

Lunch Menu April 2022

April 6, 2022

Manner Goal: Let's follow the rules
when we get ready and clean up.
Nutrition Goal: Let's learn about many types of food!



Principal Yuichi Hashimoto
Ayako Koide
School Nutritionist

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
6	W	Opening Ceremony · Entrance Ceremony							
7	Th	No school lunch · 4 period day							
8	F	Garlic Toast	○		bread, cooking oil	garlic, parsley		556	19.5
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, yellow and red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder		
		French Potato Salad			potatoes, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
11	M	Curry with Rice	○	chicken	rice, cooking oil, potatoes, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala	632	18.1
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Fruit (Kiyomi Orange)				Kiyomi Orange			
12	Tu	Spaghetti with Meat and Bean 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	709	29.6
		Pari Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Yogurt with Fruit		yogurt	(white) sugar	banana, canned peach, canned orange			
13	W	Kayaku Rice	○	chicken, fried tofu	rice, glutinous rice, (light brown) sugar	carrot, burdock, bamboo shoots, dried shiitake	sake, salt, soy sauce, kelp stock	582	22.1
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Isoae with Chinese cabbage		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce		
14	Th	Hot Dog	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	586	27.4
		Pot-au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder		
		Macaroni Salad with Tuna and Eggs		egg, tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
15	F	Carrot Rice with Shrimp	○	shrimp	rice, cooking oil, butter	carrot, onion, whole corn, mushroom, parsley	white wine, salt, pepper	666	23.2
		vegetable soup				ginger, carrot, onion, cabbage	chicken broth, salt, bay leaf powder, pepper		
		croquette (Easter ver.)		tuna, quail eggs	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)		
		Spring color salad			macaroni, (white) sugar, cooking oil	cabbage, carrot, cucumber, whole corn	vinegar, salt, pepper		
18	M	Barley Rice	○		rice, barley			601	25.8
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, shimeji, komatsuna, scallion	bonito flake stock		
		Thick omelette		chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce		
		Pickled Daikon Radish			sesame oil, (light brown) sugar, white sesame seeds	carrot, dried radish, cucumber	salt, vinegar, soy sauce, mixture of red pepper and six other spices		



★G1 will have milk and bread only only April 8 (Fri). Regular school lunch starts on April 11 (Mon).

Don't forget to prepare♪

All students have to wear a mask during lunch preparation.
It's not just for hygienic reasons, but also for disease prevention.
Please prepare a new mask together with a cleaned lunch mat every week.
 Please prepare a non-woven mask.

What's for lunch today?

★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.
 Talk with your child about the meals and what they thought while they were eating.
 Also, please read through the menu beforehand to avoid making the same breakfast or dinner.

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g	
19	Tu	Saucy Yakisoba	○	pork,nori	cooking oil,Chinese noodles	onion,carrot,cabbage,bean sprouts	salt, pepper, sake,Worcestershire sauce, (regular and semi-thick)	594	23.0	
		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 wrapper,(white) sugar,powdered sugar	apple				
20	W	Let's enjoy food from around the world! ☆China☆								
		Fried rice	x	pork,egg	rice,cooking oil,(light brown) sugar	carrot,dried shiitake,scallion,green peas	sake, salt, soy sauce, pepper, vinegar	546	19.3	
		Wonton soup		pork	wonton wrapper,sesame oil	ginger,carrot,Chinese cabbage,bean sprouts,scallion,komatsuna	chicken broth, soy sauce, sake, salt, pepper			
		Seaweed Salad		various types of seaweed	cooking oil	cucumber,daikon,whole corn,onion	vinegar,salt,soy sauce,pepper			
Yogurt Drink	Yogurt Drink									
21	Th	Soy Bean Powder and Sugar Toast	○	soy bean powder	bread,butter,(white) sugar			572	24.6	
		Pork and Beans		pork, bacon, soy bean	cooking oil,potatoes	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			
22	F	Rice	○		rice			611	27.7	
		Turnip and Komatsuna Miso Soup		fried tofu,miso		turnip,komatsuna,scallion	bonito flake stock			
		Japanese style Hamburger with Mushroom sauce		chicken,pork,tofu,egg	starch,(light brown) sugar,cooking oil	carrot, scallion, dried shiitake, ginger, shimeji, enoki mushroom, shiitake	salt,pepper,soy sauce,sake,mirin			
		Cabbage and Cucumber with Yukari				cucumber,cabbage	salt,yukari shiso (red perilla)			
25	M	Chicken rice	○	chicken	rice,butter,cooking oil	onion,carrot,mushroom,whole corn,green peas	salt, paprika powder, white wine, pepper, tomato puree, ketchup	601	20.6	
		ABC Soup		bacon	ABC macaroni	ginger,carrot,onion,cabbage	chicken broth, salt,bay leaf powder, pepper			
		Paprika Salad			cooking oil	red bell pepper,yellow bell pepper,cabbage,cucumber,onion	vinegar,salt,pepper			
26	Tu	Miso Ramen	○	pork,miso,miso	Chinese noodles,cooking oil,sesame oil,starch	garlic,ginger,carrot,onion,Chinese cabbage,bean sprouts,Chinese chive,dried shiitake,scallion,whole corn	chicken broth, mirin, soy sauce, pepper	603	23.3	
		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			
		Fruit Punch			(white) sugar	canned orange,canned peach,canned pineapple	white wine			
27	W	Rice with Jako and Yukari	○	chirimen jakko	rice		yukari shiso (red perilla)	584	31.5	
		Tonjiru		pork,miso,tofu	cooking oil,potatoes	burdock,carrot,daikon,scallion	bonito flake stock			
		Grilled Salty Salmon		salmon	cooking oil		salt			
		Pickled Cucumber and Turnip				turnip,cucumber	salt			
28	Th	Chinese Rice Bowl	○	squid,shrimp	rice,cooking oil,starch	ginger,onion,carrot,bamboo shoots,dried shiitake,Chinese cabbage,bok-choy,scallion,snow peas	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	600	21.7	
		Daikon and Cucumber Salad			sesame oil	daikon,cucumber	salt,vinegar,soy sauce,chili oil			
		Apple Jelly		agar powder (kanten)	(white) sugar	apple juice,canned apple				
29	F	 Showa Day 								

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

School lunch kitchen members !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industry]

School lunch cooks

Asano · Sato · Go · Kamioka

Koyama · Higashida · Kashihara

Suehiro · Saito · Kazama

Thank you in advance for your cooperation this year.

~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Friday, May 13.

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row. To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance. If there is a change in the absence period, please be sure to inform your homeroom teacher.

For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.