



Lunch Menu, November 2021

Manner Goal : Let's say the proper *aisatsu* for our meals.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about seasonal foods.

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	M	Kinoko Rice	○	fried tofu	rice	shiitake, shimeji, maitake mushroom	sake, salt, soy sauce, kelp stock	567	28.0	
		Clear Soup w/Tofu and Wakame		tofu, wakame (seaweed)		scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Salmon Chanchan Yaki		salmon, miso	(white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake, mirin, soy sauce			
		Pickled Turnip and Cucumber				turnip, cucumber	salt			
2	Tu	Family Reading Week ☆ Inspired by "11 Cats and Albatrosses" and "Sono Toki ga Kuru-Kuru" ☆							691	21.5
		Rice		rice						
		Miso Soup w/Eggplant and Onion	○	miso		eggplant, onion	bonito flake stock			
		Tuna Croquette		tuna, egg	cooking oil, potatoes, wheat flour, panko	onion, carrot, cream corn	salt, Worcestershire sauce (semi-thick)			
		Bean sprouts with Sesame Miso		miso	(light brown) sugar, white sesame seeds	komatsuna, carrot, bean sprouts	mirin, soy sauce			
3	W	Culture Day								
4	Th	Family Reading Week ☆ Inspired by "Don't Forget the Bacon" and "Hoshigaoka Koukou Ryouri-bu Hensachi 68 no Medamayaki" ☆							664	26.2
		Chicken Rice	○	chicken	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper			
		Bacon and Vegetable Chowder		bacon, milk	cooking oil, potatoes, wheat flour	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf			
		Okashina Fried Egg		agar powder(kanten), calpis		canned apricot				
5	F	Family Reading Week ☆ Inspired by "Ninjin Taikon Gobou" and "Obentou Doko kara Kita no" ☆							681	19.7
		Barley Rice	○		rice, barley					
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Deep-Fried Horse Mackerel		horse mackerel	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
Potato Salad		potatoes, non-egg mayonnaise		carrot, cucumber, whole corn	vinegar, salt, pepper					
8	M	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		621	25.0	
		Miso Soup w/Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Shumai		pork	shumai wrap	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
9	Tu	Higashimachi Juban Matsuri ☆ Hachi Challenge: Let's Enjoy School Lunch - Request Lunch - ☆							664	26.2
		Curry and Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	chicken broth, red wine salt, bay leaf, ketchup, curry powder, coriander, cinnamon, garam masala			
		Pari Pari Salad			cooking oil, wonton wrap	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit Jelly		agar powder(kanten)	(white) sugar	apple juice, canned orange, canned pineapple				
10	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodles	carrot, scallion	bonito flake stock, kelp stock, mirin, salt, soy sauce	580	19.6	
		Chinese Cabbage Isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
11	Th	Sanma Rice	○	saury	rice, cooking oil, starch (light brown) sugar, white sesame seeds	ginger	salt, soy sauce	632	25.4	
		Miso Soup w/Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		Fruit (satsuma orange)				satsuma orange				
12	F	Japanese Event Lunch ☆ School Opening Anniversary ☆							668	23.3
		Celebratory Rice	○	black-eyed peas	rice, glutinous rice, black sesame		salt			
		Celebratory Clear Soup		naruto		komatsuna, carrot	bonito flake stock, kelp stock, salt			
		Fried Chicken Kara-age		chicken	cooking oil, starch, wheat flour	ginger	soy sauce, sake			
		Shichifuku Namasu			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	bonito flake stock, kelp stock, soy sauce, vinegar, thin soy sauce			
Celebratory Punch		(white) sugar, rice flour		canned beets, canned orange, canned peach						

Notice about the Lunch Fee

The school lunch fee is calculated based on the price of each meal, so the fee is different every month. We will inform you of the amount each month in the menu.
The withdrawal date for November is the 10th (Wed.).

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥3,600	¥3,600	¥3,952	¥3,952	¥4,288	¥4,288

~To Parents and Guardians~

If your child will **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 1 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	M	Let's Enjoy Local Cuisine ☆Kumamoto Prefecture☆							617	23.2
		Takana Fried Rice	○	egg	rice, sesame oil, white sesame seeds	takana pickles	sake, salt, soy sauce, mirin			
		Taipien		pork, shrimp, squid	cooking oil, vermicelli, sesame oil	ginger, carrot, Chinese cabbage, bamboo shoots, cloud ear mushroom, snow peas	chicken broth, sake, oyster sauce, salt, pepper, soy sauce			
		Ikinari Dango		skinless bean paste	rice flour, wheat flour, (white) sugar, sweet potato		salt			
Spaghetti with Cream Sauce	chicken, milk	cooking oil, wheat flour, olive oil, spaghetti		garlic, onion, carrot mushroom, ginger, parsley	chicken broth, white wine, salt, pepper, bay leaf					
16	Tu	Cabbage and Corn Salad	○		cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper	670	27.9	
		Fruit (persimmon)				persimmon				
		Rice			rice					
17	W	Tofu Hamburg Steak	○	chicken, tofu, egg, miso	panko, white sesame seeds, sesame oil, cooking oil, (light brown) sugar, starch	onion, ginger, dried shiitake	salt, pepper, soy sauce, mirin, sake	599	28.6	
		Cabbage and Cucumber with Yukari				cucumber, cabbage, yukari shiso (red perilla)	salt			
		Furofuki Daikon (Yuzu Miso)		miso	(light brown) sugar	daikon, yuzu	bonito flake stock, salt, soy sauce, mirin, sake			
		Chestnut Rice			rice, glutinous rice, chestnut, black sesame		sake, salt			
18	Th	Clear Soup w/Tofu and Enoki	○	tofu	dried wheat gluten	enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce	599	28.6	
		Saikyo Grilled Spanish Mackerel		Spanish mackerel, saikyo-miso			sake			
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce			
		Barley Rice			rice, barley					
19	F	Miso Soup w/Turnip and Fried Tofu	○	fried tofu, miso		turnip, komatsuna	bonito flake stock	599	28.6	
		Rolled Egg with Tuna		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake green peas	salt, sake, soy sauce			
		Jako Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, salt, soy sauce, pepper, sake			
		Higashimachi Matsuri ☆ Hachi Challenge: Let's Enjoy School Lunch - Select Lunch - ☆								
20	Sa	Lunch A : Shoyu Ramen (soy sauce)	○	naruto, egg	Chinese noodles, cooking oil, sesame oil	scallion, carrot, onion, cabbage, bean sprouts, bok-choy	bonito flake stock, kelp stock, sake, soy sauce, salt, pepper, garlic powder	A 606 B 641	A 23.7 B 24.7	
		Lunch B : Miso Ramen		miso, naruto, egg	Chinese noodles, cooking oil, sesame oil, starch, white sesame seeds	ginger, scallion, carrot, onion, cabbage, bean sprouts, bok-choy	chicken broth, mirin, sake, soy sauce, pepper, salt, garlic powder			
		Mini Fried Gyoza		pork	cooking oil, dumpling wraps, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Chinese Sala with Chinese Cabbage			cooking oil, sesame oil	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
		Fruit (frozen apple)				frozen apple				
22	M	Substitution Holiday								
23	Tu	Labor Thanksgiving Day								
24	W	Let's Enjoy the Flavor of Washoku Broth!							647	27.8
		Rice with Soybeans and Hijiki	○	fried tofu, soy bean, hijiki(seaweed)	rice, glutinous rice, cooking oil, (light brown) sugar	carrot	sake, salt, soy sauce, kelp stock, mirin			
		Mushroom Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji and enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Mackerel with Miso		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce			
Komatsuna with Sesame Seed Dressing		(light brown) sugar, white sesame seeds		komatsuna, carrot, Chinese cabbage	soy sauce					
25	Th	Rice	○		rice			624	20.1	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Chicken with Green Onion Sauce		chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Cabbage with Spicy Dressing				komatsuna, carrot, cabbage	mustard, soy sauce			
26	F	Mabo Rice Bowl	○	pork, miso, tofu	rice, cooking oil, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	Chinese chili paste, sake, soy sauce, sweet bean paste	623	25.0	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, bamboo shoots, 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			
29	M	Let's Enjoy Food from Around the World! ☆ France ☆							592	26.3
		Butter Rice with Corn	○		rice, butter	whole corn	salt, white wine			
		Julienne Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, bay leaf, pepper			
		Grilled Fish with Ravigote Sauce		Patagonian grenadier	wheat flour, starch, cooking oil, (white) sugar	tomato, onion, cucumber, parsley	salt, pepper, vinegar, thin soy sauce			
		Lyonnais Potato		bacon	cooking oil, potatoes	onion, bell pepper	salt, pepper			
Drinkable Yogurt	drinkable yogurt									
30	Tu	Rice	○		rice			678	26.2	
		Hearty Miso Soup with Pork		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Saury		saury			salt, soy sauce			
		Marinated Spinach				spinach, Chinese cabbage, bean sprouts	soy sauce			

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