



Lunch Menu, November 2022



Manner Goal : Let's say the proper aisatsu for our meals.

Principal Yuichi Hashimoto

Nutrition Goal : Let's learn about seasonal foods.

Rayako Koide School Nutritionist

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g	
1	Tu	☆Family Reading Week ☆ Inspired by "Various Mushrooms" and "The Giant Turnip" and "The Mountain of Flowers" ☆							653	28.2
		Kinoko Rice	○	fried tofu	rice	shiitake, shimeji, enoki mushroom, maitake mushroom	sake, salt, soy sauce, kelp stock			
		Miso Soup w/Turnip and Komatsuna		miso		turnip, komatsuna, scallion	bonito flake stock			
		Hanasaki Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce			
Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce					
2	W	☆Family Reading Week ☆ Inspired by "Okawari he no Michi," "Inochi no Tabemono," and "Mikan Oishiku Na-re" ☆							600	26.8
		Rice Balls (Jako and Wakame, Red Perilla)	○	wakame seaweed seasoning, chirimen jakko, nori	rice		yukari shiso (red perilla)			
		Tori-jiru		chicken, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Pickled Chinese Cabbage and Cucumber				Chinese cabbage, cucumber	salt			
Fruit (Satsuma Orange)				satsuma orange						
3	Th	Culture Day								
4	F	☆Family Reading Week ☆ Inspired by "Help in the Kitchen" and "Don't Forget the Bacon" and "Oshaberu no Tamagoyaki" ☆							676	20.6
		Chicken Rice	○	chicken	rice, butter, cooking oil	onion, carrot, mushroom, canned corn, green peas	salt, paprika powder, white wine, pepper, tomato puree, ketchup			
		Bacon and Vegetable Chowder		bacon, milk	cooking oil, potato, wheat flour	onion, carrot, ginger	chicken broth, salt, pepper, bay leaf powder			
Okashina Fried Egg	agar powder(kanten), calpis			canned apricot						
7	M	Barley Rice	○		rice, barley			625	27.0	
		Miso Soup w/Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Rolled Egg w/Tuna		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce			
		Jako Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake			
8	Tu	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	bonito flake stock, kelp stock, mirin, salt, soy sauce	582	26.8	
		Chinese Cabbage Isoae		nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Aonori Beans		soy bean, nori	cooking oil, starch, potato		salt			
9	W	Rice	○		rice			540	25.6	
		Clear Soup w/Hanpen		hanpen		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Squid w/Scallion Sauce		squid	cooking oil, (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			
10	Th	Curry and Rice	○	chicken	rice, cooking oil, potato, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, curry powder, ketchup, coriander, cinnamon powder, garam masala, Worcestershire sauce	752	20.2	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine			
11	F	Soy Bean Powder and Sugar Toast	○	soy bean flour	(domestic) wheat flour bread, butter, (white) sugar			614	27.7	
		Pork and Beans		pork, bacon, soy bean	cooking oil, potato	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, tomato puree, ketchup, Worcestershire sauce			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, canned corn, onion	vinegar, salt, pepper			
14	M	Japanese Event Lunch ☆ School Anniversary ☆							661	23.8
		Celebratory Rice	○		rice, glutinous rice, cowpea, black sesame seeds		salt			
		Celebratory Clear Soup		naruto		komatsuna, carrot	bonito flake stock, kelp stock, salt			
		Fried Chicken Kara-age		chicken	cooking oil, starch	ginger	soy sauce, sake			
		Shichifuku Namasu			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	salt, soy sauce, Thin soy sauce, vinegar			
Kouhaku Jelly	agar powder (kanten), milk	(white) sugar		grenadine syrup						

Notice about the Lunch Fee ♪

The school lunch fee is calculated based on the price of each meal, so the fee is different every month. We will inform you of the amount each month in the menu. The withdrawal date for November is the 10th (Th).

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥3540☆	¥3,776	¥3870☆	¥4,128	¥4200☆	¥3920★

☆Grades 1, 3 and 5 will be charged for 1 less meal because of their excursions on 10/7 (G1), 11/18 (G3), and 10/5 (G5).

★G6 will be charged for 2 less meals, because of the Inter-School Sports Day on 10/4 and social studies field trip on 11/15.

