



# Lunch Menu, June 2021

Manner Goal: Chew your food well to build strong teeth.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about foods that make our teeth strong.

Ayako Koide  
School Nutritionist

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	Tu	Kajodofu Rice Bowl	○	pork, fried bean curd miso	rice, cooking oil (white) sugar, starch	onion, bamboo shoots dried shiitake, carrot cabbage, bok-choy, ginger	soy sauce, sake Chinese chili paste chicken broth	621	23.4
		Egg and Wakame Chinese soup		egg, wakame (seaweed)	white sesame seed	ginger, scallion	chicken broth salt, pepper soy sauce		
		Chinese Vermicelli Salad			vermicelli, cooking oil sesame oil	carrot, cabbage, cucumber	vinegar, salt soy sauce, chili oil		
2	W	Kakidama Udon	○	pork, fried tofu, egg	cooking oil, udon noodles	carrot, scallion	kombu, mirin bonito flake stock salt, soy sauce	628	23.2
		Burdock Salad			mayonnaise (no eggs) sesame oil, white sesame seed	carrot, burdock, cucumber	sake, soy sauce mirin		
		Nori and Beans		soy bean, nori	cooking oil, starch, potato		salt		
3	Th	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn mushroom, parsley	salt, pepper white wine	601	19.3
		Egg and Vegetable Soup		bacon, egg	cooking oil	celery, onion, ginger, tomato	chicken broth salt, pepper bay leaf powder		
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt pepper		
4	F	Koya Rice	○	chicken freeze-dried tofu	rice, glutinous rice, konnyaku (light brown) sugar	dried shiitake, carrot burdock, pea pods	bonito flake stock sake, mirin soy sauce	545	21.9
		Clear Soup		hanpen		komatsuna, scallion	kombu, salt bonito flake stock soy sauce		
		Iron-Rich Salad		hijiki seaweed dried sardines	(light brown) sugar, cooking oil sesame oil, white sesame seed	cabbage, cucumber, daikon	salt, soy sauce vinegar, pepper sake		
7	M	Barley Rice	○		rice, wheat			610	28.2
		Chicken Soup		chicken, miso, tofu	cooking oil, potato	carrot, daikon, scallion	bonito flake stock		
		Baked Salmon		salmon			salt		
		Kinpira			cooking oil, konnyaku (light brown) sugar white sesame seed	burdock, carrot, lotus root	mirin, soy sauce		
8	Tu	Chinese fried noodles	○	pork	cooking oil, Chinese noodles (light brown) sugar, starch	carrot, onion, bamboo shoots Chinese cabbage, dried shiitake bean sprouts, pea pods	salt, pepper soy sauce, vinegar	587	21.1
		Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt soy sauce		
		Fruit (Frozen Apple)				frozen apple			
9	W	Rice	○		rice			525	24.6
		Clear Soup		tofu, wakame (seaweed)		scallion	kombu, salt bonito flake stock soy sauce		
		Pork Stir-Fry with Ginger		pork	cooking oil, starch	ginger, onion	soy sauce, sake		
		Japanese Bean Sprout Salad			cooking oil, sesame oil white sesame seed	cabbage, cucumber bean sprouts	vinegar, salt, soy sauce, pepper		
10	Th	Cinnamon Toast	○		bread, cooking oil granulated sugar		cinnamon powder	627	20.5
		Vegetables Simmered in Cream		chicken, milk	cooking oil, potato, wheat flour	carrot, onion, cabbage, ginger	white wine, salt chicken broth pepper bay leaf powder		
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber whole corn, onion	vinegar, salt pepper, grated mustard		
11	F	Jako and Ume Rice	○	dried sardines	rice	umeboshi		626	26.1
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake green peas	salt, sake soy sauce		
		Pickled Chinese Cabbage				Chinese cabbage, carrot	salt		
14	M	Barley Rice	○		rice, wheat			570	24.6
		Clear Soup		steamed fish paste		komatsuna, scallion	kombu, salt bonito flake stock soy sauce		
		Baked Mandai Fish with Sazoned Vegetables		Mandai fish	white sesame seed	scallion, ginger, garlic	soy sauce mirin, sake		
		Simmered Kiriboshi-Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish dried shiitake	bonito flake stock salt, soy sauce		

### School lunch Fees ♪

Every month is different per grade. We will let you know the charges on the menu.  
The fees for June lunches will be withdrawn on Thursday, June 10th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,659☆	¥4,950	¥5,434	¥5,434	¥5,896	¥5,896

☆G1 lunch fees will be reduced for June because of adjustments from April.  
Details: [¥4,950(June) - ¥450(2 meals) + ¥159(milk ¥57×2 + bread ¥45)] = ¥4,659

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

~ Dear Parents /Guardians ~  
A refund for the lunch 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.

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		
15	Tu	Chinese Noodles with Cold Meat Sauce	○	pork, miso	Chinese noodles, sesame oil cooking oil, (light brown) sugar starch	cucumber, garlic, ginger, carrot onion, bamboo shoots dried shiitake, scallion	Chinese chili paste mirin, sake, salt soy sauce sweet bean paste oyster sauce	588	23.9		
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber onion	vinegar, salt pepper				
		Hydrangea Jelly			agar powder, calpis	(white) sugar	grape juice, acerola juice				
16	W	Fried Rice	○	pork, egg	rice, cooking oil (light brown) sugar	carrot, scallion, green peas	sake, salt soy sauce pepper, vinegar	618	23.3		
		Chinese Soup			pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage scallion, komatsuna			chicken broth salt, pepper soy sauce	
		Vermicelli Chinese salad				vermicelli, cooking oil sesame oil	carrot, cucumber, bean sprouts			vinegar, mustard salt, soy sauce	
17	Th	Pizza Toast	○	bacon, cheese	bread, cooking oil	whole tomatoes, garlic, onion mushroom, bell pepper	salt, pepper basil, oregano	582	21.7		
		Pot-Au-Feu			sausage	potato	ginger, carrot, onion, celery cabbage, broccoli, mushroom			chicken broth white wine, salt pepper bay leaf powder	
		Macaroni Salad				macaroni, mayonnaise (no eggs)	carrot, cucumber, onion whole corn			vinegar, salt pepper	
18	F	Rice	○		rice			672	28.7		
		Chanko soup			chicken, fried bean curd cod	cooking oil, sesame oil konnyaku	burdock, carrot, daikon dried shiitake, scallion shimeji mushroom Chinese cabbage			kombu, salt bonito flake stock soy sauce, sake	
		fried minced flying fish			flying fish, egg	cooking oil, panko, wheat flour	onion, garlic, ginger			ketchup, salt pepper Worcestershire sauce (semi-thick)	
		turnip salad				cooking oil	cabbage, turnip, cucumber onion			vinegar, salt, pepper	
21	M	Let's Enjoy Regional Cuisine ☆Hyougo Prefecture☆									
		Rice with Octopus	○	fried tofu, octopus	rice	burdock, carrot dried shiitake, green beans	sake, salt, kombu thin soy sauce mirin	580	25.1		
		Somen Soup				somen	onion, carrot, dried shiitake green onions			bonito flake stock kombu, soy sauce	
		Teriyaki Fish			Spanish mackerel	(light brown) sugar, starch	yuzu			sake, soy sauce mirin	
		Pickled Cabbage					cabbage, carrot			salt	
22	Tu	Barley Rice	○		rice, wheat			582	23.3		
		Miso Soup with Wakame and Potato			miso, wakame (seaweed)	potato	onion			bonito flake stock	
		Chicken with Scallion Sauce			chicken	(light brown) sugar	ginger, scallion, garlic			sake, soy sauce vinegar	
		Jakko Salad			dried sardines	sesame oil, (light brown) sugar	mizuna, komatsuna, carrot bean sprouts, ginger			vinegar, salt soy sauce, sake	
23	W	Penne Arrabiata	○	chicken	olive oil, (white) sugar, penne	garlic, onion, tomato shimeji mushroom	salt, pepper chili pepper paprika powder bay leaf powder basil, ketchup tomato puree	541	19.8		
		Caesar Salad			cream cheese grated cheese	cooking oil, (light brown) sugar bread	cabbage, cucumber, carrot garlic, onion			vinegar, salt pepper, mustard	
		Fruit (Melon)					melon				
24	Th	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch (light brown) sugar	ginger	sake, soy sauce mirin	661	21.7		
		Sesame-Seasoned Cabbage				(light brown) sugar white sesame seed	komatsuna, carrot, cabbage			vinegar, soy sauce salt	
		Fruit Punch				(white) sugar	banana, canned peach canned orange canned pineapple				
25	F	Tuna and Edamame Pilaf	○	tuna	rice, cooking oil, butter	shimeji mushroom, mushroom onion, green soybean	salt, soy sauce	538	17.7		
		ABC Soup			bacon	macaroni	ginger, carrot, onion, cabbage			chicken broth salt, pepper bay leaf powder	
		Tomato Salad				cooking oil, (light brown) sugar	tomato, parsley, onion			vinegar, salt pepper	
28	M	Let's enjoy International foods! ☆Korea☆									
		Bibimpap	×	pork, egg	rice, sesame oil (light brown) sugar white sesame seed cooking oil	garlic, ginger, scallion edible fern, bean sprouts komatsuna	soy sauce, salt vinegar Chinese chili paste	639	24.5		
		Toppogi			chicken	cooking oil, sesame oil, toppogi (light brown) sugar	garlic, carrot, cabbage scallion			Gochujang soy sauce	
		Wakame Soup			wakame seaweed	white sesame seed	ginger, scallion			chicken broth salt, pepper soy sauce	
		Yogurt Drink			drinkable yogurt						
29	Tu	Barley Rice	○		rice, wheat			636	17.5		
		Mushroom Soup				konnyaku, starch	carrot, daikon, shiitake shimeji mushroom enoki mushroom, scallion			kombu bonito flake stock salt, soy sauce	
		Potato Croquette			pork	cooking oil, potato wheat flour, panko	onion			salt, pepper Worcestershire sauce (semi-thick)	
		Japanese Cabbage Salad				cooking oil, sesame oil white sesame seed	carrot, cabbage, cucumber			vinegar, salt soy sauce, pepper	
30	W	Cold Chinese Noodles	○	chicken, egg	Chinese noodles, cooking oil sesame oil, white sesame seed (light brown) sugar sesame seed paste	ginger, carrot, dried shiitake cucumber, bean sprouts	chicken broth soy sauce, sake vinegar, salt	582	23.5		
		Seaweed Salad			mixed seaweed	cooking oil	cucumber, daikon whole corn, onion			vinegar, salt soy sauce pepper	
		Fruit (Pineapple)					pineapple				