



# Lunch Menu, June 2022

Manner Goal: Chew your food well to build strong teeth.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about foods that make our teeth strong.

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
1	W	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	630	23.2
		Burdock Salad			Non-egg mayonnaise, sesame oil, white sesame seeds	carrot, burdock, cucumber	sake, soy sauce, mirin		
		Nori and Beans		soy bean, nori	cooking oil, starch, potatoes		salt		
2	Th	Barley Rice	○		rice, barley			555	28.9
		Yoshino jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Teriyaki Fish		bonito	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
3	F	Koya Rice	○	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shiitake, carrot, burdock, snow peas	bonito flake stock, sake, mirin, soy sauce	516	22.1
		Clear Soup		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Iron-Rich Salad		hijiki(seaweed), dried sardines	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
6	M	Barley Rice	○		rice, barley			580	25.3
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Grilled Chicken with Scallion Sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
7	Tu	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	587	23.5
		Chinese Soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce		
		Vermicelli Chinese salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard		
8	W	Pizza Toast	○	bacon, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushroom, bell pepper	salt, pepper, basil, oregano	557	27.2
		Pot-Au-Feu		chicken	potatoes	ginger, carrot, onion, celery, cabbage, broccoli, mushroom	chicken broth, white wine, salt, pepper, bay leaf powder		
		Fruit (Melon)				melon			
9	Th	Barley Rice	○		rice, barley			577	28.7
		Chicken Soup		chicken, miso, tofu	cooking oil, potatoes	carrot, daikon, scallion	bonito flake stock		
		Baked Salmon		salmon			salt		
		Kinpira			cooking oil, konnyaku, (light brown) sugar, white sesame seeds	burdock, carrot, lotus root	mirin, soy sauce		
10	F	Jako and Ume Rice	○	dried sardines	rice	dried plum		592	26.2
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce		
		Pickled Chinese Cabbage				Chinese cabbage, carrot	salt		
13	M	Barley Rice	○		rice, barley			598	17.9
		Mushroom Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Potato Croquette		pork	cooking oil, potatoes, wheat flour, bread crumbs	onion	salt, pepper, Worcestershire sauce (semi-thick)		
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
14	Tu	Kajodofu Rice Bowl	○	pork, fried bean curd, miso	rice, cooking oil, (white) sugar, starch	onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger	soy sauce, sake, Chinese chili paste, chicken broth	582	22.9
		Chinese Wakame soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce, chili oil		
15	W	Tomato Spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup	589	22.8
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Fava bean and Cheese Fritter		cheese	wheat flour, starch, cooking oil	fava bean	salt, sparkling water		

## School Lunch Fees ♪

Every month is different per grade. We will let you know the charges on the menu.  
The fees for June lunches will be withdrawn on Friday, June 10th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥5,061☆	¥5,192	¥5,676	¥5,676	¥6,160	¥6,160

☆G1 lunch fees will be reduced for June because of adjustments from April.  
Details: [¥5,192(June) - ¥236(1 meal) + ¥105(milk¥58 + bread¥47) = ¥5,061]

## ~ Dear Parents /Guardians ~

A refund for the lunch 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	
16	Th	Barley Rice	○		rice, barley			565	28.7	
		Miso Soup with Tofu and Komatsuna		miso, tofu, fried tofu		scallion	bonito flake stock			
		Enoki Wrapped in Pork in a Japanese sauce		pork	(light brown) sugar, starch	enoki mushroom, carrot, ginger	salt, pepper, soy sauce, mirin			
		Marinated Bean sprout and Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce			
17	F	Mabo Eggplant Rice bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, Chinese chili paste	600	20.9	
		Chinese Style Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, whole corn, canned cream corn, parsley	chicken broth, salt, pepper, soy sauce			
		Spicy Pickled Turnips and Cucumbers			sesame oil	turnip, cucumber	salt, vinegar, soy sauce, chili oil			
		Fruit (frozen orange)				frozen orange				
20	M	Rice	○		rice			507	25.7	
		Clear Soup		tofu, wakame (seaweed)		scallion	bonito flake stock			
		Pork Stir-Fry with Ginger		pork	cooking oil, starch	ginger, onion	salt, pepper, soy sauce, mirin			
		Daikon Salad		wakame (seaweed), dried sardines	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce			
21	Tu	Let's Enjoy Regional Cuisine ☆Hyogo Prefecture☆								
		Rice with Octopus	○	fried tofu, octopus	rice	burdock, carrot, dried shiitake, string bean	sake, kelp stock, Thin soy sauce, salt, mirin	545	25.5	
		Somen Soup			somen	onion, carrot, dried shiitake, green onions	bonito flake stock, kelp stock, salt, soy sauce			
		Teriyaki Fish		Spanish mackerel	(light brown) sugar, starch	yuzu	sake, soy sauce, mirin			
Pickled cucumber and Chinese Cabbage				Chinese cabbage, cucumber	salt					
22	W	Chinese Noodles with Cold Meat Sauce	○	pork, miso	Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scallion	Chinese chili paste, mirin, sake, salt, soy sauce, sweet bean paste, oyster sauce	562	23.8	
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
		Hydrangea Jelly		agar powder (kanten), calpis	(white) sugar	grape juice, acerola juice				
23	Th	Rice	○		rice			616	25.2	
		Miso Soup with Fried Tofu and Komatsuna		fried tofu, miso		komatsuna, scallion	bonito flake stock			
		Deep-Fried Horse Mackerel		Horse Mackerel	cooking oil, wheat flour, bread crumbs		salt, pepper, Worcestershire sauce (semi-thick)			
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
24	F	Let's enjoy food from around the world! ☆Italy☆								
		Caponata bowl	×	chicken	rice, cooking oil	onion, red bell pepper, zucchini, shiitake, eggplant, garlic, whole tomatoes, ginger, parsley	bay leaf powder, chicken broth, basil, oregano, tabasco, Worcestershire sauce, soy sauce, Worcestershire sauce (semi-thick), salt, pepper, bay leaf powder	631	16.0	
		ABC Soup			macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Panna cotta		agar powder, milk, fresh cream	(white) sugar	canned peach				
Yogurt Drink	yogurt drink									
27	M	Rice	○		rice			579	26.3	
		Miso Soup with Daikon and Komatsuna		miso		daikon, scallion, komatsuna	bonito flake stock			
		Grilled Mackerel with Scallion Sauce		mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			
28	Tu	Cold Chinese Noodles	○	chicken, egg	Chinese noodles, cooking oil, sesame oil, white sesame seeds, (light brown) sugar	ginger, carrot, dried shiitake, cucumber, bean sprouts	chicken broth, soy sauce, vinegar, sake, salt	627	26.1	
		Spring Roll		pork	cooking oil, Spring roll wrapper, vermicelli, starch, sesame oil	ginger, scallion, bamboo shoots, dried shiitake, Chinese chive	sake, salt, pepper, soy sauce,			
		Fruit (Cherries)				cherry				
29	W	Okara and Chicken Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	602	25.1	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Marinated Chinese cabbage w/seaweed		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Steamed Corn				corn	salt			
30	Th	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	669	22.8	
		Sesame-Seasoned Cabbage			(light brown) sugar, white sesame seeds	komatsuna, carrot, cabbage	soy sauce			
		Minazuki Sweets			wheat flour, rice flour, starch, (white) sugar, sugared red beans					

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

**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. Thank you for your understanding.

