



# July Lunch Menu

June 30, 2022

Manner Goal: Let's eat quietly and with a good posture!

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat to beat the heat!

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	F	Pork and Kimchi Rice Bowl	○	pork, miso	rice, cooking oil, (white) sugar, white sesame seeds, Chinese chili paste	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprouts	sake, soy sauce	630	24.9	
		Chinese Style Corn Soup		chicken, egg	starch, sesame oil	ginger, onion, carrot, whole corn, canned cream corn	chicken broth, salt, pepper, soy sauce			
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
4	M	Barley Rice	○		rice, wheat			601	31.0	
		Grilled Squid with Scallion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Simmered Koya-tofu and Vegetable		freeze-dried tofu	konnyaku, (light brown) sugar, potatoes	carrot, burdock, string bean	bonito flake stock, mirin, salt, soy sauce			
		Marinated Chinese cabbage				komatsuna, carrot, Chinese cabbage	soy sauce			
5	Tu	Let's enjoy international foods! ☆ Hawaii ☆								
		Mahi-Mahi Sandwich	×	mahi-mahi	bread, cooking oil, starch, (light brown) sugar	cabbage, onion, ginger, garlic	salt, pepper, sake, soy sauce, ketchup	615	22.9	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, pepper, bay leaf powder			
		Pineapple Cake		egg, milk	(white) sugar, wheat flour, cooking oil	canned pineapple	baking powder			
		Yogurt Drink		yogurt drink						
6	W	Let's enjoy Japanese cultural food ☆ Tanabata Festival(7/7) ☆								
		Tanabata Cold Somen	○	steamed fish paste	Somen, (light brown) sugar	dried shiitake, scallion, Okra	bonito flake stock, kelp stock, salt, soy sauce	577	19.9	
		Tempura		chicken	cooking oil, wheat flour	eggplant, pumpkin	salt			
		Tanabata Punch			(white) sugar, rice flour	canned orange, canned pineapple, canned peach, Nata de coco	Cider			
7	Th	Pilaf of Salmon and Edamame	○	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, green soybean	salt, white wine, soy sauce	534	23.7	
		Vegetable Soup		chicken		ginger, carrot, onion, cabbage	chicken broth, salt, pepper, bay leaf powder			
		Tomato Salad			cooking oil, (light brown) sugar	tomato, basil, onion	vinegar, salt, pepper			
8	F	Let's eat local food! ☆ Okinawa Prefecture ☆								
		Taco Rice	○	soy bean meat, cheese	rice, cooking oil	garlic, ginger, onion, carrot, cabbage, mini tomato	red wine, paprika powder, ketchup, Worcestershire sauce, pepper, soy sauce, tabasco	664	28.7	
		Winter melon soup				winter melon, scallion, green onions, ginger	kombu, bonito flake (stock), salt			
Goya Champuru	bacon, tofu, egg	cooking oil		onion, carrot, Goya	soy sauce, salt					

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

## School lunch Fees ♪

Every month is different per grade. We will let you know the charges on the menu.  
The fees for July lunches will be withdrawn on Monday, July 11th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥2,596	¥2,596	¥2580★	¥2580★	¥2800★	¥2240☆

★Because G3,4,5 went on an excursion in June their fee will be less in July.

☆G6 have an excursion June 29-July 1, so their fee will be less in July.

~ 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.

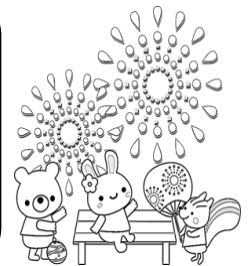
Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
11	M	Rice	○		rice			600	22.2
		Clear Soup		tofu	dried wheat gluten	enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Sweet and Sour Cod with Vegetables		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		
		Marinated Spinach			spinach, Chinese cabbage, bean sprouts	soy sauce			
 Lets enjoy a menu from a local restaurant! ☆La Goccia Tokyo☆									
12	Tu	Bolognese	○	beef, fresh cream, cheese	Conchiglie, olive oil, butter	whole tomatoes, onion, celery, carrot, dried porcini	red wine, salt, Black pepper	561	29.5
		Summer vegetable Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, tomato, whole corn, onion	vinegar, salt, pepper		
		Fruit Yogurt		yogurt	(white) sugar	canned peach, canned orange			
13	W	Barley Rice	○		rice, wheat			632	29.3
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Grilled Mackerel Nanban		mackerel	(light brown) sugar	ginger, scallion	soy sauce, sake, vinegar, ground red chili pepper		
		Stir-fried Kanpyo		chicken, fried tofu, egg	cooking oil, (light brown) sugar	kanpyo, carrot, burdock, dried shiitake	bonito flake stock, mirin, soy sauce		
14	Th	Japanese cultural food ☆Doyō(7/23)☆							
		eel chirashi zushi	○	grilled eel, nori	rice, (light brown) sugar, white sesame seeds		sake, mirin, soy sauce	676	23.6
		Root vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
doyō mochi		rice flour, (white) sugar, Azuki Bean, (light brown) sugar			salt				
15	F	Summer Vegetable Curry	○	chicken	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, zucchini, tomato, eggplant, pumpkin	red wine, salt, bay leaf powder, ketchup, chicken broth, curry powder, Worcestershire sauce, Worcestershire sauce (semi-thick)	660	18.1
		Seaweed Salad		seaweed salad mix	cooking oil	cucumber, daikon, canned corn, onion	vinegar, salt, soy sauce, pepper		
		Fruit (frozen apple)				frozen apple			
18	M	 Marine Day							
19	Tu	 No school lunch · 4 period day							
20	W	 Closing ceremony · no lunch							




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.**



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9/1	Th	 Opening Ceremony · no lunch 