



Lunch Menu, September 2023

September 1, 2023

Manner Goal : Finish your lunch within the assigned time.

Principal Yuichi Hashimoto

Nutrition Goal : Eat the three basic meals every day.

School Nutritionist Ayako Koide

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	F	Opening Ceremony · no lunch							
4	M	Barley Rice	○		rice, barley			605	27.5
		Suiton Soup		pork, egg	cooking oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna	bonito flake stock, kelp stock, sake, salt, soy sauce		
		Spanish Mackerel with Saikyo Miso		Spanish mackerel, saikyo miso			sake		
		Stir-fried Hijiki and Soybeans		hijiki(seaweed), fried tofu, soy bean	cooking oil, (light brown) sugar	carrot	bonito flake stock, mirin, soy sauce		
5	Tu	Cold Kitsune Udon	○	steamed fish paste, fried tofu	udon noodle, (light brown) sugar	scallion, komatsuna	bonito flake stock, kelp stock, mirin, salt, soy sauce	546	26.9
		Marinated Cabbage				komatsuna, carrot, cabbage	soy sauce		
		Fruit (Pear)				pear			
6	W	Summer Vegetables Tempura Rice Bowl	○	shrimp	rice, cooking oil, wheat flour, (light brown) sugar	onion, pumpkin, zucchini, whole corn	vinegar, salt, soy sauce	620	19.4
		Kenchin Soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Chinese Cabbage with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	carrot, Chinese cabbage, bean sprouts	soy sauce		
7	Th	Cinnamon sugar Toast	○		bread, cooking oil, granulated sugar		cinnamon powder	592	22.1
		Tomato Stew with Chicken and Vegetables		chicken	cooking oil, potatoes, wheat flour	carrot, onion, ginger, tomato, cabbage	chicken broth, tomato puree, ketchup, salt, pepper, bay leaf powder		
		Koro-Koro Salad			potatoes, cooking oil	red paprika, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper		
8	F	Japanese Event Lunch ☆Chrysanthemum Festival(9/9)☆							
		Chrysanthemum Flower Rice	○	chicken	rice, glutinous rice, cooking oil	carrot, chrysanthemum, dried shitake	salt, soy sauce, kelp stock, sake, mirin	560	30.9
		Seasonal Sumashi Soup		steamed fish paste		komatsuna, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Grilled Salmon		salmon			salt		
Pickled Cabbage with Yukari				cabbage	salt, yukari shiso (red perilla)				
11	M	Rice	○		rice			538	20.9
		Kinoko Soup			konnyaku, starch	carrot, daikon, shitake, shimeji, enoki mushroom, scallion	bonito flake stock, kelp stock, salt, soy sauce		
		Grilled Chicken with Green Onion Sauce		chicken	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
12	Tu	Udon with Cold Meat Sauce	○	pork, miso	udon noodle, cooking oil, (light brown) sugar, starch	cucumber, garlic, ginger, carrot, bamboo shoots, scallion, dried shitake	chicken broth, sake, soy sauce, sweet bean paste, Chinese chili paste, oyster sauce	619	27.0
		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		
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt		
13	W	Jako and Wakame Rice	○	wakame seaweed seasoning, chirimen jakko	rice			647	29.0
		Tonjiru		pork, miso, tofu	cooking oil, potatoes	burdock, carrot, daikon, scallion	bonito flake stock		
		Teriyaki Japanese Butterfish		Japanese butterfish	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Pickled Turnips and Cucumbers				turnip, cucumber, ginger	salt		
14	Th	Eggplant Dry Curry	○	pork, chickpeas	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	665	20.8
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice, canned pineapple			
15	F	Let's Enjoy Food from Different Regions around Japan! ☆Shiba Daradara Festival (ginger festival)☆							
		Ginger Rice	○	chirimen jakko	rice, white sesame seeds	ginger	sake, salt, soy sauce, kelp stock	597	30.2
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Stir-Fried Ginger Pork		pork	cooking oil, (light brown) sugar, starch	garlic, ginger, onion	soy sauce, sake, mirin		
Marinated Cabbage with Salted Kelp	salted kelp	white sesame seeds		cabbage, bean sprouts, carrot	soy sauce				

School Lunch Fees

As announced by Minato City in July, the school lunch expenses from September to March of this school year will be covered by Minato City. Although there is no cost to parents, from the viewpoint of food loss, we ask that families who plan to be absent for an extended period of time continue to notify us of the period of their absence and submit a report of absence.

~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 the school nutritionist via the classroom teacher at least 10 days prior to the scheduled absence. In consideration of purchasing and delivery of ingredients, please fill out the necessary forms and complete the procedures at least one week in advance. Please be sure to contact your homeroom teacher if there is a change in the length of your absence.

