



July Lunch Menu

Manner Goal: Let's eat quietly and with a good posture!

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat to beat the heat!

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	
3	M	Barley Rice	○		rice, barley			568	26.8	
		Satsuma Soup		pork, miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Simmered Fish		red fish	(light brown) sugar		sake, soy sauce			
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce			
4	Tu	Mabo Nasu Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, scallion, Chinese chive	sake, soy sauce, Chinese chili paste	625	21.8	
		Chinese Style Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, whole corn, canned cream corn, parsley	chicken broth, salt, pepper, soy sauce			
		Spicy Pickled Turnips and Cucumbers			sesame oil	turnip, cucumber	salt, vinegar, soy sauce, chili oil			
5	W	Bread	○		bread			548	24.9	
		Julienne Soup		bacon		ginger, carrot, onion, cabbage	chicken broth, salt, Laurier powder, pepper			
		Spanish Omelette		tuna, mixed beans, egg	cooking oil, potato	onion, mushroom, bell pepper, tomato	salt, pepper, ketchup			
		French Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
6	Th	Okara and Chicken Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	634	25.5	
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Chinese Cabbage Isoae		seaweed		komatsuna, Chinese cabbage, bean sprouts	soy sauce			
		Steamed Corn				corn	salt			
7	F	Let's enjoy Japanese cultural food! ☆ Tanabata Festival ☆								
		Tanabata Cold Somen	○	steamed fish paste	somen, (light brown) sugar	dried shiitake, scallion, okra, carrot	kelp stock, bonito flake stock, salt, soy sauce	602	22.1	
		Tempura		chicken	cooking oil, wheat flour	eggplant, pumpkin				
		Tanabata Punch			(white) sugar, syrup, rice flour, orange agar	canned orange, canned pineapple, canned peach, nate de coco (cocounet gel)				
10	M	Barley Rice	○		rice, barley			595	27.8	
		Grilled Squid with Scallion Sauce		squid	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Simmered Koya-Tofu and Vegetables		freeze-dried tofu	konnyaku, (light brown) sugar, potatoes	carrot, burdock	bonito flake stock, mirin, salt, soy sauce			
		Marinated Chinese cabbage				komatsuna, carrot, Chinese cabbage	soy sauce			

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

Notice about Lunch Fees♪

The lunch fee each month will be different for each grade.
 The withdrawal date for July will be on Monday the 30th for June's lunches.
 This year, the fee for July's lunch fee will be withdrawn in late August. Details will be provided in a notice from Minato City.

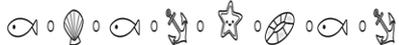
Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥5,192	¥5,192	¥5,676	¥5,676	¥6,160	¥5,320

~Parents and Guardians~

If your child will be absent for an extended period of time and will miss 5 or more meals in a row, please contact the school at least 10 days prior to the scheduled absence through your classroom teacher. Only those applicants who have completed the prescribed form and procedures at least one week in advance will be considered for adjustment.

Please note that requests received after the due date will not be accepted.

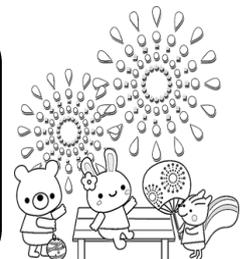
Also, please be sure to contact your homeroom teacher if there are any changes to the period of your child's absence.

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	
11	Tu	Let's enjoy international foods! ☆ Hawaii ☆								
		Mahi-Mahi Sandwich	x	mahi-mahi	bread, cooking oil, starch, (light brown) sugar	cabbage, onion, ginger, garlic	salt, pepper, sake, ketchup, soy sauce	556	22.0	
		Macaroni Salad		macaroni, non-egg mayonnaise	carrot, cucumber, onion, whole corn	vinegar, salt, pepper				
		Fruit (Pineapple)			pineapple					
Yogurt Drink	drinkable yogurt									
12	W	Let's eat local foods! ☆ Okinawa Prefecture ☆								
		Taco Rice	○	pork, soy bean	rice, cooking oil	garlic, ginger, onion, carrot, cabbage	red wine, ketchup, Worcestershire sauce, pepper, tabasco, soy sauce	620	25.0	
		Winter melon soup				winter melon, green onions, ginger	kelp stock, bonito flake stock, salt			
Goya Champuru	bacon, tofu, egg	cooking oil		onion, carrot, bitter melon	soy sauce, salt					
13	Th	Pork and Kimchi Rice Bowl	○	pork, miso	rice, cooking oil, (white) sugar, white sesame seeds	kimchi, scallion, garlic, ginger, Chinese chive, carrot, bean sprouts	sake, soy sauce	617	20.5	
		Tofu and Wakame Soup		tofu, 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			
14	F	Spaghetti Napolitan	○	bacon	cooking oil, spaghetti	garlic, onion, carrot, mushroom, bell pepper	salt, pepper, tomato puree, ketchup, Worcestershire sauce (semi-thick)	606	20.7	
		Konnyaku Salad		chirimén jakko	konnyaku, sesame oil, (light brown) sugar	cucumber, cabbage, carrot, onion, ginger	vinegar, soy sauce, salt			
		Steamed Cake		egg, fresh cream	wheat flour, (light brown) sugar, cooking oil		baking powder			
17	M	 Marine Day 								
18	Tu	Cold Chinese Noodles	○	chicken, egg	Chinese noodles, cooking oil, sesame oil, white sesame seeds, (light brown) sugar	ginger, carrot, dried shitake, cucumber, bean sprouts	chicken broth, soy sauce, vinegar, sake, salt	538	23.2	
		Seaweed Salad		mixed seaweeds	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper			
		Fruit (Watermelon)				watermelon				
19	W	Summer Vegetable Curry	○	chicken	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, zucchini, tomato, eggplant, pumpkin	red wine, salt, Laurier powder, ketchup, Worcestershire sauce (semi-thick), chicken broth, curry powder	695	19.1	
		Pari Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Fruit (frozen apple)				frozen apple				
20	Th	 Closing ceremony · no lunch 								



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.



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	
9/1	F	 Opening Ceremony · no lunch 								