



# Lunch Menu, December 2021



November 30, 2021

Manner Goal : Let's wash our hands.

Nutrition Goal : Let's eat to beat the cold.

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	Hui Guo Rou Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch	garlic, cabbage, bell pepper, red bell pepper, scallion, eringi mushroom	sweet bean paste, Chinese chili paste, sake, salt, soy sauce, pepper	668	21.3	
		Chinese Chive and Egg Soup		egg	starch	ginger, carrot, dried shiitake, Chinese chive	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Banana)				banana				
2	Th	Rice	○		rice			634	24.4	
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		sake			
		Chinese Cabbage and Deep Fried Tofu Crispy Salad		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
3	F	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆							645	18.9
		Okkirkomi	○	chicken, fried tofu	cooking oil, (white) sugar, udon noodles	burdock, carrot, daikon, shimeji, dried shiitake, scallion	bonito flake stock, kelp stock, mirin, salt, soy sauce			
		Moyashi with Mustard Dressing				komatsuna, carrot, bean sprouts	mustard, soy sauce			
Miso Potato	miso	cooking oil, potatoes, starch, (white) sugar			mirin					
6	M	Let's Enjoy Food from Around the World! ☆Russia☆							671	22.6
		Homemade Pirozhki	○	pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shiitake	salt, dried yeast, pepper, nutmeg, oyster sauce, soy sauce			
		Borscht		pork, fresh cream	cooking oil, potatoes	carrot, onion, celery, ginger, whole tomatoes, canned beets, cabbage	chicken broth, tomato puree, red wine, salt, pepper, bay leaf			
		Olivier Salad		egg	potatoes, non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper			
Yoghurt Drink	drinkable yogurt									
7	Tu	Rice	○		rice			530	26.1	
		Clear Soup with Tofu and Wakame		tofu, wakame (seaweed)		scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Stir-Fried Pork with Ginger		pork	cooking oil, starch	ginger, onion	soy sauce, sake			
		Japanese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
8	W	Nerima Spaghetti	○	tuna, nori	(white) sugar, spaghetti olive oil, butter	daikon	vinegar, salt, soy sauce	698	25.0	
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Roasted Sweet Potato			sweet potato					
9	Th	Chinese Rice Bowl	○	pork, squid, shrimp	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, Chinese cabbage, bok-choy, scallion	chicken broth, soy sauce, sake, salt, pepper, oyster sauce	639	21.7	
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Milk Jelly with Mikan		agar powder(kanten), milk	(white) sugar	canned orange				
10	F	Salmon and Kinoko Pilaf	○	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, parsley	salt, white wine, soy sauce	593	21.1	
		Vegetable Soup		bacon		ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf, pepper			
		Fruit (Apple)				apple				

### 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.

There is no withdrawal date for December. The next withdrawal date is Friday, January 14.

### ~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	
13	M	Japanese Event Lunch ☆Susuharai (Winter Cleaning)☆							580	20.8
		Rice with Jako and Wakame	○	chirimen jakko, wakame seaweed, rice seasoning	rice					
		Oden		chikuwa fish paste, hanpen, fish ball, fried tofu fritter	(light brown) sugar, konnyaku	daikon	bonito flake stock, kelp stock, sake, salt, soy sauce			
		Spicy Chinese Cabbage Salad				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
Fruit (satsuma orange )				satsuma orange						
14	Tu	Sandwich (tuna and cheese)	○	tuna, cheese	bread, whole wheat bread, non-egg mayonnaise	cucumber	salt, pepper, grain mustard	596	21.8	
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf, pepper			
		Pumpkin salad			cooking oil	pumpkin, carrot, cucumber onion	vinegar, salt, pepper			
15	W	Rice	○		rice			595	20.0	
		Nikujaga		pork	cooking oil, konnyaku, potatoes, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce			
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
		Fruit (persimmon)				persimmon				
16	Th	Yakisoba with Sauce	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	696	21.8	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Apple Lumpia			cooking oil, spring roll wraps, (white) sugar, powdered sugar	apple				
17	F	Barley Rice	○		rice, barley			599	26.5	
		Miso Soup with Komatsuna and Tofu		miso, tofu		komatsuna, scallion	bonito flake stock			
		Yellow Tail Teriyaki		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Pickled Chinese cabbage				Chinese cabbage, yuzu	salt			
20	M	Kimchi Fried Rice	○	pork, egg	rice, cooking oil	carrot, kimchi, bean sprouts, bell pepper	sake, salt, soy sauce, pepper	643	23.1	
		Wonton Soup		pork	wonton wraps, sesame oil	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Noodle Salad			udon noodles, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
21	Tu	Japanese Event Lunch ☆Winter Solstice☆							670	24.4
		Yukari Rice	○		rice	yukari shiso (red perilla)				
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Fried Hoki		Patagonian grenadier, egg	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
Pumpkin Fukumeni		(light brown) sugar		pumpkin	bonito flake stock, salt, soy sauce					
22	W	Let's Enjoy Food from Around the World! ☆Christmas☆							791	22.2
		Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, butter, cooking oil, wheat flour	carrot, onion, mushroom, ginger, broccoli	chicken broth, white wine, salt, pepper, bay leaf			
		Macaroni Salad		tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
Christmas Parfait	yogurt, fresh cream	corn flake, (white) sugar, chocolate topping, Kinoko no Yama		canned yellow peach, canned orange, strawberry	maccha					
23	Th	4 period day • No school lunch								
24	F	Term 2 Closing Ceremony • No Lunch								

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	
1/10	M	Coming of Age Day								
1/11	Tu	Term 3 Opening Ceremony • No Lunch								

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