

Lunch Menu May 2022



Manner Goal: Let's put our food in the right place on our trays.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn the food groups!

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	
2	M	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture・Hachiju-hachi-ya☆								
		Soy Bean and Shrimp Tempura Rice Bowl	○	soy bean, sakura shrimp	rice, cooking oil, wheat flour, corn starch, (light brown) sugar	onion, chrysanthemum	salt, soy sauce	659	22.7	
		Suruga Soup		tofu, fish ball dumplings	starch	carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce, sake			
Matcha-Flavored Dumplings	soy bean powder	rice flour, (white) sugar			matcha, salt					
3	Tu	Constitution Day								
4	W	Greenery Day								
5	Th	Children's Day								
6	F	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	kelp stock, bonito flake stock, sake, salt, soy sauce	551	27.3	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Fish with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Green Vegetables with Mustard Dressing				broccoli, komatsuna, carrot, cabbage	mustard, soy sauce			
9	M	Chicken and Burdock Pilaf	○	chicken	rice, wheat, cooking oil	burdock, eringi, carrot, green peas	sake, salt, pepper, soy sauce	561	18.4	
		Tomato Soup with Egg		egg	cooking oil	celery, onion, ginger, tomato	chicken broth, salt, bay leaf powder, pepper			
		Pumpkin Salad			Non-egg mayonnaise, (white) sugar	pumpkin, carrot, cucumber	vinegar, salt, pepper			
10	Tu	Salty Fried Noodles	○	pork	cooking oil, Chinese noodle, sesame oil	carrot, onion, cabbage, bean sprout, Chinese chive, shiitake	sake, salt, pepper, soy sauce, oyster sauce	543	22.0	
		Koro-Koro Salad			potato, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Milk Jelly with Orange		agar powder (kanten), milk	(white) sugar	canned orange				
11	W	Three-Color Rice Bowl	○	egg, chicken	rice, cooking oil, (light brown) sugar, sesame oil	ginger, komatsuna	salt, vinegar, sake, soy sauce	620	27.4	
		Hearty Miso Soup		miso, tofu	konnyaku	daikon, carrot, burdock, scallion	bonito flake stock			
		Komatsuna with Sesame			(light brown) sugar, white sesame seed	komatsuna, carrot, Chinese cabbage	soy sauce			
12	Th	Bread	○		bread			607	27.1	
		Soy milk Gratin		chicken, soy milk, cheese	macaroni, cooking oil, butter, wheat flour	onion, carrot, parsley	white wine, salt, pepper, bay leaf powder			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
13	F	Barley Rice	○		rice, wheat			527	24.0	
		Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock			
		Foil-Baked Merlucciidae		Merlucciidae, bacon		red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		Japanese Salad with Daikon and Seaweed		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
16	M	Ma-Bo 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	598	24.6	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, bamboo shoots, scallion	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			

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

School Lunch Fee♪

Withdrawals for school lunch fees this year will start on Friday, May 13.

The school fee is based on the cost of each meal per month, so the amount will be different each month for each grade. The withdrawal day for May will be Friday the 13th. The fee will include lunches for April and May.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥7,788☆	¥7,788	¥8,514	¥8,514	¥9,240	¥9,240



☆ After the average cost for Grade 1 lunches is determined, the appropriate amount will be deducted from the following

~ 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.

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	
17	Tu	Udon with Steamed Meat	○	pork, tube-shaped fish cake	udon noodles	carrot, scallion, komatsuna	kelp stock, bonito flake stock, mirin, salt, soy sauce	519	18.7	
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		Imo Kenpi			cooking oil, sweet potato, (white) sugar					
18	W	Rice with Green Peas	○		rice	green peas	sake, salt	578	30.6	
		Tonjiru		pork, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Teriyaki Fish		salmon	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Spinach with Sesame Sauce			(light brown) sugar, white sesame seeds	spinach, Chinese cabbage, bean sprouts	soy sauce			
19	Th	Fish burger	○	Patagonian grenadier	bread, cooking oil, wheat flour, panko	cabbage	salt, pepper, ketchup, Worcestershire sauce	538	23.3	
		Minestrone		bacon	cooking oil, potato, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, basil, pepper			
		Coleslaw			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard			
20	F	Rice	○		rice			578	24.9	
		Miso Soup with Potato and Wakame (seaweed)		fried tofu, miso, wakame (seaweed)	potato		bonito flake stock			
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake			
23	M	Barley Rice	○		rice, wheat			602	27.4	
		Jako Rice Seasoning		chirimen jakko, fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Miso Soup with Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Fried Egg		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce			
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
24	Tu	Mushrooms Spaghetti	○	bacon, nori	cooking oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	634	21.9	
		Cabbage and Broccoli Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
		Orange Cake		egg	(white) sugar, wheat flour, cooking oil	orange juice, orange marmalade	baking powder			
25	W	Stamina Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	579	22.0	
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Chinese Bean sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
26	Th	Hand-Made Tuna and Mayonnaise Bread	○	tuna	bread flour, (white) sugar, cooking oil, Non-egg mayonnaise	onion, whole corn	salt, dried yeast, pepper	609	19.9	
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potato, wheat flour	onion, carrot, ginger, whole corn	chicken broth, salt, pepper, bay leaf powder			
		Pickles			granulated sugar	carrot, cucumber, daikon	white wine, apple vinegar, salt, bay leaf powder			
27	F	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potato, wheat flour, panko	garlic, ginger, carrot, onion	chicken broth, red wine, salt, bay leaf powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, pepper	756	21.6	
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Fruit (melon)				melon				
28	Sat	Sports Day 								
29	Sun	Sports Day substitute date 								
30	M	Substitute Holiday for Sports Day								
31	Tu	Let's enjoy food from around the world! ☆ United States of America ☆								
		Jambalaya	×	ham, sausage	rice, cooking oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup	600	21.4	
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme powder, bay leaf powder, chicken broth			
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
		Yogurt Drink		yogurt drink						
										

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.

