

# Lunch Menu, September 2021

September 1, 2021

Manner Goal : Finish your lunch within the assigned time.  
 Nutrition Goal : Eat the three basic meals every day.

Principal Yuichi Hashimoto  
 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	W	Opening Ceremony · no lunch								
2	Th	Disaster Preparedness Day Menu(9/1)							644	27.1
		Barley Rice			rice, barley					
		Suiton Soup	○	pork, egg	cooking oil, rice flour wheat flour	carrot, daikon, komatsuna Chinese cabbage, scallion	kelp stock bonito flake stock sake, salt soy sauce			
		Spanish Mackerel with Saikyo Miso		Spanish mackerel Saikyo miso			sake			
		Stir-fried Hijiki and Soybeans		hijiki(seaweed) fried tofu, soy bean	cooking oil (light brown) sugar	carrot	bonito flake stock mirin, soy sauce			
3	F	Summer Vegetables Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour (light brown) sugar	onion, pumpkin, bitter melon whole corn	vinegar, salt bonito flake stock soy sauce	661	18.7	
		Root Vegetable Soup		miso	cooking oil, sweet potato konnyaku	burdock, carrot, daikon scallion	bonito flake stock			
		Komatsuna with Sesame Vinegar Dressing			(light brown) sugar white sesame seeds	komatsuna, Chinese cabbage bean sprouts	vinegar, salt soy sauce			
6	M	Barley Rice			rice, barley			597	25.7	
		Miso Soup with Enoki and Komatsuna	○	miso, fried tofu		enoki mushroom, komatsuna	bonito flake stock			
		Breaded Mackerel		horse mackerel	olive oil, panko	garlic, parsley	salt, pepper white wine, basil oregano soy sauce			
		Coleslaw Salad			cooking oil (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
7	Tu	Cold Kitsune Udon	○	fish cake (kamaboko) fried tofu	udon noodles (light brown) sugar	scallion, komatsuna	kelp stock, mirin bonito flake stock salt, soy sauce	548	22.8	
		Spicy Potato Salad			potatoes, (white) sugar white sesame seeds	carrot, asparagus	bean chili paste soy sauce			
		Fruit (frozen apple)				frozen apple				
8	W	Ham and Cheese Toast	○	ham, cheese	bread			577	25.1	
		Pot-Au-Feu		chicken	potatoes	celery, carrot, onion ginger, cabbage	chicken broth white wine, salt pepper bay leaf powder			
		Pickles			granulated sugar	carrot, cucumber, turnip	white wine, salt apple vinegar bay leaf powder			
9	Th	Japanese Event Lunch ☆Chrysanthemum Festival☆							556	28.1
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice cooking oil	carrot, chrysanthemum dried shiitake	salt, soy sauce kelp stock, sake mirin			
		Seasonal Sumashi Soup		fish cake (kamaboko)		komatsuna, scallion	kelp stock bonito flake stock salt, soy sauce			
		Grilled Salmon		salmon			salt			
		Pickled Cabbage with Yukari				cabbage yukari shiso (red perilla)	salt			
10	F	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil wheat flour	garlic, ginger, onion carrot, eggplant	tomato puree salt, nutmeg bay leaf powder curry powder Worcestershire sauce	674	21.3	
		turnip salad			cooking oil	cabbage, turnip, cucumber onion	vinegar, salt pepper			
		Yogurt with Fruit		yogurt	powdered sugar	banana, canned peach canned orange				
13	M	Let's Enjoy Food from Different Regions around Japan! ☆Shiba - Dara-Dara Matsuri☆							603	28.4
		Ginger Rice	○		rice, white sesame seeds	ginger	sake, salt soy sauce kelp stock			
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna scallion	bonito flake stock			
		Stir Fried Ginger Pork		pork	cooking oil, starch (light brown) sugar	garlic, ginger, onion	soy sauce, sake mirin			
		Bean Sprouts Isoae		nori		komatsuna, carrot bean sprouts	soy sauce			
14	Tu	Fried Rice	○	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion green peas	sake, salt, pepper soy sauce, vinegar	584	22.2	
		Chinese Soup		pork, tofu	sesame oil	ginger, carrot, komatsuna Chinese cabbage, scallion	chicken broth salt, pepper soy sauce			
		Vermicelli Chinese salad			vermicelli, cooking oil sesame oil	carrot, cucumber bean sprouts	vinegar, mustard salt, soy sauce			

### School Lunch Fee ♪





The school fee is based on the cost of each meal per month, so the amount will be different each month for each grade.  
 A notice about the direct withdrawal and the lunch fee will be given out on July 1st. Also, the amount for the lunch fee will be included in the menu each month.  
 The withdrawal date for September is Friday the 10th. It includes both September and October lunches.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥8,775	¥8,775	¥9,633	¥9,633	¥10,452	¥10,452

~To Parents and Guardians~

Information about the days for direct withdrawal and amounts will be provided in a later notice.

If your child has to 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 one 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.

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	W	Cinnamon Toast	○	chicken	bread, cooking oil granulated sugar	carrot, onion, ginger, tomato cabbage, parsley	cinnamon powder	633	21.2		
		Tomato Stew with Chicken and Vegetables			cooking oil, potatoes wheat flour		chicken broth tomato puree ketchup, salt pepper bay leaf, powder				
		Pari-Pari Salad			cooking oil, wonton wrapper		carrot, cabbage, cucumber onion			vinegar, salt pepper	
		Fruit (pear)					pear				
16	Th	Rice	○	Merlucciidae, bacon	rice	red bell pepper, onion enoki mushroom		617	28.2		
		Foil-Baked Merlucciidae					salt, white wine pepper, soy sauce				
		Simmered Dried Daikon			cooking oil (light brown) sugar		carrot, dried radish dried shiitake			bonito flake stock salt, soy sauce	
		Sweet and Spicy Soy Beans and Jakko			(light brown) sugar starch, cooking oil white sesame seeds					soy sauce, mirin	
17	F	Japanese Event Lunch ☆Ohigan Iri - First Day of the Equinoctial Week☆									
		Kakidama Udon	○	pork, fried tofu, egg	cooking oil, udon noodles	carrot, scallion	kelp stock, mirin bonito flake stock salt, soy sauce	623	24.6		
		Japanese Chinese Cabbage Salad			cooking oil, sesame oil white sesame seeds	carrot, Chinese cabbage cucumber	vinegar, pepper salt, soy sauce				
		Ohagi		bean paste soy bean flour	glutinous rice, rice (white) sugar		salt				
20	M	 Respect for the Aged Day 									
21	Tu	Japanese Event Lunch ☆Tsukimi☆									
		Barley Rice	○		rice, barley			658	24.6		
		Hearty Miso Soup		pork, miso	cooking oil, sweet potato konnyaku	burdock, carrot, daikon scallion	bonito flake stock				
		Grilled Chicken with Salted Koji		chicken						salted koji, sake	
		Pickled Daikon and Cucumber				cucumber, daikon, ginger	salt				
		Mitarashi Dango			rice flour, (white) sugar (light brown) sugar, starch		soy sauce				
22	W	Let's Enjoy Local Cuisine! ☆Nagasaki Prefecture☆									
		Nagasaki Champon	○	pork, squid, shrimp naruto	Chinese noodles, cooking oil sesame oil, (light brown) sugar	scallion, carrot, bean sprouts cabbage, ginger	sake, salt, pepper thin soy sauce chicken broth Worcestershire sauce	677	27.6		
		Daikon and Hijiki Salad		hijiki (seaweed)	(light brown) sugar cooking oil, sesame oil white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce vinegar, pepper				
		Sweet Potato Cake		egg, milk	(white) sugar, wheat flour butter, sweet potato		baking powder				
23	Th	 Day Off in lieu of Autumnal Equinox Day 									
24	F	Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar cooking oil	dried shiitake, carrot	kelp stock sake, salt, mirin vinegar, soy sauce	631	17.7		
		Japanese Cabbage Salad			cooking oil, sesame oil white sesame seeds	carrot, komatsuna, cabbage	vinegar, pepper salt, soy sauce				
		Peach Jelly		agar powder (kanten)	(white) sugar	canned peach	white wine				
27	M	Rice	○	tofu, miso	rice	nameko mushroom, komatsuna scallion		644	24.0		
		Tofu and Nameko Miso Soup					bonito flake stock				
		Chicken Teriyaki			chicken		cooking oil (light brown) sugar, starch			ginger	soy sauce, sake mirin
		Potato Salad					potatoes, non egg mayonnaise			carrot, cucumber, whole corn	vinegar, salt pepper
28	Tu	Let's Enjoy Food from Around the World! ☆Canada☆									
		Maple Toast	×	salmon, milk	bread, cooking oil maple syrup	onion, carrot, ginger, cabbage	white wine chicken broth salt, pepper bay leaf powder	601	21.6		
		Salmon Cream Stew			cooking oil, potatoes wheat flour						
		Coleslaw			cooking oil (light brown) sugar					carrot, cabbage, cucumber onion	vinegar, salt pepper granular mustard
Yogurt Drink	drinkable yogurt										
29	W	Chinese Rice Bowl	○	pork, squid, shrimp	rice, cooking oil, starch	ginger, onion, carrot bamboo shoots, dried shiitake cloud ear mushroom Chinese cabbage, bok-choy scallion, pea pods	soy sauce, sake chicken broth salt, pepper oyster sauce	595	25.6		
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots scallion	chicken broth, salt pepper, soy sauce				
		Spicy Pickled Cucumber and Daikon			sesame oil	daikon, cucumber	salt, vinegar soy sauce, chili oil				
30	Th	Rice	○	chicken, fried bean curd cod	rice	burdock, carrot, daikon dried shiitake, shimeji Chinese cabbage, scallion	kelp stock, salt bonito flake stock soy sauce, sake	680	28.7		
		Chanko Soup			cooking oil, sesame oil konnyaku						
		Fried Minced Flying Fish			minced 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

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