



# Lunch Menu, February 2022

January 31, 2022

Manner Goal: Let's eat everything and not be picky!

Principal Yuichi Hashimoto

Nutrition Goal: Let's try food we don't usually like.

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	Tu	Barley Rice	○		rice, barley			623	19.3	
		Chinese Soup with Tofu and Kinoko		tofu	sesame oil	ginger, shimeji, shiitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Spicy Bean Sprout Salad			sesame oil	carrot, cucumber, bean sprout	salt, soy sauce, salt, chili oil			
2	W	Let's enjoy local cuisine! ☆Yamanashi Prefecture☆								
		Hoto Noodles	○	chicken, fried tofu, miso	cooking oil, konnyaku, hoto noodles	burdock, carrot, daikon, pumpkin, scallion	kelp stock, bonito flake stock, soy sauce, sake	604	23.3	
		Bean Sprouts with Sesame Seed Dressing			(light brown) sugar, white sesame seed	carrot, bean sprout, komatsuna	soy sauce			
		Mitarashi Dumpling			rice flour, (white) sugar, (light brown) sugar, starch		soy sauce, mirin			
3	Th	Japanese Event Lunch ☆Setsubun☆								
		Ehomaki	○	nori, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	cucumber, kanpyo, dried shiitake	kelp stock, salt, vinegar, soy sauce	724	23.4	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potato		salt			
		Ohitashi with Chinese Cabbage and Jakko		chirimen jakko		komatsuna, carrot, Chinese cabbage	soy sauce			
4	F	Handmade Gua Bao	○		wheat flour, (white) sugar, cooking oil		baking powder, dried yeast, salt	619	23.9	
		Hot and Sour Soup		egg	starch	ginger, carrot, dried shiitake, scallion	chicken broth, sake, salt, pepper, soy sauce, vinegar, Chinese chili			
		Peking Duck-Style Chicken		chicken	honey	ginger	soy sauce, sake			
		Bansansu Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprout	vinegar, salt, soy sauce, mustard			
7	M	Rice	○		rice			672	28.2	
		Turnip and Komatsuna Miso Soup		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Grilled Salmon with Panko		salmon	Non-egg mayonnaise, panko		salt, pepper			
		Seaweed Salad		seaweed mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper			
8	Tu	Rice	○		rice			646	28.6	
		Tori Jiru		chicken, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Teriyaki Yellowtail		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Bean Sprout Isoae		nori		komatsuna, carrot, bean sprout	soy sauce			
9	W	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	665	18.9	
		Minestrone		bacon	cooking oil, potato, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, pepper			
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine			
10	Th	Japanese Event Lunch ☆Hatsu-Uma☆								
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	637	21.8	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
Chinese cabbage Salad		cooking oil, sesame oil, white sesame seed		carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper					

## 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 is Thursday, February 10.  
 The fee is for March's lunches and is the last school lunch fee for the academic year.

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

☆ 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**.

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	
11	F	National Foundation Day								
14	M	International Event Lunch ☆Valentine's Day☆								
		Penne Arrabbiata	○	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	643	22.9	
		Genki Salad		ham, salted kelp, fish shavings	(light brown) sugar, cooking oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper			
		Chocolate Chip Cookie		egg, milk	(white) sugar, cooking oil, wheat flour, chocolate chips		cocoa, baking powder			
15	Tu	Barley Rice	○		rice, barley			605	23.0	
		Kinoko Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Rolled Omelette with Tuna		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce			
		Turnip and Cucumber Salad				turnip, cucumber	salt			
16	W	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	657	24.2	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, scallion	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil, white sesame seed	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
17	Th	Garlic Toast	○		bread, cooking oil	garlic, parsley		640	23.7	
		Pork and Beans		pork, soy bean	cooking oil, potato	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
18	F	Jako and Wakame Rice	○	chirimen jakko, wakame seaweed seasoning	rice			645	26.9	
		Tofu and Enoki Clear Soup		tofu	dried wheat gluten	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Hoki		hoki	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Kari-Kari Salad with Chinese Cabbage and Fried Tofu		fried tofu	cooking oil, (light brown) sugar, white sesame seed	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
21	M	Barley Rice	○		rice			613	22.9	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	bonito flake stock			
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		salt, soy sauce			
		Dried Radish Salad			(light brown) sugar, sesame oil, white sesame seed	dried radish, cucumber, carrot, bean sprout	vinegar, salt, soy sauce, chili oil			
22	Tu	Saucy Yakisoba	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprout	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce	650	21.8	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seed	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Apple Lumpia			cooking oil, spring roll wrapper, (white) sugar, powdered sugar	apple				
23	W	The Emperor's Birthday								
24	Th	Barley Rice	○		rice, barley			637	20.1	
		Eggplant and Onion Miso Soup		miso		eggplant, onion	bonito flake stock			
		Okara Croquette		chicken, okara (soy pulp)	cooking oil, potato, wheat flour, panko	onion, carrot, shiitake	salt, pepper, Worcestershire sauce (semi-thick)			
		Chinese Cabbage with Spicy Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
25	F	Rice	○		rice			606	27.5	
		Miso Soup with Onion and Potato		wakame (seaweed), miso	potato	onion	bonito flake stock			
		Salmon Chan Chan Yaki		salmon, miso	cooking oil, (white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake, mirin, soy sauce			
		Marinated Cabbage with Salt Kelp		salted kelp	white sesame seed	cabbage, bean sprout, carrot	soy sauce			
28	M	Let's enjoy food from around the world! ☆Hungary☆								
		Cheese Dog	○	cheese	bread			627	24.9	
		Goulash		pork	cooking oil, potato, wheat flour	garlic, ginger, onion, carrot, red bell pepper, mushroom, whole tomatoes	red wine, chicken broth, salt, pepper, tomato puree, ketchup, Worcestershire sauce, bay leaf powder, paprika			
		Green Salad			cooking oil	broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (Apple)				apple				
		Yogurt Drink		yogurt drink						