



Lunch Menu, September 2022

September 1, 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	Protein g
1	Th	Opening Ceremony · no lunch							
2	F	Barley Rice	○		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		
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
5	M	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	558	22.4
		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		
6	Tu	Rice	○		rice			624	27.1
		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		
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce		
7	W	Soy Bean Powder and Sugar Toast	○	soy bean flour	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		
8	Th	Japanese Event Lunch ☆Chrysanthemum Festival(9/9)☆							
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shiitake	salt, soy sauce, kelp stock, sake, mirin	524	28.1
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Grilled Salmon		salmon			salt		
Pickled Cabbage w/Yukari				cabbage	salt, yukari shiso (red perilla)				
9	F	Japanese Event Lunch ☆Tsukimi(9/10)☆							
		Barley Rice	○		rice, barley			564	22.5
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Grilled Chicken with Salted Koji		chicken			salted koji, sake		
		Pickled Daikon and Cucumber				cucumber, daikon, ginger	salt		
Mitarashi Dango		rice flour, (white) sugar, (light brown) sugar, starch			soy sauce				
12	M	Let's Enjoy Food from Different Regions around Japan! ☆ Shiba Daradara Festival (ginger festival)(9/11~9/21)☆							
		Ginger Rice	○	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock	586	29.6
		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		
Marinated Cabbage with Salted Kelp	salted kelp	white sesame seeds		cabbage, bean sprouts, carrot	soy sauce				
13	Tu	Udon with Cold Meat Sauce	○	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, oyster sauce	588	26.1
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
		Nori and Beans		soy bean, nori	cooking oil, starch, potatoes		salt		
14	W	Rice	○		rice			557	27.4
		Miso Soup with Tofu and Wakame		miso, tofu, wakame (seaweed)		scallion	bonito flake stock		
		Foil-Baked Merlucciidae		Merlucciidae, bacon		red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce		
		Stir-fried satsuma-age and vegetables		satsuma-age	cooking oil, konnyaku, (light brown) sugar	burdock, carrot, bamboo shoots, string bean	bonito flake stock, sake, salt, 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.
 It includes both September and October lunches.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥9,204	¥9,204	¥10,062	¥10,062	¥10,920	¥10,920

~To Parents and Guardians~

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 **JP Yucho account at the end of the term and a handling fee will be charged.**

