

東北大学100YEN朝食

TOHOKU UNIVERSITY 100YEN BREAKFAST

Period : Oct.13(Tue)~Nov.9(Mon)[18days]
(Excluding weekends, national holidays and the university festival)

Time : 7:50~ 8:50

Venue : Sky KAWAUCHI Forest(Oct.13~22)

Midori Dining(Oct.26~30)

Seiryō Shokudo(Nov.2~9)

Eligibility : Tohoku University Students

The Tohoku University 100 Yen Breakfast is made possible by the support of the Tohoku University Foundation and 'Shuyukai' TU alumni group

◆Special Sponsor



General Incorporated Association
Tanaka Precious Metals Memorial Foundation

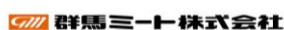
Supporting students this autumn too!!

◆Sponsor

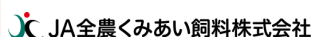


HAYASHI Atsushi
 (Economics Alumnus)
 (President, Hayashi Farm Co., Ltd.)

Support from alumni!!
200 kg of Tonjinsoi Pork from Gunma



SOYANO Shigeru
 (Economics Alumnus)
 (President, Gunma Meat Co., Ltd.)



◆Support President,
 GunmaShuyukai

KOSHIDAKA Hiroshi (Economics Alumnus)
 (President, KOSHIDAKA HOLDINGS)



Kawauchi Campus Menu

Sky KAWAUCHI Forest

Kawauchi no Mori Dining

TAKEOUT
OK

- ☆Set meal includes, main dish, small side dish, rice and miso soup.
- ☆The pork and miso soup set includes pork miso soup, rice, bonito flakes, and a soft-boiled egg.
- ☆  ⇒ This symbol indicates the meal contains Gunma Tonjinsoei Pork.

★Limited to 30 takeout bento boxes per day during this period.

Kitchen Terrace Couleur

- ☆The bread set was created based on a student survey. It includes bread, halal soup, salad and a banana.(Limited to 70 per day)
(Tohoku COOP-HALAL option) **Halal**
- ☆Frugra® set includes fruit granola, yogurt, small side dish and a banana.(Limited to 70 per day)
- ☆Collab Menu with Fuji Sangyo
Bibimbap bowl with soft-boiled egg, and seaweed Soup. (Limited to 180 per day)
- ☆Collab Menu with JA Zennou Kumiai Shiryo
Local Hinai chicken and egg rice bowl (Limited to 180 per day)
- ☆Curry and rice served with a small side dish.

Cafeteria	Oct.12(Mon)	Oct.13(Tue)	Oct.14(Wed)	Oct.15(Thu)	Oct.16(Fri)
Kawauchi no Mori Dining	National Holiday Sports Day	Hamburg steak	Mackerel with miso	Chicken cutlet	Fried Fish
		 Pork miso soup set	 Grilled pork	 Pork miso soup set	 Pork miso soup set
		Halal Bread Set	Frugra®Set	Halal Bread Set	Frugra®Set
Kitchen Terrace Couleur		Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl
		Curry and rice	Curry and rice	Curry and rice	Curry and rice
Cafeteria	Oct.19(Mon)	Oct.20(Tue)	Oct.21(Wed)	Oct.22(Thu)	Oct.23(Fri)
Kawauchi no Mori Dining	Grilled salted mackerel	Mackerel with ginger	Ham Cutlet	Mackerel with miso	Tohoku University Festival
	 Pork miso soup set	 Ginger grilled pork	 Pork miso soup set	 Grilled pork	
	Halal Bread Set	Frugra®Set	Halal Bread Set	Frugra®Set	
Kitchen Terrace Couleur	Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	
	Curry and rice	Curry and rice	Curry and rice	Rice Bowl	

※ Co-op APP or student ID card is required.

※ Menu is subject to change depending on availability of ingredients.

Aobayama Campus Menu

Midori Dining

- ◇The pork and miso soup set includes pork miso soup, rice, bonito flakes and a soft-boiled egg. This meal contains Gunma Tonjinsoi Pork. 
- ◇The bread set includes bread, halal soup, salad and a banana.(Limited to 70 per day)
(Tohoku COOP-HALAL option) **Halal**
- ◇Frugra®set includes fruit granola, yogurt, small side dish and a banana.
(Limited to 70 per day)
- ◇Collab Menu with Fuji Sangyo
Bibimbap bowl with soft-boiled egg and seaweed Soup.(Limited to 120 per day)
- ◇Collab Menu with JA Zennou Kumiai Shiryo
Local Hinai chicken and egg rice bowl (Limited to 120 per day)
- ◇Curry and rice served with a small side dish.

Oct.26(Mon)	Oct.27(Tue)	Oct.28(Wed)	Oct.29(Thu)	Oct.30(Fri)
 Pork miso soup set	 Pork miso soup set	 Pork miso soup set	 Pork miso soup set	 Pork miso soup set
Halal Bread Set	Frugra®Set	Halal Bread Set	Frugra®Set	Halal Bread Set
Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg
Curry and rice	Curry and rice	Curry and rice	Curry and rice	Curry and rice

※ Co-op APP or student ID card is required.

※ Menu is subject to change depending on availability of ingredients.

Seiryō Cumpus menu

Seiryō Shokudo

- ◆ Set meal includes, main dish, small side dish, rice and miso soup.
- ◆ Frugra® set includes fruit granola, yogurt, small side dish and a banana. (Limited to 50 per day)
- ◆ Collab Menu with Fuji Sangyo
Bibimbap bowl with soft-boiled egg and seaweed soup.
(Limited to 120 per day)
- ◆ Collab Menu with JA Zennou Kumiai Shiryo
Local Hinai chicken and egg rice bowl (Limited to 120 per day)

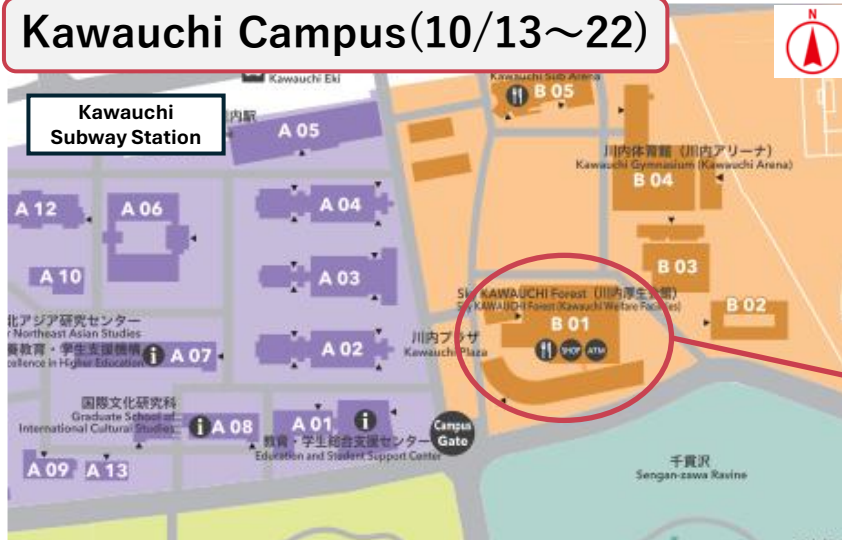
Nov.2 (Mon)	Nov.3 (Tue)	Nov.4 (Wed)	Nov.5 (Thu)	Nov.6 (Fri)	Nov.9 (Mon)
Mackerel with miso	National Holiday Culture Day	Hamburg steak	【Rombun Recipe®】 Mackerel and colorful vegetables with black vinegar sauce set meal	Mapo tofu	Ham Cutlet
Frugra®Set		Frugra®Set	Frugra®Set	Frugra®Set	Frugra®Set
Bibimbap bowl with a soft-boiled egg		Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg	Local Hinai chicken and egg rice bowl	Bibimbap bowl with a soft-boiled egg

※ Co-op APP or student ID card is required.

※ Menu is subject to change depending on availability of ingredients.

Autumn 100-yen Breakfast MAP

Kawauchi Campus(10/13~22)



Sky KAWAUCHI Forest

Sky KAWAUCHI Forest is located on the 1st floor of Kawauchi Welfare Hall (B01).

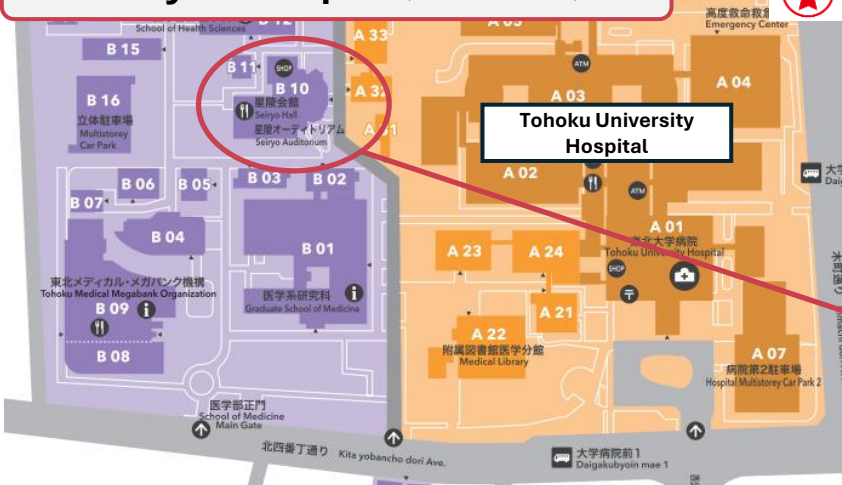
Aobayama Campus(10/26~30)



Midori Dining

Midori Dining is located on the 1st floor of Aobayama Commons (J41).

Seiryō Campus(11/2~9)



Seiryō Shokudo

Seiryō Shokudo (Cafeteria) is located on the 1st floor of Seiryō Kaikan (B10).

※ Co-op APP or student ID card is required.

※ Menu is subject to change depending on availability of ingredients.