



Lunch Menu, January 2022



January 11, 2022

Manner Goal: Let's think about our school lunch.

Nutrition Goal: Let's learn about traditional Japanese food!

Principal Yuichi Hashimoto

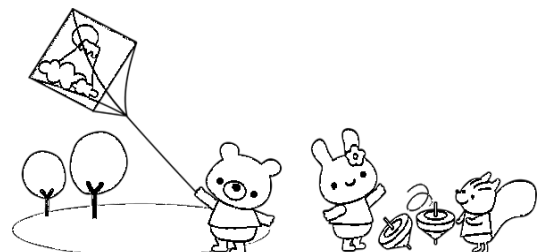
Ayako Koide School Nutritionist

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
10	M	Coming of Age Day							
11	Tu	Term 3 Opening Ceremony • No Lunch							
12	W	Japanese Event Lunch ☆Osechi☆							
		Rice with 7 herbs	○	fried tofu	rice, cooking oil, (light brown) sugar, sesame oil	daikon, turnip, water dropwort, 7 herbs	kelp stock, bonito flake stock, sake, salt, soy sauce	661	33.4
		Ozoni Soup		chicken, naruto	taro, tteok	carrot, daikon, dried shiitake, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce, mirin		
		Kohaku Kamaboko		steamed fish paste					
		Shichifuku Namasu Pickles			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	kelp stock, bonito flake stock, salt, soy sauce, Thin soy sauce, vinegar		
		Jako Tazukuri		chirimen jakko	(light brown) sugar, white sesame seeds		soy sauce, mirin		
Datemaki Omelette	egg, hanpen	(light brown) sugar			mirin, salt				
13	Th	Japanese Event Lunch ☆Kagamibiraki☆							
		Kitsune Udon with Mochi	○	pork, fried tofu	udon noodle, (light brown) sugar, mochi	scallion, komatsuna, kanpyo	kelp stock, bonito flake stock, mirin, salt, soy sauce	619	25.6
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce		
		Fruit (Sweet Spring)				sweet spring			
14	F	Japanese Event Lunch ☆Koshogatsu (Little New Year's)☆							
		Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt	694	20.4
		Japanese Salad with Daikon and Hijiki		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper		
Oshiruko Soup	Azuki Bean	(light brown) sugar, rice flour, (white) sugar			salt				
17	M	Barley Rice	○		rice, wheat			583	25.3
		Sweet Potato Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Grilled Spanish mackerel		Spanish mackerel			salt		
		turnip and cucumber pickles w/yukari				turnip, cucumber, yukari shiso (red perilla)	salt		
18	Tu	Rice	○		rice			586	23.8
		turnip and fried tofu miso soup		fried tofu, miso		turnip, scallion	bonito flake stock		
		Grilled chicken w / green onion sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
19	W	bread	○		bread			632	25.9
		rolled cabbage		pork, egg, milk	panko, starch	cabbage, onion, carrot	salt, pepper, nutmeg, bonito flake stock, soy sauce, mirin		
		green salad			cooking oil	carrot, broccoli, cabbage, cucumber, onion	vinegar, salt, pepper		
		Fruit (Apple)				apple			

School Lunch Fee Notice♪

The school lunch fee is calculated based on the price of each meal, so the fee is different every month. The next withdrawal date Tuesday, January 12. The fee is for January and February lunches and includes fees for school supplies. The table below shows the costs for each grade.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥7,200	¥7,200	¥7,904	¥7,904	¥8,576	¥8,576



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	
20	Th	Rice	○		rice			623	21.3	
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		cod and vegetable with sweet and sour thickened sauce		cod	starch, cooking oil, potatoes, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, yellow bell pepper, lotus root, eggplant	soy sauce, vinegar, ketchup			
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
21	F	Curry and Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinamon, garam masala	695	19.8	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Calpis Jelly		agar powder(kanten), calpis						
24	M	rice balls (wakame, red perilla)	○	wakame rice seasoning, chirimen jakko, nori	rice	yukari shiso (red perilla)		635	36.9	
		pork and vegetable miso soup		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock			
		grilled salmon		salmon			salt			
		cucumber pickles w/sesame dressing			white sesame seeds, sesame oil	cucumber	soy sauce, salt			
25	Tu	spaghetti w/bean-meat sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, nutmeg, ketchup, tomato puree, Worcestershire sauce, tabasco	709	26.9	
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
		Fruit (Orange)				Navel orange				
26	W	Rice	○		rice			622	28.6	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Whale		Whale meat	cooking oil, starch	ginger	soy sauce, sake			
		Dried Daikon Stir Fry		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce			
27	Th	Kinako Fried Bread	○	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar			668	22.1	
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, bay leaf powder			
		Coleslaw Salad with Mustard Dressing			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, mustard			
28	F	Japanese local food ☆ Aomori Prefecture☆							647	24.6
		Towada roasted pork bowl	○	pork	rice, starch	apple jam, garlic, ginger, onion, carrot, Chinese cabbage, red bell pepper, maitake mushroom	soy sauce, mirin, sake, Gochujang, salt			
		senbei jiru		chicken	konnyaku, Kawara senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, Thin soy sauce, mirin			
		fruit (apple)				apple				
World Food ☆ Spain ☆										
31	M	Paella	○	squid, shrimp	rice, olive oil	garlic, carrot, onion, mushroom, whole corn, bell pepper, yellow bell pepper, red bell pepper	saffron, salt, bay leaf powder, pepper, white wine	618	23.9	
		Spanish omelette		bacon, egg, milk	potatoes, cooking oil, butter	onion, carrot	salt, pepper, ketchup			
		cabbage and corn salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		drinkable yogurt		drinkable yogurt						

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

~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**.