

The sun is setting earlier, and it's gradually getting colder. This month, in addition to the monthly "Food Education Day", we also have "Japanese Food Day". Let's take this as a chance to think about food culture.



November 24th is Japanese Food Day! November is Japanese Food Month!



"Washoku" was officially inscribed on the UNESCO Intangible Cultural Heritage Representative List in 2013. Unlike cultural heritage sites such as ruins or natural sites, Intangible Cultural Heritage refers to the invisible cultural matters such as traditions and events which deeply related to the region's history and the way of life. In the field of food culture, in addition to "Washoku", "traditional sake-making" was inscribed in 2024. For school lunch, we serve rice as a main dish, alongside a flavorful broth-based soup, and dishes using seasonal ingredients. We also serve seasonal event dishes and regional cuisine to experience "Washoku" culture.

Things to keep in mind to respect Japanese food culture



Let's arrange the dishes in the correct positions.



いただきます

Let's say
"Itadakimasu"
"Gochisousama"
from heart.



Let's use
chopsticks
properly.



Let's enjoy seasonal
event dishes and
regional cuisines of your
area.

School lunch ~Until it reaches everyone~

Deep fried dishes



Season the chicken and carefully coat each piece with flour by hand.



Deep fryer



70 pieces can be cooked at a time.

Each piece is carefully coated with flour by hand to make Karaage with crispy skin and tender meat. Karaage is a popular school lunch menu. A little extra effort makes it more delicious!



Measure and record the core temperature of the chicken. Count out the numbers needed for each class and place them in cans. Sprinkle sauce before putting them in cans if necessary.



Next topic: grilled dishes

The request menu starts!

6th graders of elementary schools, 3rd graders of junior high schools, and Eno-Bunkyu students made their favorite menu while considering nutritional balance.

From November, the request menu made by each school will be served.

The November request menu is made by students of Nakamachi, Kanokawa, and Mitaka elementary schools. Please look forward to it!



School lunch message from Students

Oct/1(Thu) The stir-fried pork and Chinese chives was a good combination. It went well with rice. Chinese soup with egg tasted good.
(Ogaki junior high school 1st grade)

Oct/2(Fri) Potato was fluffy and delicious. (Etajima junior high school 1st grade)

Oct/2(Fri) Salmon was good ! I was surprised to learn it was farmed in Hiroshima prefecture. (Noumi junior high school 3rd grade)

Oct/14(Wed) Every dish was delicious! I especially enjoyed steamed sticky rice. (Kirikushi elementary school 6th grade)

Oct/14(Wed) Scallop rice and rice porridge vegetable soup was so delicious! I learned it for the first time that scallops were from Aomori prefecture. (Kirikushi elementary school 5th grade)

Oct/19 (Mon) Seasonal vegetables such as sweet potatoes and mushrooms were delicious ! ♡ (Nakamachi elementary school 3rd grade)