



Lunch Menu May 2023



Manner Goal: Let's put our food in the right place on our trays.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn the food groups!

Ayako Koide
School Nutritionist

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	M	Let's Enjoy Local Cuisine! ☆Shizuoka Prefecture・Hachiju-hachi-ya☆								
		Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	carrot, onion, Chrysanthemum	kelp stock, bonito flake stock, salt, soy sauce	664	22.6	
		Suruga Soup		tofu, fish ball dumplings		carrot, daikon, komatsuna	kelp stock, bonito flake stock, salt, soy sauce			
Matcha-Flavored Dumplings	soy bean flour	rice flour, (white) sugar			matcha, salt					
2	Tu	Chinese Steamed Rice	○	pork	rice, glutinous rice, sesame oil, (white) sugar	carrot, bamboo shoots, dried shiitake	sake, salt, oyster sauce, soy sauce	592	21.0	
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodles, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Apple and Muscat Jelly		agar powder(kanten)	(white) sugar	apple and muscat mixed juice				
3	W	Constitution Day								
4	Th	Greenery Day								
5	F	Children's Day								
8	M	Barley Rice	○		rice, wheat			566	21.3	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Chicken with Salted Rice Malt		chicken			salted rice malt, salt, sake			
		Japanese Salad with Daikon and Seaweed		wakame (seaweed)	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper			
9	Tu	Ankake Yakisoba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, snow peas	salt, pepper, soy sauce, vinegar	575	24.7	
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Apple)				apple				
10	W	Rice	○		rice			591	26.2	
		Furikake (Rice Seasoning)		chirimen jakko, fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Miso Soup with Turnip and Fried-Tofu		fried tofu, miso		turnip, scallion	bonito flake stock			
		Fried Egg		chicken, egg	cooking oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce			
		Chinese Cabbage with Mustard Sauce				komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
11	Th	Bread	○		bread			651	26.7	
		Soy Milk Gratin		chicken, soy milk, cheese	macaroni, cooking oil, wheat flour	onion, carrot, parsley	white wine, salt, pepper, Laurier powder			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
12	F	Rice with Bamboo Shoots	○	fried tofu	rice, (light brown) sugar	bamboo shoots	kelp stock, bonito flake stock, sake, salt, soy sauce	560	27.2	
		Miso Soup with Tofu and Wakame		miso, tofu, wakame (seaweed)		scallion	bonito flake stock			
		Grilled Fish with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Bean Sprout Isoae		nori		komatsuna, carrot, bean sprouts	soy sauce			
15	M	Chicken and Burdock Pilaf	○	chicken	rice, wheat, cooking oil	burdock, eringi, carrot, green peas	sake, salt, pepper, soy sauce	580	17.7	
		Tomato Soup with Egg		egg	cooking oil	celery, onion, ginger, tomato	chicken broth, salt, Laurier powder, pepper			
		French Sweet Potato Salad			sweet potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper			
16	Tu	Barley Rice	○		rice, wheat			541	23.3	
		Miso Soup with Eggplant and Onion		miso		eggplant, onion	bonito flake stock			
		Foil-Baked Merlucciidae		Merlucciidae, bacon	cooking oil	red bell pepper, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake			

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

To Parents and Guardians:

If you will be absent for an extended period of time and will miss more than 5 consecutive meals, please inform your classroom teacher at least 10 days prior to the scheduled absence. Please note that notification and processing after the due date will not be eligible for a refund. Please be sure to contact your homeroom teacher if there is a change in the length of your absence. In the event of a request for an extended absence, a reduced lunch fee will be collected. In the event of a refund, the refund will be made to the registered bank account at the end of the school year. The district will bear the handling charge for such refunds.

About the Lunch Fee:

The school lunch account has become a public account starting this school year. The date and amount of the school lunch fee withdrawal will be announced separately by the Minato City Board of Education. Please check there for details. The first transfer is scheduled for the end of June. If you have not yet registered your bank account with the Minato City Board of Education, please do so as soon as possible.

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	W	Fish burger	○	mahi-mahi	bread, cooking oil, wheat flour, panko	cabbage	salt, pepper, ketchup, Worcestershire sauce	589	25.5	
		Minestrone		bacon	cooking oil, potato, macaroni	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, Laurier powder, basil, pepper			
		Coleslaw			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard			
18	Th	Stamina Bowl	○	pork	rice, cooking oil, (white) sugar, starch	garlic, ginger, maitake mushroom, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	564	22.0	
		Wakame Seaweed Soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Chinese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
19	F	Chicken Cutlet Curry	○	chicken	rice, cooking oil, potato, wheat flour, panko	garlic, ginger, carrot, onion	chicken broth, salt, Laurier powder, ketchup, curry powder, coriander, cardamom, garam masala, Worcestershire sauce, Worcestershire sauce (semi-thick), pepper	690	20.5	
		turnip salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
		Frozen Apple				frozen apple				
20	Sa	Sports Day								
21	Su	Sports Day substitute date								
22	M	Substitute holiday for Sports Day								
23	Tu	Rice	○		rice			569	27.5	
		Tori Jiru		chicken, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Teriyaki Fish		mackerel	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprout, carrot	soy sauce			
24	W	Mabo-Daikon Rice Bowl	○	pork, soy bean, miso	rice, cooking oil, (light brown) sugar, sesame oil, starch	garlic, ginger, daikon, carrot, bamboo shoots, scallion, Chinese chive	soy sauce, Chinese chili paste, sake	624	25.6	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, scallion	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Bean Sprouts Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
25	Th	Tomato Spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, eggplant, tomato	salt, pepper, chili pepper, paprika powder, Laurier powder, basil, tomato puree, ketchup	638	28.5	
		Tuna and Soybean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		Broad Bean Cheese Frit		cheese	wheat flour, starch, cooking oil	broad bean	salt			
26	F	Rice	○		rice			572	25.2	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Squid with Green Onion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce			
29	M	Rice	○		rice			616	22.3	
		Tofu and Wakame Soup		tofu, wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce			
		Fish and Vegetables with Sweet and Sour Sauce		cod	starch, cooking oil, potato, (light brown) sugar	carrot, onion, bell pepper, red bell pepper, yellow bell pepper, lotus root, eggplant	soy sauce, sake, vinegar, ketchup			
		Chinese Salad with Vermicelli			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
30	Tu	Hand-Made Tuna and Mayonnaise Bread	○	tuna	bread flour, (white) sugar, cooking oil, Non-egg mayonnaise	onion, whole corn	salt, dried yeast, pepper	609	19.9	
		Bacon and Vegetable Chowder Soup		bacon, milk	cooking oil, potato, wheat flour	onion, carrot, ginger, whole corn	chicken broth, salt, pepper, Laurier powder			
		Pickles			granulated sugar	carrot, cucumber, daikon	white wine, apple vinegar, salt, Laurier powder			
31	W	Let's enjoy food from around the world! ☆ United States of America ☆								
		Jambalaya	x	ham, sausage	rice, cooking oil	garlic, celery, onion, whole tomatoes, bell pepper	salt, pepper, oregano, ketchup	604	19.8	
		Chicken Noodle Soup		chicken	cooking oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme powder, Laurier powder, chicken broth			
		French Potato Salad			potato, Non-egg mayonnaise	carrot, cucumber, whole corn	vinegar, salt, pepper			
Yogurt Drink	drinkable yogurt									

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 day.
Please keep 2 to 3 extra masks in their ransoseru or backpack for back-up. Thank you for your understanding.

