

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.)



Providing Frugra®

Calbee Co., Ltd.

掘りだそう、自然の力。

Calbee

Support

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
Kitchen Terrace Couleur		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		
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	
Kitchen Terrace Couleur	Curry and rice	Curry and rice	Beef curry	Beef curry	
	Frugra®Set	Frugra®Set	 Yakiniku with salt lemon  Yakiniku with miso		
		Kitsune udon			

Co-op meal money App or student ID card is required.


Autumn 100yen Breakfast Menu




Kawauchi no Mori Dining

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- 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

☒ Co-op meal money App or student ID card is required.

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



Co-op meal money App or student ID card is required.



MAP Aoba Dining (Shokudo) MAP

