



Lunch Menu, February 2023



January 31, 2023

Manner Goal: Let's eat everything and not be picky!

Principal Yuichi Hashimoto

Nutrition Goal: Let's try food we don't usually like.

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	protein		
								Kcal	g		
1	W	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆									
		Okkirikomi	○	chicken, fried tofu	cooking oil, (white) sugar, hoto noodle	burdock, carrot, daikon, shimeji, dried shiitake, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	635	20.7		
		Moyashi with Mustard Dressing				komatsuna, carrot, bean sprouts	mustard, soy sauce				
Miso Potato	miso	cooking oil, potatoes, starch, (white) sugar			mirin						
2	Th	Rice	○		rice			625	29.8		
		Tori Jiru		chicken, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock				
		Teriyaki Yellowtail		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin				
		Bean Sprout Isoae		nori		komatsuna, carrot, bean sprouts	soy sauce				
3	F	Japanese Event Lunch ☆Setsubun☆									
		Ehomaki	○	nori, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	cucumber, kanpyo, dried shiitake	kelp stock, salt, vinegar, soy sauce	659	23.0		
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt				
Ohitashi with Chinese Cabbage and Jakko	chirimen jakko			komatsuna, carrot, Chinese cabbage	soy sauce						
6	M	Japanese Event Lunch ☆Hatsu-Uma(2/5)☆									
		Mixed Inari	○	chicken, fried tofu	rice, (light brown) sugar, cooking oil	dried shiitake, carrot	kelp stock, sake, salt, vinegar, soy sauce, mirin	629	23.9		
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce				
Cabbage Salad		cooking oil, sesame oil, white sesame seeds		carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper						
7	Tu	Rice	○		rice			625	28.1		
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock				
		Grilled Salmon with Panko		salmon	non-egg mayonnaise, panko		salt, pepper, sake				
		Seaweed Salad		seaweed mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper				
8	W	Garlic Toast	○		bread, cooking oil	garlic, parsley		623	26.5		
		Pork and Beans		pork, soy bean	cooking oil, potatoes	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, laurel powder, tomato puree, ketchup, Worcestershire sauce				
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper				
9	Th	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	626	20.2		
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, laurel powder, pepper				
		Fruit Punch			(white) sugar	canned orange, canned peach, canned pineapple	white wine				
10	F	Barley Rice	○		rice, barley			606	24.5		
		Kinoko Soup			taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Rolled Omelette with Tuna		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce				
		Pickled Turnip and Cucumber				turnip, cucumber	salt				
11	Sa	National Foundation Day									

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



School Lunch Fee Notice ♪

The school lunch fee is calculated based on the price of each meal, so the fee is different every month.
 The next withdrawal date is Friday, February 10.
 The fee is for March's lunches and is the last school lunch fee for the academic year.

Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6
¥3,540	¥3,540	¥3,870	¥3,870	¥4,200	¥4,200

~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	M	Barley Rice	○		rice, barley			647	21.0		
		Miso Soup with 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)				
		Chinese Cabbage with Spicy Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce				
14	Tu	International Event Lunch ☆Valentine's Day☆									
		 Penne Arrabbiata	○	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji, tomato	salt, pepper, chili pepper, basil, paprika, laurel powder, tomato puree ketchup	648	23.8		
		Genki Salad		ham, salted kelp, fish shavings	(light brown) sugar, cooking oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper				
		Chocolate Chip Cookie		egg, milk	(white) sugar, cooking oil, wheat flour, chocolate chips		cocoa, baking powder				
15	W	Yukari Rice	○		rice		yukari shiso (red perilla)	630	25.5		
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock				
		Shumai		pork	shumai wrapper	onion, bamboo shoots, dried shiitake, ginger	salt, soy sauce				
		Broccoli and Cabbage Chinese salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce				
16	Th	Handmade Bread with Tuna and Mayonnaise	○	tuna	bread flour, (white) sugar, cooking oil, non-egg mayonnaise	onion, whole corn	salt, dry yeast, pepper	613	22.5		
		Pot-au-Feu		chicken	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, laurel powder				
		Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper				
17	F	Barley Rice	○		rice, barley			593	29.4		
		Ton jiru		miso, tofu, pork	konnyaku	carrot, daikon, burdock, komatsuna, scallion	bonito flake stock				
		Grilled Fish		shark	cooking oil, white sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake				
		Fried Hijiki and Soy Beans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce				
20	M	Jako and Wakame Rice	○	chirimen jakko, wakame seaweed seasoning	rice			649	27.4		
		Clear Soup with Tofu and Enoki		tofu	wheat bran	enoki mushroom, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Fried Squid		squid	cooking oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)				
		Dried Daikon Salad			(light brown) sugar, sesame oil, white sesame seeds	dried radish, cucumber, carrot, bean sprouts	soy sauce, vinegar				
21	Tu	Mabo Rice Bowl	○	pork, miso, tofu	rice, cooking oil, Chinese chili paste, (light brown) sugar, starch, sesame oil	garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, sweet bean paste	639	25.5		
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, scallion	chicken broth, sake, salt, pepper, soy sauce				
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper				
22	W	Saucy Yakisoba	○	pork, nori	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, Worcestershire sauce (semi-thick), Worcestershire sauce	615	21.7		
		Japanese-Style Salad with Chinese Cabbage			cooking oil, sesame oil, white sesame seeds	carrot, Chinese cabbage, cucumber	vinegar, salt, soy sauce, pepper				
		Apple Lumpia			cooking oil, spring roll wrapper, (white) sugar, powdered sugar	apple					
23	Th	🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩 The Emperor's Birthday 🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩🍩									
24	F	Let's Enjoy Food from Around the World! ☆ France ☆									
		 Butter Rice with Carrot	○		rice, butter	carrot	salt, white wine	628	20.6		
		Julienne Soup		bacon		ginger, carrot, onion, cabbage, parsley	chicken broth, salt, laurel powder, pepper				
		Grilled Fish with Ravigote Sauce		Patagonian grenadier	cooking oil, wheat flour, starch, (white) sugar	tomato, onion, cucumber, parsley	salt, pepper, vinegar, thin soy sauce				
		Lyonnais Potato		bacon	cooking oil, potatoes	onion, bell pepper	salt, pepper				
Yogurt Drink	yogurt drink										
27	M	Barley Rice	○		rice, barley			609	23.6		
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce				
		Grilled Chicken with Saikyo Miso		chicken, saikyo miso	cooking oil		sake, salt				
		Japanese-Style Salad with Daikon and Wakame		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper				
28	Tu	Fried rice with Shrimp and Egg	○	shrimp, egg	rice, cooking oil	carrot, dried shiitake, scallion, green peas	sake, salt, pepper, soy sauce, vinegar	607	23.2		
		Chinese soup		pork, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce				
		Chinese vermicelli salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard				