura Rice-Bowl	○	soy bean, sakura shrimp	rice, cooking oil, wheat flour corn starch, brown sugar	onion, Japanese parsley	salt, soy sauce	671	20.8	
		Suruga Soup		sardine, miso	starch	carrot, daikon, komatsuna, ginger	kombu broth, salt soy sauce bonito broth, sake			
		Matcha-flavored Dumplings		kinako powder	rice flour, sugar, granulated sugar		matcha, salt			

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

### School lunch kitchen members !

School nutritionist: Ms. Koide

【Kitchen staff provided by Fuji Industry】

School lunch cooks

Asano · Otaki · Igarashi · Touhoku

Koyama · Wada · Higashida

Kashihara · Suehiro · Saito · Kazama



~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Friday, May 14.  
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.