



Lunch Menu, May 2021

April 30, 2021

Manner Goal: Let's put our food in the right place on our trays.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn the food groups.

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	
3	M	Constitution Day								
4	Tu	Greenery Day								
5	W	Children's Day								
6	Th	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	sake, salt soy sauce bonito flakes (stock)	564	25.9	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	bonito flakes (stock) salt, soy sauce			
		Grilled Fish with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Green Vegetables with Mustard Dressing				canola blossom Chinese cabbage	mustard soy sauce			
7	F	Chicken and Burdock Pilaf	○	chicken	rice, wheat, cooking oil	burdock, eringi mushroom carrot, green peas	sake, pepper salt, soy sauce	571	17.4	
		Tomato Soup with Egg		egg	cooking oil	celery, onion, ginger, tomato	chicken broth salt, pepper bay leaf powder			
		Pumpkin Salad			mayonnaise (no eggs) (white) sugar	pumpkin, carrot, cucumber	vinegar, salt pepper			
10	M	Rice	○		rice			615	24.3	
		turnip and komatsuna miso soup		fried tofu, miso		turnip, komatsuna, scallion	bonito flake (stock)			
		Tofu Hamburger		pork, tofu, egg, miso	panko, sesame oil (light brown) sugar, starch	onion, ginger	salt, pepper soy sauce mirin, sake			
		Pickled Chinese cabbage				Chinese cabbage, carrot	salt			
11	Tu	Nanban Chicken Udon	○	chicken, fried tofu	cooking oil, starch udon noodles	onion, carrot, dried shiitake scallion, komatsuna	bonito flake (stock) kombu, sake mirin, salt soy sauce	534	21.7	
		Marinated Cabbage with Salted Seaweed		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice				
12	W	Three-Color Rice Bowl	○	egg, chicken	rice, cooking oil (light brown) sugar, sesame oil	ginger, komatsuna	salt, vinegar sake, soy sauce	638	25.7	
		Hearty Miso Soup		miso, tofu	konnyaku	daikon, carrot, burdock, scallion	bonito flake (stock)			
		Komatsuna with Sesame			(light brown) sugar white sesame seeds	komatsuna, carrot Chinese cabbage	soy sauce			
13	Th	Hand-Made Tuna and Mayonnaise Bread	○	tuna	bread flour, (white) sugar cooking oil mayonnaise (no eggs)	onion, whole corn	salt, dried yeast pepper	644	19.5	
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potatoes wheat flour	onion, carrot, ginger whole corn	chicken broth salt, pepper bay leaf powder			
		Pickles			granulated sugar	carrot, cucumber, daikon	white wine, salt apple vinegar bay leaf powder			
14	F	Let's Enjoy Local Cuisine! ☆Kyoto Prefecture☆								
		Kinugasadon Rice Bowl	○	fried tofu, egg, nori	rice, (light brown) sugar	scallion	bonito flake (stock) sake, mirin soy sauce	635	25.3	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	bonito flake (stock) kombu, salt soy sauce			
Pickled Turnip and Cucumber				turnip, cucumber	salt					
17	M	Barley Rice	○		rice, wheat			636	26.7	
		Tofu and Nameko Miso Soup		tofu, miso		nameko mushroom komatsuna, scallion	bonito flake (stock)			
		Deep-Fried Patagonian Grenadier		Patagonian grenadier, egg	cooking oil, wheat flour, panko		salt, pepper Worcestershire sauce (semi-thick)			
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna bean sprouts, carrot, ginger	vinegar soy sauce salt, sake			
18	Tu	Tomato Spaghetti	○	bacon	olive oil, (white) sugar spaghetti	garlic, onion, shimeji mushroom eggplant, tomato	salt, pepper chili pepper paprika powder bay leaf powder basil, ketchup tomato puree	563	21.5	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt pepper			
		Broad Bean Cheese Frit		cheese	wheat flour, starch	broad bean	salt carbonated water			



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	
19	W	Ma-Bo Rice Bowl	○	pork, miso, tofu	rice, cooking oil, starch (light brown) sugar, sesame oil	garlic, ginger, carrot bamboo shoots, scallion Chinese chive	Chinese chili paste sake, soy sauce sweet bean paste	626	22.2	
		Chinese Vermicelli Soup			vermicelli, sesame oil	ginger, carrot, bok-choy scallion	chicken broth sake, salt pepper, soy sauce			
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil white sesame seeds	carrot, cabbage, cucumber	vinegar, salt soy sauce, pepper			
20	Th	Soy Bean Flour and Sugar Toast	○	soy bean flour	bread, butter, (white) sugar			614	24.2	
		Pork and Beans			pork, bacon, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger			red wine, salt chicken broth pepper, ketchup bay leaf powder tomato puree Worcestershire sauce
		Turnip Salad				cooking oil	cabbage, turnip, cucumber onion			vinegar, salt pepper
21	F	Barley Rice	○		rice, wheat			537	23.0	
		Miso Soup with Eggplant and Onion			miso		eggplant, onion			bonito flake (stock)
		Foil-Baked Merlucciidae			Merlucciidae, bacon		red bell pepper, onion enoki mushroom			salt, pepper white wine soy sauce
		Japanese Salad with Daikon and Seaweed			wakame (seaweed)	cooking oil, sesame oil white sesame seeds	cabbage, cucumber, daikon			salt, vinegar soy sauce, pepper
24	M	World Food Day ☆United States of America☆								
		Jambalaya	×	ham, sausage, shrimp	rice, cooking oil	garlic, celery, onion canned tomato, bell pepper	salt, pepper oregano, white wine, ketchup	548	16.1	
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion ginger	salt, pepper thyme powder bay leaf powder chicken broth			
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt pepper			
		Drinkable Yogurt			drinkable yogurt					
25	Tu	Sauce Fried Noodles	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage bean sprouts	salt, pepper Worcestershire sauce Worcestershire sauce (semi-thick)	554	20.0	
		Konnyaku Salad with Ginger Dressing			konnyaku, sesame oil (light brown) sugar	cucumber, cabbage, carrot onion, ginger	vinegar soy sauce, salt			
		Fruit (Kawachi-Bankan Orange)				kawachi-bankan orange				
26	W	Stamina Bowl	○	pork	rice, cooking oil (white) sugar, starch	garlic, ginger, onion bamboo shoots, bell pepper red bell pepper	sake, soy sauce salt, pepper oyster sauce	605	21.8	
		Wakame Seaweed Soup			wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion			chicken broth salt, pepper soy sauce
		Chinese Salad				cooking oil, sesame oil white sesame seeds	cabbage, cucumber bean sprouts			vinegar, salt soy sauce, pepper
27	Th	Barley Rice	○		rice, wheat			523	17.0	
		Yoshini Soup			tofu	starch	carrot, daikon, scallion			kombu, salt bonito flake (stock) soy sauce
		Teriyaki Fish			bonito	cooking oil (light brown) sugar, starch	ginger			soy sauce sake, mirin
		Cabbage Salad with Mustard Dressing					komatsuna, carrot, cabbage			mustard soy sauce
28	F	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potatoes wheat flour, panko	garlic, ginger, carrot, onion	red wine, salt, ketchup chicken broth bay leaf powder pepper, curry powder coriander cinnamon powder saram masala Worcestershire sauce (semi-thick)	728	20.2	
		Cabbage and Corn Salad				cooking oil	carrot, cabbage, cucumber whole corn, onion			vinegar, salt pepper
		Fruit(melon)					melon			
29	Sa	P.E. Performances								
30	Su	P.E. Performance rain date								
31	M	Day off in lieu of May 29								

School Lunch Fee ♪

Withdrawals for school lunch fees this year will start on Friday, May 14.

The school fee is based on the cost of each meal per month, so the amount will be different each month for each grade. The withdrawal day for May will be Friday the 14th. The fee will include lunches for April and May.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥7,425☆	¥7,425	¥8,151	¥8,151	¥8,844	¥8,844

☆ After the average cost for Grade 1 lunches is determined, the appropriate amount will be deducted from the following month's lunch fee.

☆ 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 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.