

Enjoy your BREAKFAST !

Support Student Life ! Campaign 2024

東北大学100YEN朝食 開催します

TOHOKU UNIVERSITY 100YEN BREAKFAST

Target: Tohoku University Students

Period: October 15-November 8 (17 days)

(Excluding weekends, national holidays and university festival days)

Time: 7:50-8:50

Venue: Kawauchi no Mori Dining (10/15~10/31)

Kitchen Terrace Couleur (10/15~10/31)

Aoba Dining (11/1~11/8)



~The Student Support 100yen Breakfast is made possible by the support of Tohoku University Foundation and TU alumni 'Shuyukai'~

■ Special sponsor	Once again sponsored by Tanaka!	General Incorporated Association Tanaka Precious Metals Memorial Foundation	 田中貴金属記念財団
■ Sponsor	Support from alumni 200 kg of Sangen Pork from Gunma will be offered again this autumn !	HAYASHI Atsushi (Economics Alumnus) (President, Hayashi Farm Co., Ltd.)	 SOYANO Shigeru (Economics Alumnus) (President, Gunma Meat Co., Ltd.) 
■ Support	 Providing 「Frugra®」	Calbee Co., Ltd.  掘りだそう、自然の力。 Calbee	President, Gunma Syuyukai KOSHIDAKA Hiroshi (Economics Alumnus) (President, KOSHIDAKA HOLDINGS)

Autumn 100yen Breakfast Menu


Kawauchi no Mori Dining






TAKEOUT
OK

- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice
- First 500 visitors on 10/17 (Thu.) and 10/18 (Fri.) will receive a Mygra (Granola)Protein tasting!



Kitchen Terrace Couleur

- Meals include salad or small side dish and vegetable juice
-  This marked product is made from Gunma Sangen Pork.
- Frugra®Set includes fruit granola, milk or yogurt, banana, salad or small side dish, vegetable juice
- Udon menu includes Udon noodles with toppings and vegetable juice

Cafeteria	Oct.14(Mon.)	Oct.15(Tue.)	Oct.16(Wed.)	Oct.17(Thu.)	Oct.18(Fri.)
Kawauchi no Mori Dining	Holiday Sports Day	Hamburg steak	Chicken cutlet	Ham cutlet	Fried fish
		Crabmeat omelet	Mackerel with miso	Mackerel with ginger	Mackerel with miso
		Curry and rice	Curry and rice	Beef curry	Beef curry
		Frugra®Set	Frugra®Set	 Yakiniku Bowl 	Yakiniku with ginger
			Wakame Udon		
Kitchen Terrace Couleur					
Cafeteria	Oct.21(Mon.)	Oct.22(Tue.)	Oct.23(Wed.)	Oct.24(Thu.)	Oct.25(Fri.)
Kawauchi no Mori Dining	Chicken cutlet	Ham cutlet	Fried fish	Simmered vegetable	 Tohoku University Festival
	Mackerel with ginger	Mackerel with miso	Crabmeat omelet	Mackerel with miso	
	Curry and rice	Curry and rice	Beef curry	Beef curry	
	Frugra®Set	Frugra®Set	 Yakiniku with salt lemon  Yakiniku with miso		
		Kitsune udon			
Kitchen Terrace Couleur					

- ※ A Co-op meal money App or student ID card is required.
- ※ Menu is subject to change depending on availability of ingredients.


Autumn 100yen Breakfast Menu


Kawauchi no Mori Dining

TAKEOUT
OK

- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice

Kitchen Terrace Couleur

- Meals include salad or small side dish and vegetable juice
-  This marked product is made from Gunma Sangen Pork.
- Frugra®Set includes fruit granola, milk or yogurt, banana, salad or small side dish, vegetable juice
- Udon menu includes Udon noodles with toppings and vegetable juice

Cafeteria	Oct.28(Mon.)	Oct.29(Tue.)	Oct.30(Wed.)	Oct.31(Thu.)
Kawauchi no Mori Dining	Hamburg steak	Fried fish	Chicken cutlet	Ham cutlet
	Mackerel with miso	Simmered vegetable	Mackerel with ginger	Crabmeat omelet
Kitchen Terrace Couleur	Curry and rice	Beef curry	Beef curry	Beef curry
	Frugra®Set	 Yakiniku bowl	 Yakiniku with ginger	 Yakiniku with salt lemon
	Wakame udon			

 東北大学100YEN 朝食やっています! 

TOHOKU UNIVERSITY 100YEN BREAKFAST

- ※ A Co-op meal money App or student ID card is required.
- ※ Menu is subject to change depending on availability of ingredients.

Autumn 100yen Breakfast Menu

Aoba Dining

- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice
- Frugra®Set includes fruit granola, milk or yogurt, banana, salad or small side dish, vegetable juice

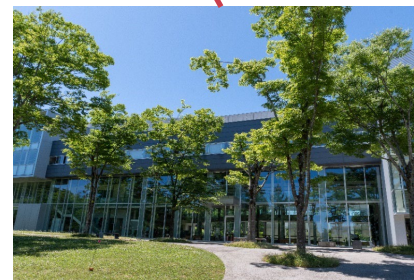
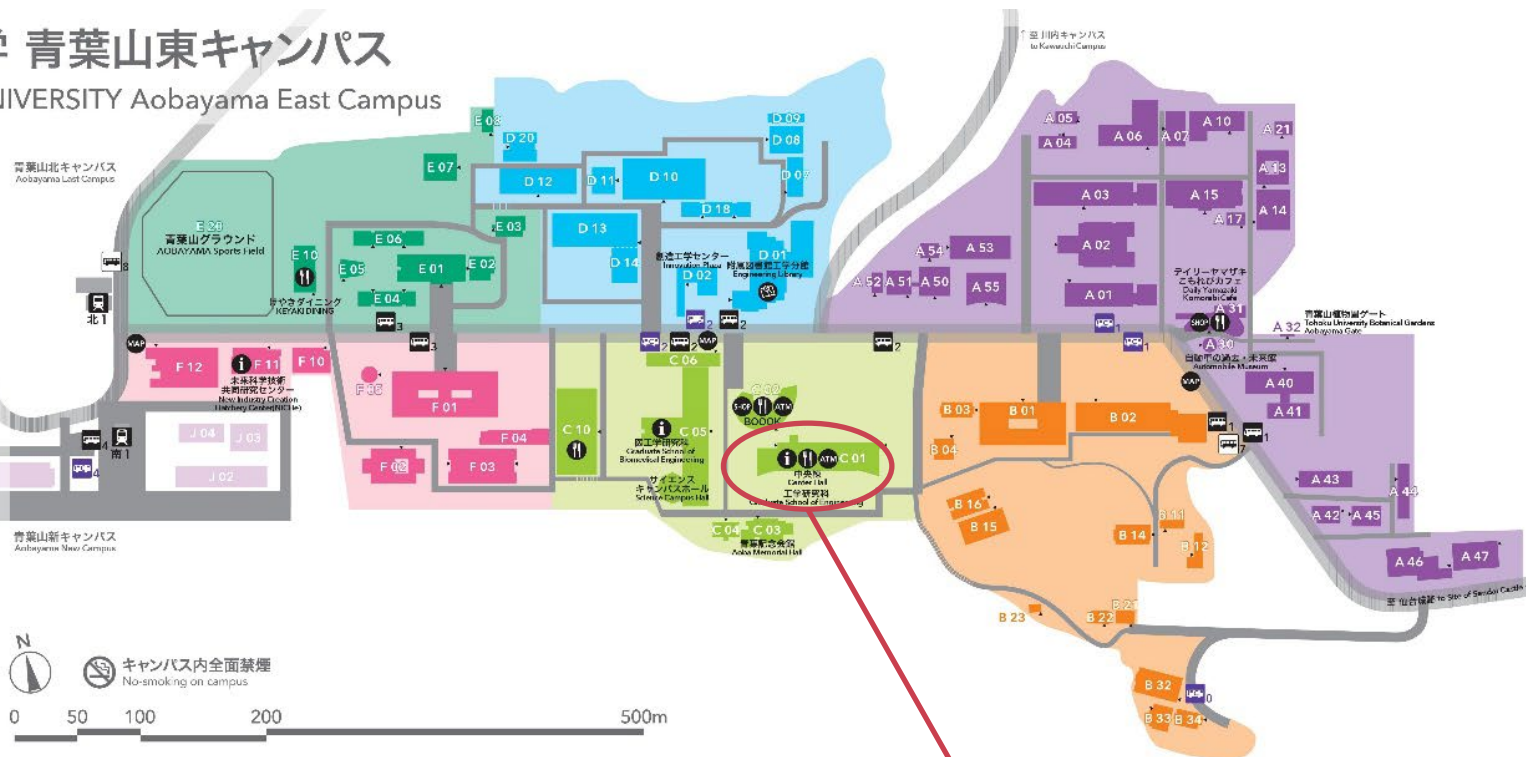
Cafeteria	Nov.1(Fri.)	Nov.5(Tue.)	Nov.6(Wed.)	Nov.7(Thu.)	Nov.8(Fri.)
Aoba Dining	Chicken cutlet	Ham cutlet	Hamburg steak	Fried fish	Ham cutlet
	Mackerel with miso	Mackerel with ginger	Crabmeat omelet	Mackerel with miso	Mackerel with ginger
	Frugra®Set	Frugra®Set	Frugra®Set	Frugra®Set	Frugra®Set


東北大学100YEN 朝食やっています!


TOHOKU UNIVERSITY 100YEN BREAKFAST

- ※ A Co-op meal money App or student ID card is required.
- ※ Menu is subject to change depending on availability of ingredients.

TOHOKU UNIVERSITY Aobayama East Campus



Aoba Dining is located on the 1st floor of Center Hall of Graduate School of Engineering.