



# Lunch Menu, October 2021

Manner Goal : Let's hold our dishes correctly.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about main and side dishes.

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	F	Tokyo Citizens' Day							
4	M	Stamina Rice Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, bamboo shoots, ginger, bell pepper, onion, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	584	20.1
		Spicy Vermicelli Soup		vermicelli, sesame oil	ginger, cloud ear mushroom, bok-choy, scallion	chicken broth, sake, salt, soy sauce, Chinese chili paste			
		Chinese Salad with Bean Sprouts		cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, pepper, salt, soy sauce			
5	Tu	Rice	○		rice			588	23.6
		Tofu and Wakame Miso Soup		miso, tofu, wakame (seaweed)		scallion	bonito flake stock		
		Deep-Fried Fish w/Sweet and Sour Sauce		Pacific ray perch	cooking oil, starch, (light brown) sugar	ginger, carrot, onion, bamboo shoots, dried shiitake	soy sauce, sake, vinegar, ketchup		
		Cabbage and Cucumber with Yukari				cucumber, cabbage, yukari shiso (red perilla)	salt		
6	W	Chicken and Burdock Pilaf	○	chicken	rice, wheat, cooking oil	burdock, eringi carrot, green peas	sake, pepper salt, soy sauce	594	18.5
		Alphabet Soup		bacon	macaroni	ginger, carrot, onion mushroom, cabbage	chicken broth salt, pepper bay leaf		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt pepper		
7	Th	Barley Rice	○		rice, wheat			643	22.8
		Wakame Soup		tofu, wakame (seaweed)		scallion	bonito flake stock, salt, pepper, soy sauce		
		Rolled egg		ham, egg	cooking oil, (light brown) sugar	onion, bamboo shoots, dried shiitake, scallion, ginger	sake, salt, soy sauce		
		Chinese Sesame Salad w/noodles			udon noodles, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, pepper soy sauce		
8	F	Spaghetti w/Bean-meat sauce	○	pork, soy bean	cooking oil, flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, nutmeg, ketchup, tomato puree, Worcestershire sauce	688	26.9
		Koro-Koro Salad			potatoes, cooking oil	red bell pepper, cabbage, yellow bell pepper, onion, cucumber, whole corn	vinegar, salt, pepper		
		Blueberry Yogurt		yogurt	(white) sugar	blueberry jam, blueberry	red wine		
11	M	Jako and Yukari Rice	○	chirimen jakko	rice	yukari shiso (red perilla)		583	27.6
		Clear Soup w/Tofu and Enoki		tofu	dried wheat gluten	enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Saikyo Grilled King Barracuta		king barracuta, Saikyo miso			sake		
		Cabbage and Salted Kombu		salted kombu (seaweed)	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
12	Tu	Rice	○		rice			606	18.1
		Nikujaga		pork	cooking oil, konnyaku, potatoes, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce		
		Seaweed Salad		seaweed salad mix	cooking oil, sesame oil, white sesame seeds	daikon, cucumber	vinegar, salt, pepper soy sauce		
		Fruit (Pear)				pear			
13	W	Curry toast	○	soy meat, cheese	bread, cooking oil	carrot, onion, garlic, ginger	salt, curry powder, red wine, ketchup, Worcestershire sauce	677	30.6
		Potofu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf		
		Macaroni Salad w/Tuna		tuna	macaroni, non egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
14	Th	Fried Rice	○	pork, egg	rice, cooking oil (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	584	20.4
		Chinese Soup		tofu	sesame oil	ginger, carrot, dried shiitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce		
		Vermicelli Chinese salad			vermicelli, cooking oil sesame oil	carrot, cabbage, cucumber	vinegar, salt soy sauce chili oil		

### 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 October is Tuesday the 12th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,500	¥4,500	¥4,940	¥4,940	¥5,360	¥5,360

### ~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	F	Barley Rice	○		rice, wheat			578	25.1	
		Clear Soup w/Hanpen		hanpen		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Fish w/Scallion Sauce		mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Pickled Cucumber and Chinese cabbage				Chinese cabbage, cucumber	salt			
18	M	Japanese Event Lunch ☆Jusanya - 13th Day of the Lunar Moon☆								
		 Fukiyose Rice	○		rice, chestnut, ginkgo nut, (light brown) sugar	bamboo shoots, carrot, dried shiitake, shimeji	sake, soy sauce, salt, kelp stock, bonito flake stock	593	17.9	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Jako Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake			
Colored Azuki Dango	azuki bean	rice flour, (light brown) sugar		pumpkin	salt					
19	Tu	Rice	○		rice			596	21.4	
		Gomoku Soup		egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Spring Roll		pork	cooking oil, vermicelli, spring roll wrapper, starch, sesame oil	ginger, scallion, bamboo shoots, dried shiitake, chives	sake, salt, pepper, soy sauce			
		Namul			sesame oil	cucumber, Chinese cabbage, bean sprouts, carrot	soy sauce, chili oil			
20	W	Kinoko Spaghetti	○	bacon, nori	cooking oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	628	18.1	
		Fried Burdock Salad			cooking oil, sesame oil, white sesame seeds, starch	carrot, cabbage, cucumber, burdock	vinegar, salt, soy sauce, pepper			
		Baked Apple			(white) sugar, butter	apple	cinnamon powder			
21	Th	Rice	○		rice			596	27.4	
		Hearty Miso Soup w/Chicken		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Teriyaki Fish		striped bonito			soy sauce, mirin, sake			
		Chinese cabbage isoae		nori		komatsuna, bean sprouts, Chinese cabbage	soy sauce			
22	F	Okara & Minced Chicken Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds, sesame oil	onion, ginger, komatsuna	salt, sake, soy sauce	621	22.9	
		Mushroom Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Turnip and Cucumber with Yukari				turnip, cucumber, yukari shiso (red perilla)	salt			
25	M	Let's Enjoy Local Cuisine! ☆Akita Prefecture☆								
		 Damakko Nabe	○	chicken	rice, glutinous rice	ginger, burdock, carrot, Chinese cabbage, maitake mushroom, callion, Japanese parsley	chicken broth, sake, salt, mirin, soy sauce	619	23.1	
		Simmered Fried Bean Curd with Vegetables		fried bean curd	konnyaku, (light brown) sugar	carrot, lotus root, string bean	bonito flake stock, mirin, salt, soy sauce			
		Fruit (Persimmon)				persimmon				
26	Tu	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	626	19.0	
		Tomato Soup w/Egg		bacon, egg	cooking oil	celery, onion, ginger, tomato	chicken broth, salt, bay leaf, pepper			
		French Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
27	W	Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch, white sesame seeds	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, chives, dried shiitake, scallion, whole corn	chicken broth, mirin, soy sauce, pepper	578	23.7	
		Japanese Daikon Salad		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, salt, pepper			
		Fruit (apple)				apple				
28	Th	Let's Enjoy Food from Around the World! ☆China☆								
		Rice	×		rice			617	24.3	
		Chinese Corn Soup		egg	starch	ginger, onion, carrot, parsley, whole corn, canned cream corn	chicken broth, salt, pepper, soy sauce			
		Squid and Shrimp in Chilli Sauce		squid, shrimp	cooking oil, starch, (light brown) sugar	garlic, ginger, scallion, onion	salt, soy sauce, sake, ketchup, Worcestershire sauce, Chinese chili paste			
		Chinese Sala with Broccoli and Cabbage			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
Yogurt Drink	Yogurt drink									
29	F	World Event Lunch ☆Halloween☆								
		 Ghost Bread	○		bread flour, (white) sugar, cooking oil, chocolate		salt, dried yeast	646	21.2	
		Chicken and Pumpkin Cream Stew		chicken, milk	cooking oil, potatoes, flour, macaroni	onion, carrot, ginger, pumpkin, cabbage, mushroom	chicken broth, white wine, salt, pepper, bay leaf			
Corn and Tomato Salad		cooking oil		tomato, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper					

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