



Lunch Menu June 2023

Manner Goal: Chew your food well to build strong teeth.

Principal Yuichi Hashimoto

Nutrition Goal: Let's learn about foods that make our teeth strong.

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	Th	Barley Rice	○		rice, barley			585	24.3
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Teriyaki Fish		yellowtail	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
2	F	Koya Rice	○	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shiitake, carrot, burdock, snow peas	bonito flake stock, sake, mirin, soy sauce	527	21.5
		Clear Soup		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
5	M	Rice	○		rice			542	27.4
		Clear Soup		tofu, wakame (seaweed)		scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Pork Stir-Fry with Ginger		pork	cooking oil, starch	ginger, onion	soy sauce, sake		
		Daikon Salad		chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake		
6	Tu	Meat Udon	○	pork, tube shaped fish cake	(light brown) sugar, udon noodle	carrot, scallion, komatsuna	kelp stock, bonito flake stock, salt, soy sauce	546	21.1
		Marinated Cabbage with Salted Kelp		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
		Seasoned Fried Soybean Jako and Sweet Potato		soy bean, chirimen jakko	(light brown) sugar, cooking oil, starch, sweet potato, white sesame seeds		soy sauce, mirin		
7	W	Cinnamon Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	591	20.8
		Vegetables Simmered in Cream		chicken, milk	cooking oil, potato, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, laurel powder		
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard		
8	Th	Jako and Ume Rice	○	chirimen jakko	rice	umeboshi		584	26.0
		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock		
		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce		
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
9	F	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	616	23.0
		Kenchin Jiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Seaweed Salad		various types of seaweed	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper		
12	M	Kajadofu Rice Bowl	○	pork, fried bean curd, miso	rice, cooking oil, (white) sugar, starch	onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger	chicken broth, soy sauce, sake, Chinese chili paste	573	23.3
		Chinese Wakame soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce		
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
13	Tu	Salty Fried Noodles	○	pork	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts, Chinese chive, shiitake	sake, salt, pepper, soy sauce, oyster sauce	538	22.6
		Koro-Koro Salad			potato, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
		Milk Jelly with Orange		agar powder(kanten), milk	(white) sugar	canned orange			
14	W	Pizza Toast	○	tuna, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushroom, bell pepper	salt, pepper, basil, oregano	519	28.0
		Pot-Au-Feu		chicken	potato	ginger, carrot, onion, celery, cabbage, broccoli, mushroom	chicken broth, white wine, salt, pepper, laurel powder		
		Fruit (Melon)				melon			

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 provided 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.

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

The withdrawal for June will be on Friday, June 30.
This will include fees for April and May as well.
Due to changes in school events, the withdrawal amount may be different than the one provided above.

To Parents and Guardians:

If your child 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. Please understand that the fee will be paid by the district.

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	
15	Th	Kinpira Rice	○	chicken	rice, cooking oil, konnyaku, (light brown) sugar, sesame oil	burdock, carrot, string bean	kelp stock, soy sauce, sake, salt	565	21.1	
		Yoshino Jiru		tofu	starch	carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		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			
16	F	Rice	○		rice			557	24.8	
		Miso Soup with Daikon and Komatsuna		miso		daikon, scallion, komatsuna	bonito flake stock			
		Aji Nanban Yaki		horse mackerel	cooking oil, (light brown) sugar	ginger, scallion	soy sauce, sake, vinegar, chili pepper			
		Fried Hijiki and Soy Beans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce			
19	M	Rice	○		rice			554	22.9	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock			
		Grilled Chicken w/Green Onion Sauce		chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce			
20	Tu	Chinese Noodles with Cold Meat Sauce	○	pork, miso	Chinese noodles, sesame oil, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, onion, bamboo shoots, dried shiitake, scallion	Chinese chili paste, mirin, sake, salt, soy sauce, sweet bean paste, oyster sauce	562	23.7	
		Cabbage and Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
		Hydrangea Jelly		agar powder(kanten), calpis	(white) sugar	grape juice, acerola juice				
21	W	Let's Enjoy Regional Cuisine ☆Hyogo Prefecture☆								
		Rice with Octopus	○	fried tofu, octopus	rice, (light brown) sugar	burdock, carrot, dried shiitake, string bean	kelp stock, sake, soy sauce, salt	563	27.5	
		Somen Soup			somen	onion, carrot, dried shiitake, green onions	bonito flake stock, kelp stock, salt, soy sauce			
		Grilled Chicken with Miso		chicken, miso	cooking oil	ginger	soy sauce, sake, mirin			
Pickled Cucumber and Chinese Cabbage				Chinese cabbage, cucumber	salt					
22	Th	Bread	○		bread			556	26.8	
		Noodle Soup		bacon	cooking oil, udon noodle	onion, carrot, ginger, cabbage	chicken broth, salt, pepper, Laurier powder			
		Chicken and Cheese Bake		chicken, cheese			white wine, salt, pepper, ketchup, Worcestershire sauce			
		Potato Salad with Honey			potato, cooking oil, honey	carrot, cucumber	vinegar, salt, mustard			
23	F	Tuna and Edamame Pilaf	○	tuna	rice, cooking oil, butter	shimeji, mushroom, onion, green soybean	salt, soy sauce	526	18.3	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, Laurier powder, pepper			
		Tomato Salad			cooking oil, (light brown) sugar	tomato, parsley, onion	vinegar, salt, pepper			
26	M	Barley Rice	○		rice, barley			594	21.9	
		Kinoko Soup			konnyaku, starch	carrot, daikon, shiitake, shimeji, 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)			
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
27	Tu	Let's enjoy International foods! ☆Korea☆								
		Bibimpap	x	pork, egg	rice, sesame oil, (light brown) sugar, white sesame seeds, cooking oil	garlic, ginger, scallion, Fiddlehead ferns, bean sprouts, komatsuna	soy sauce, Chinese chili paste, salt, vinegar	624	26.2	
		Toppogi		chicken	cooking oil, sesame oil, toppogi, (light brown) sugar	garlic, carrot, cabbage, scallion	gochujang, soy sauce			
		Wakame Soup		wakame (seaweed)	white sesame seeds	ginger, scallion	chicken broth, salt, pepper, soy sauce			
Yogurt Drink	drinkable yogurt									
28	W	Kinoko Spaghetti	○	bacon, nori	cooking oil, starch, spaghetti	garlic, ginger, onion, carrot, shimeji, eringi, mushroom	sake, salt, pepper, soy sauce	633	21.1	
		Cabbage and Broccoli Salad			cooking oil	carrot, broccoli, cabbage, whole corn, onion	vinegar, salt, pepper			
		Pineapple Cake		egg, milk	(white) sugar, wheat flour, butter	canned pineapple	baking powder			
29	Th	Barley Rice	○		rice, barley			585	30.1	
		Miso Soup with Tofu and Komatsuna		miso, tofu, fried tofu		scallion	bonito flake stock			
		Enoki Wrapped in Pork in a Japanese-Style Sauce		pork	(light brown) sugar, starch	enoki mushroom, carrot, ginger	salt, pepper, soy sauce, mirin			
		Marinated Bean Sprouts and Komatsuna				komatsuna, Chinese cabbage, bean sprouts	soy sauce			
30	F	Fried Rice	○	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	572	23.9	
		Chinese Soup		pork, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		Vermicelli Chinese salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard			

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

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 randoseru or backpack for back-up. Thank you for your understanding.

