

Lunch Menu, January 2023



Manner Goal: Let's think about our school lunch.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about traditional Japanese food!

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	
9	M	Coming of Age Day								
10	Tu	Term 3 Opening Ceremony · No Lunch								
11	W	Japanese Event Lunch ☆Osechi☆							631	34.2
		Suzusiro Rice	○	wakame seaweed seasoning	rice, sesame oil	daikon	kelp stock, sake, salt, soy sauce			
		Ozoni Soup		chicken, naruto	taro, tteok	carrot, daikon, dried shiitake, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce, mirin			
		Kohaku Kamaboko		steamed fish paste						
		Shichifuku Namasu Pickles			(white) sugar	daikon, carrot, burdock, dried shiitake, mitsuba (Japanese honeywort), yuzu	kelp stock, bonito flake stock, salt, soy sauce, Thin soy sauce, vinegar			
		Jako Tazukuri		chirimen jakko	(light brown) sugar, white sesame seeds		soy sauce, mirin			
Datemaki Omelette		egg, hanpen	(light brown) sugar		mirin, salt					
12	Th	Japanese Event Lunch ☆Kagamibiraki☆							625	24.9
		Kitsune Udon with Mochi	○	pork, fried tofu	udon noodle, (light brown) sugar, rice cake	scallion, komatsuna, kanpyo	kelp stock, bonito flake stock, mirin, salt, soy sauce			
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce			
		Fruit (satsuma orange)				satsuma orange				
13	F	Japanese Event Lunch ☆Koshogatsu (Little New Year's)☆							665	20.9
		Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt			
		Japanese Salad with Daikon and Hijiki		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper			
		Oshiruko Soup			Azuki Bean, (light brown) sugar, rice flour, (white) sugar		salt			
16	M	Rice			rice					
		Miso Soup w/Turnip and Fried tofu	○	fried tofu, miso		turnip, scallion	bonito flake stock			
		Grilled chicken w / green onion sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Chinese cabbage with spicy sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
17	Tu	Salt Fried Noodles	○	pork, nori	cooking oil, Chinese noodles, sesame oil	onion, carrot, cabbage, bean sprouts	salt, pepper			
		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 (Apple)				apple				
18	W	Lets enjoy a menu from a local restaurant! ☆SOUGO☆							666	19.1
		Maitake Rice	○	salted kelp	rice, cooking oil, wheat flour	maitake mushroom				
		Hearty Akadashi Miso Soup		Akadashi Miso, White Miso, fried tofu	konnyaku	daikon, carrot, burdock, shiitake, spinach	bonito flake stock			
		Simmered eggplant			cooking oil, Namafu, starch, sweet potato	eggplant, broccoli, daikon	soy sauce, bonito flake stock, soy sauce, mirin			
19	Th	Bread			bread					
		Cabbage Rolls	○	pork, egg, milk	panko	cabbage, onion, carrot, whole tomatoes	salt, pepper, nutmeg			
		Broccoli Salad			cooking oil	carrot, broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			

School lunch Information ♪

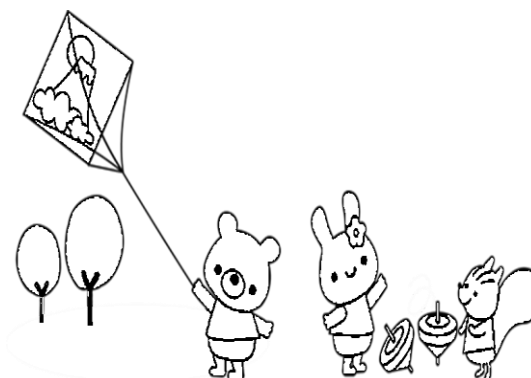
The price of school lunch isn't a fixed monthly price, it's based on how many meals per month. The cost per month will be on the school lunch menu.

Withdrawal for school lunch will be January 13 (Fri) It will be for January and February.

★G 4 had an excursion December 15 so will pay for 1 less meal.

In addition to the amount below, study material fees will also be withdrawn. Each grade was notified of their study material fees on a hand out distributed on December 22. (School Lunch and Material Fees withdrawal) Please see the hand out for further details.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥8,024	¥8,024	¥8,772	¥8772★	¥9,520	¥9,520



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	
20	F	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, cinnamon powder, coriander, garam masala, Worcestershire sauce (semi-thick), Worcestershire sauce	698	20.6	
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Orange Jelly			agar powder (kanten)	(white) sugar	orange juice			
23	M	Rice	○		rice			637	23.7	
		Tofu and Wakame Soup			tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion			chicken broth, salt, pepper, soy sauce
		Cod and Vegetable with sweet and sour thickened sauce			cod	starch, cooking oil, potato, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, yellow bell pepper, lotus root, eggplant			soy sauce, vinegar, ketchup
		Chinese vermicelli salad				vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber			vinegar, salt, soy sauce
24	Tu	School Lunch Week (1/24-1/30)							657	37.6
		rice balls (wakame, red perilla)	○	wakame seaweed seasoning chirimen jakko, nori	rice		yukari shiso (red perilla)			
		Ton jiru		pork, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon		salmon			salt			
		cucumber pickles w/sesame dressing			white sesame seeds, sesame oil	cucumber	soy sauce, salt			
25	W	School Lunch Week (1/24-1/30)							656	27.7
		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, tabasco, ketchup, tomato puree, Worcestershire sauce			
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
		Fruit (Orange)				orange				
26	Th	School Lunch Week (1/24-1/30)							625	22.4
		Kinako Fried Bread	○	soy bean flour	bread, cooking oil, (white) sugar, granulated sugar					
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potato, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, Laurier powder			
		Cabbage Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
27	F	Let's Enjoy Local Cuisine! ☆Aomori Prefecture☆							611	24.7
		Towada roasted pork bowl	○	pork	rice, starch	apple jam, garlic, ginger, carrot, onion, Chinese cabbage, red bell pepper, maitake mushroom	soy sauce, mirin, sake, gochujang, salt			
		Senbei jiru		chicken	konnyaku, Nanbu Senbei	ginger, burdock, carrot, dried shiitake, scallion	chicken broth, salt, soy sauce, soy sauce, mirin			
		Fruit (apple)				apple				
30	M	School Lunch Week (1/24-1/30)							603	25.2
		Rice	○		rice					
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Fried Whale		whale meat	cooking oil, starch	ginger	soy sauce, sake			
		Dried Daikon Stir Fry		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce			
31	Tu	Let's Enjoy Food from Around the World! ☆Britain☆							604	25.8
		Cheese Bread	○	cheese	bread					
		ABC Soup		chicken	macaroni	ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, Bay leaf powder, pepper			
		Fish & Chips		Patagonian grenadier, egg	cooking oil, wheat flour, potato		salt, pepper, Carbonated water			
		Coleslaw Salad with Mustard Dressing			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Yoghurt Drink		drinkable yogurt						

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

~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**.