



Lunch Menu, December 2022



November 30, 2022

Manner Goal : Let's wash our hands.
Nutrition Goal : Let's eat to beat the cold.

Principal Yuichi Hashimoto
Ayako 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	Th	Pork and Kimchi Rice Bowl	○	pork, miso	rice, cooking oil, (white) sugar, white sesame seed, Chinese chili paste	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprout	sake, soy sauce	637	25.8	
		Fuwa Fuwa Egg Soup		egg	starch	scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Japanese Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
		Kira-Kira Jelly		agar powder (kanten)	(white) sugar	scerola juice, grape juice	white wine			
2	F	Omelette Rice	○	chicken, egg	rice, butter, cooking oil	onion, carrot, mushroom, canned corn	salt, paprika powder, white wine, pepper, tomato puree, ketchup	629	23.3	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, Laurier powder, pepper			
		Colorful Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
5	M	Let's Enjoy Food from Around the World! ☆Russia☆							623	22.9
		Homemade Pirozhki	○	pork	bread flour, (white) sugar, cooking oil, vermicelli, starch	onion, bamboo shoots, dried shitake	salt, dried yeast, pepper, nutmeg, oyster sauce, soy sauce			
		Borscht		pork, fresh cream	cooking oil, potato	carrot, onion, celery, ginger, whole tomatoes, canned beets, cabbage	red wine, chicken broth, tomato puree, salt, pepper, Laurier powder			
		Olivier Salad		egg	potato, non-egg mayonnaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper			
		Yoghurt Drink		drinkable yogurt						
6	Tu	Barley Rice		○		rice, barley			589	26.8
Miso Soup w/Tofu and Komatsuna	miso, tofu		komatsuna, scallion		bonito flake stock					
Grilled Mackerel	mackerel	cooking oil			salt, soy sauce					
Japanese Cabbage Salad		cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber		vinegar, salt, soy sauce, pepper					
7	W	Let's Enjoy Local Cuisine! ☆Yamanashi Prefecture☆							650	24.8
		Hoto Udon	○	chicken, fried tofu, miso	cooking oil, konnyaku, Hoto noodle	burdock, carrot, daikon, pumpkin, scallion	bonito flake stock, kelp stock, sake, soy sauce			
		Chinese Cabbage with Sesame Seed Dressing		(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce				
Apple Lumpia	cooking oil, Spring roll wrapper, (white) sugar, powdered sugar	apple		red wine						
8	Th	Rice	○		rice			641	22.5	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce			
9	F	Okara and Chicken Soboro Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	636	29.2	
		Sanpei Soup		salmon, tofu, miso	konnyaku, potato	burdock, carrot, daikon, scallion	sake, bonito flake stock, sake lees			
		Pickled Turnip and Cucumber				turnip, cucumber	salt			
12	M	Nerima Spaghetti	○	tuna, nori	(white) sugar, spaghetti, olive oil, butter	daikon	vinegar, salt, soy sauce	663	25.8	
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Roasted Sweet Potato			sweet potato					





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.
There is no withdrawal date for December.
The next withdrawal date is Friday, January 13.

~To Parents and Guardians~

If your child will **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 1 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**.

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
13	Tu	Japanese Event Lunch ☆Susuharai (Winter Cleaning)☆						608	25.9
		Rice with Jako and Wakame	○	chirimen jakko, wakame seaweed rice seasoning	rice				
		Oden		chikuwa fish paste, hanpen, fish ball, fried tofu fritter	(light brown) sugar, konnyaku	daikon	bonito flake stock, sake, salt, soy sauce, kelp stock		
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce		
Fruit (satsuma orange)				satsuma orange					
14	W	Rice	○		rice			582	24.3
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Grilled Chicken with Saikyo Miso		chicken, Saikyo miso	cooking oil		sake		
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce		
15	Th	Grilled Tuna & Cheese Sandwich	○	tuna, cheese	bread			623	23.5
		Fried Bread Crusts with Sugar			bread, cooking oil, granulated sugar, (white) sugar				
		Corn Soup		chicken	cooking oil, starch	carrot, onion, ginger, canned cream corn, canned corn, parsley	chicken broth, salt, Laurier powder, pepper		
		Bean Salad			kidney beans, quail beans, cooking oil	carrot, canned corn, cucumber, onion	vinegar, salt, pepper		
16	F	Salmon and Kinoko Pilaf	○	salmon	rice, cooking oil, butter	shimeji, mushroom, onion, parsley	salt, white wine, soy sauce	613	21.9
		Vegetable Soup		bacon		ginger, carrot, onion, cabbage	chicken broth, salt, Laurier powder, pepper		
		French Sweet-Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
19	M	Rice	○		rice			604	21.8
		Nikujaga		pork	cooking oil, konnyaku, potato, (light brown) sugar	onion, carrot, string bean	bonito flake stock, sake, salt, soy sauce		
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce		
		Fruit (Apple)				apple			
20	Tu	Yakisoba with Sauce	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	633	20.4
		Tekkotsu 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 Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine		
21	W	Japanese Event Lunch ☆Winter Solstice☆						640	24.2
		Yukari Rice	○		rice		yukari shiso (red perilla)		
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Fried Hoki		Patagonian grenadier	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)		
Pumpkin Fukumeni		(light brown) sugar		pumpkin	mirin, soy sauce				
22	Th	Let's Enjoy Food from Around the World! ☆Christmas☆						695	20.6
		Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, butter, cooking oil, wheat flour	carrot, onion, mushroom, ginger, broccoli	white wine, salt, pepper, Laurier powder, chicken broth		
		Macaroni Salad		tuna	macaroni, non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper		
Joulutorttu		pie crust, powdered sugar		dried prunes					
23	F	 Term 2 Closing Ceremony · No Lunch 							

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
1/9	M	 Coming of Age Day 							
1/10	Tu	 Term 3 Opening Ceremony · No Lunch 							

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