September 1, 2022



Lunch Menu, September 2022

Manner Goal : Finish your lunch within the assigned time. Nutrition Goal : Eat the three basic meals every day. Principal Yuichi Hashimoto School Nutritionist Ayako Koide

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	Proteir g
1	Th	\$\$*D~V@\$	/ @ # [Dava	Opening Ceremony \cdot no lunc	ch 🍕 🏷 🗍 🖉	< 7 a < & *		70
2	F 1	Barley Rice	- 0		rice, barley			613	27.7
		Suiton Soup		pork, egg	cooking oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna	bonito flake stock, kelp stock, sake, salt, soy sauce		
		Spanish mackerel with Saikyo miso		Spanish mackerel, Saikyo miso			sake	010	
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
	Μ	Fried Rice	0	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	558	22.4
5		Chinese Soup		pork, 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		
		Rice			rice			624	27.1
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, shimeji, komatsuna, scallion	bonito flake stock		
6	Tu	Thick Omelette	0	chicken, egg	cooking oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce		
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce		
	¥	Soy Bean Powder and Sugar Toast		soy bean flour	bread, butter, (white) sugar				24.6
7		Pork and Beans	0	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	572	
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
		Japanese Event Lunch ☆C	hrysant	hemum Festival(9/9)☆	•		•		
8	Th	Chrysanthemum Flower Rice	0	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shiitake	salt, soy sauce, kelp stock, sake, mirin		28.1
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce	524	
		Grilled Salmon		salmon			salt		
all		Pickled Cabbage w/Yukari				cabbage	salt, yukari shiso (red perilla)		
		Japanese Event Lunch ☆Tsukimi(9/10)☆							
9	F	Barley Rice	-		rice, barley			-	22.5
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce		
e	<u>&</u>	Grilled Chicken with Salted Koji		chicken			salted koji, sake	564	
		Pickled Daikon and Cucumber				cucumber, daikon, ginger	salt		
		Mitarashi Dango			rice flour, (white) sugar, (light brown) sugar, starch		soy sauce		
		Let's Enjoy Food from Diffe	erent Re	egions around Japan! ☆ Shil	ba Daradara Festival (ginger festi	val)(9/11~9/21)☆			
12	M	Ginger Rice	- 0	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock		29.6
4		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Stir-fried Ginger Pork		pork	cooking oil, (light brown) sugar, starch	garlic, ginger, onion	soy sauce, sake, mirin	586	
-		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
	Tu	Udon with Cold Meat Sauce	0	pork, miso	udon noodle, cooking oil, Chinese chili paste, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, bamboo shoots, scallion, dried shiitake	chicken broth, sake, soy sauce, sweet bean paste,		26.1
13		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	oyster sauce salt, soy sauce, vinegar, pepper,	588	
		Nori and Beans		soy bean, nori	cooking oil, starch, potatoes		sake salt		
		Rice			rice			1	+
14	W	Miso Soup with Tofu and Wakame	0	miso, tofu, wakame (seaweed)		scallion	bonito flake stock		27.4
						red bell pepper, onion, enoki	salt, pepper, white	557	
14	vv	Foil-Baked Merlucciidae		Merlucciidae, bacon		mushroom	wine, soy sauce		

School Lunch Fee ♪

Every month is different per grade. We will let you know the charges on the menu. The withdrawal date for September is Monday the 12th.

 Termination of the september of september and October lunches.

 Gr.1
 Gr.2
 Gr.3
 Gr.4
 Gr.5
 Gr.6

 ¥9,204
 ¥9,204
 ¥10,062
 ¥10,920
 ¥10,920

\sim To Parents and Guardians \sim

If your child has to **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 one 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 <u>JP Yucho</u> <u>account at the end of the term and a handling fee will be charged.</u>

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	Proteii g	
15	Th	Hot Dog	-	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce		27.4	
		Pot-Au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder	586		
		Macaroni Salad with Tuna and Eggs		egg, tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
16	F	Chinese Rice Bowl	0	pork	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, cloud ear mushroom, Chinese cabbage, bok- choy, scallion, snow peas	soy sauce, sake, chicken broth, salt, pepper, oyster sauce		20.1	
		Spicy Pickled Cucumber and Daikon Fruit (pear)			sesame oil	daikon, cucumber pear	salt, vinegar, soy sauce, chili oil	577		
19	М		× • •	* * • * *	Respect for the Aged Day		• * * • *	* • •	* *	
		Japanese Event Lunch ☆Ohigan Iri - First Day of the Equinoctial Week☆								
20	Tu	Kakitama Udon	0	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	bonito flake stock, kelp stock, mirin,		24.8	
		Japanese Chinese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	salt, soy sauce vinegar, salt, soy sauce, pepper	591		
)		Ohagi		bean paste, soy bean flour	glutinous rice, rice, (white) sugar		salt			
21		Jako and Wakame Rice		wakame rice mix, chirimen jakko	rice			-	32.2	
	w	Tonjiru	0	pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock sake, soy sauce,	590		
		Teriyaki Salmon Pickled Turnips and	-	salmon	(light brown) sugar, starch		mirin			
		Cucumbers				turnip, cucumber, ginger	salt tomato puree, salt,			
22	Th	Eggplant Dry Curry	0	pork	rice, cooking oil, chickpeas, wheat flour	garlic, ginger, onion, carrot, eggplant	bay leaf powder, nutmeg, curry powder, Worcestershire sauce	629	20.8	
		Cabbage and Broccoli Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice, canned orange		1		
23	F	LUCELUCE	dra	PARADA	Autumnal Equinox Day	48224	विकाम स्विक	4800	ß	
		Rice			rice				27.9	
26	м	Miso Soup with Fried tofu and Komatsuna	0	fried tofu, miso		komatsuna, scallion	bonito flake stock	609		
20		Grilled Mackerel with Scallion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar	009		
		Chinese cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
		Let's Enjoy Local Cuisine! ANgasaki Prefecture								
27	 2	Nagasaki Champon		pork, squid, shrimp, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, soy sauce, chicken broth, Worcestershire sauce		27.8	
<u>مح</u>		Daikon and Hijiki Salad	0	hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper	631		
'nov		Sweet Potato Cake		egg, milk	(white) sugar, wheat flour, butter, sweet potato		baking powder			
		Let's Enjoy Food from A	round t	he World!☆Korea☆		I	1	1		
28	W	Bibimbap		pork, egg	rice, sesame oil, (light brown) sugar, white sesame seeds, Chinese chili paste, cooking oil	garlic, ginger, scallion, Fiddlehead ferns, bean sprouts, komatsuna	soy sauce, salt, vinegar			
A Start		Wakame soup	×	wakame (seaweed)	white sesame seeds	bamboo shoots, scallion	bonito flake stock, salt, pepper, soy sauce	638	24.4	
		Торроді		chicken	cooking oil, sesame oil, toppogi, (light brown) sugar	garlic, carrot, cabbage, scallion	gochujang, soy sauce			
		Yogurt Drink		yogurt drink						
29	Th	Cinnamon sugar Toast	0		bread, cooking oil, granulated sugar		cinnamon powder		21.4	
		Tomato stew with chicken and vegetables		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage, parsley	chicken broth, salt, pepper, tomato puree, ketchup, bay leaf powder	586		
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper	1		
		Japanese local food ☆Tokyo Citizen's Day(10/1)☆								
30	F	Rice Chanko Soup	0	chicken, fried bean curd	rice cooking oil, konnyaku	burdock, carrot, daikon, dried shiitake, shimeji, Chinese	bonito flake stock, kelp stock, salt,		28.8	
joe	S	Fried Minced Flying Fish		minced flying fish, egg	cooking oil, panko, wheat flour	cabbage, scallion onion, garlic, ginger	soy sauce, sake ketchup, salt, pepper, Worchestershire sauce (semi-thick)	667		
		Cabbage Salad	1	<u> </u>	cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt,			
	<u> </u>		I	I		may be changes to the me	pepper	ļ	L	

\thickapprox There may be changes to the menu due to availability of food. Don't forget to prepare ${f ho}$ 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. EUC

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