



Lunch Menu, October 2022

September 30, 2022

Manners Goal : Let's hold our dishes correctly.

Principal Yuichi Hashimoto

Nutritional Goal : Let's learn about main and side dishes.

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	Sa	Tokyo Citizens' Day								
3	M	Stamina Rice 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	585	23.2	
		Spicy Vermicelli Soup			Chinese chili paste, vermicelli, sesame oil	ginger, cloud ear mushroom, bok-choy, scallion	chicken broth, sake, salt, soy sauce			
		Chinese Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
4	Tu	Salty Fried noodles	○	pork	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts, Chinese chive, shiitake	sake, salt, pepper, soy sauce, oyster sauce	528	19.6	
		Seaweed Salad			seaweeds mix	cooking oil, sesame oil, white sesame seeds	daikon, cucumber			vinegar, salt, soy sauce, pepper
		Apple jelly			agar powder (kanten)	(white) sugar	apple juice, canned pineapple			
5	W	Rice	○		rice			596	26.6	
		Hearty Miso Soup			miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion			bonito flake stock
		Egg Roll w/Dried Daikon			chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish			sake, salt, soy sauce
		Pickled Cabbage and Cucumber					cabbage, cucumber			salt
6	Th	Cheese Dog	○	cheese	bread			572	23.7	
		Curry Noodle Soup			chicken	cooking oil, wheat flour, udon noodle	garlic, ginger, onion, carrot, cabbage			chicken broth, salt, pepper, bay leaf powder, curry powder, ketchup
		Coleslaw Salad with Mustard Dressing				cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion			vinegar, salt, pepper, grain mustard
7	F	Japanese Event Lunch ☆Jyusanya - 13th Day of the Lunar Moon(10/8)☆								
		Fukiyose Rice	○		rice, chestnut, (light brown) sugar	bamboo shoots, dried shiitake, shimeji, carrot	kelp stock, bonito flake stock, sake, soy sauce, salt	604	19.4	
		Seasonal Clear Soup			steamed fish paste		komatsuna, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Jako Salad			wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon			salt, vinegar, salt, soy sauce, pepper, sake
		Two-Colored Azuki Dango				rice flour, azuki bean, (light brown) sugar	pumpkin			salt
10	M	Sports Day								
	Tu	Spaghetti w/Bean-Meat Sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, nutmeg, ketchup, tomato puree, Worcestershire sauce	624	28.3	
		Paprika Salad				cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion			vinegar, salt, pepper
		Blueberry Yogurt			yogurt	(white) sugar	blueberry jam, blueberry			red wine
12	W	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	584	22.9	
		Tomato Soup with Egg			bacon, egg	cooking oil	celery, onion, ginger, tomato			chicken broth, salt, bay leaf powder, pepper
		French Potato Salad				potatoes, cooking oil	carrot, cucumber, onion			vinegar, salt, pepper
13	Th	Rice	○		rice			596	26.0	
		Clear Soup w/Tofu and Enoki			tofu	wheat bran	enoki mushroom, scallion			kelp stock, bonito flake stock, salt, soy sauce
		Chicken and Vegetables in Sweet and Sour Sauce			chicken	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 Komatsuna and Chinese Cabbage					komatsuna, Chinese cabbage, bean sprouts			soy sauce
14	F	Barley Rice	○		rice, barley			570	25.8	
		Hearty Miso Soup			miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion			bonito flake stock
		Grilled Pacific Barrelfish			Pacific barrelfish	white sesame seeds, cooking oil	scallion, ginger, garlic			soy sauce, mirin, sake
		Stir-fried Hijiki and Soybeans			hijiki (seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot			bonito flake stock, mirin, 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 October is Tuesday the 11th.
It includes both November lunches.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,720	¥4,720	¥5,160	¥5,160	¥5,600	¥5,600

~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.**

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	M	Mixed Inari Rice	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	640	24.3	
		Yoshino Soup		tofu	taro, starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Turnip and Cucumber with Yukari				turnip, cucumber	salt, yukari shiso (red perilla)			
18	Tu	Kinoko Spaghetti	○	bacon, nori	cooking oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	590	18.5	
		Koro-Koro Salad			potatoes, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Baked Apple			(white) sugar, butter	apple	cinnamon powder			
19	W	Sweet Potato Rice	○		rice, sweet potato, black sesame		sake, salt	567	25.5	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Fish w/Saikyo Miso Paste		Spanish mackerel, Saikyo miso			sake			
		Marinated Vegetables w/Mustard Sauce				broccoli, komatsuna, carrot, cabbage	mustard, soy sauce			
20	Th	Household Tofu Rice bowl	○	pork, fried bean curd, miso	rice, cooking oil, Chinese chili paste, (white) sugar, starch	onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger	soy sauce, sake, chicken broth	616	22.7	
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Persimmon)				persimmon				
21	F	Rice	○		rice			627	22.2	
		Miso Soup w/Eggplant and Onion		miso		eggplant, onion	bonito flake stock			
		Okara Croquette		chicken, okara (soy pulp)	cooking oil, potatoes, wheat flour, panko	onion, carrot, shiitake	salt, pepper, Worcestershire sauce (semi-thick)			
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
24	M	Let's Enjoy Food from Around the World! ☆Spain☆								
		Paella	×	squid, shrimp	rice, olive oil	garlic, carrot, onion, mushroom, whole corn, bell pepper, yellow bell pepper, red bell pepper	saffron, salt, bay leaf powder, pepper, white wine	575	23.6	
		Tortilla (Spanish Omelette)		bacon, egg, milk	potatoes, cooking oil, butter	onion, carrot, parsley	salt, pepper, ketchup			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
		Yogurt Drink		yogurt drink						
25	Tu	Let's Enjoy Local Cuisine! ☆Hokkaido Prefecture☆								
		Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, mirin, soy sauce, pepper	528	22.9	
		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			
Fruit (Apple)				apple						
26	W	Barley Rice	○		rice, barley			510	24.1	
		Mushroom Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Teriyaki Fish		Mork shark	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Bean Sprouts Isoae		nori (seaweed)		komatsuna, carrot, bean sprouts	soy sauce			
27	Th	Garlic Toast	○		bread, cooking oil	garlic, parsley		588	19.2	
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder			
		French Sweet Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
29	F	Barley Rice	○		rice, barley			660	26.9	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Deep-Fried Horse Mackerel		horse mackerel	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)			
		Broccoli and Cabbage Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
31	M	Ghost Bread	○		bread flour, (white) sugar, cooking oil, chocolate		salt, dried yeast	629	24.1	
		Chicken and Pumpkin Cream Stew		chicken, milk	cooking oil, potatoes, wheat flour, macaroni	onion, carrot, ginger, pumpkin, cabbage, mushroom	white wine, chicken broth, salt, pepper, bay leaf powder			
		Tomato and Corn Salad			cooking oil	tomato, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			

☆ 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.

