



TOHOKU
UNIVERSITY

Enjoy your BREAKFAST !

Breakfast will be served for 100 yen again this year at Seiryō Campus!



Seiryō Kaikan



Seiryō Shokudo (Cafeteria)

- Target: Tohoku university
undergraduate and graduate students
- Period: May 27~31 (5 days)
(Excluding Saturdays, Sundays, and holidays)
- Time: 7:50-8:50
- Place: Seiryō Kaikan 1st floor Seiryō
Shokudo(Cafeteria)

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

■ Sponsorship

Tesco Co., Ltd.
(Medical equipment trading company in Sendai City)

Tesco Co., Ltd. supports all students!

Seiryō Shokudo Spring 100 breakfast Menu

(Excluding weekends and holidays)

- Set meal includes main dish, small side dish, rice, miso soup, and vegetable juice.
- Morning Curry is medium-sized, comes with miso soup and vegetable juice, and can be taken out.

May 27(Mon.)	May 28(Tue.)	May 29(Wed.)	May 30 (Thu.)	May 31 (Fri.)
Ham cutlet set meal	Chicken cutlet set meal	Vegetable stew set meal	“Rombun Recipe” created by Tohoku University COI-NEXT Mackerel and colorful vegetable with black vinegar sauce set meal	Mapo tofu set meal
Morning curry	Morning curry	Morning curry	Morning curry	Morning curry



[Rombun Recipe] Mackerel and colorful vegetable with black vinegar sauce

Ingredients	Main Nutrients	Benefits	Rombun (Thesis)
Mackerel	Omega-3 fatty acids	People are less likely to develop glaucoma if they consume omega fatty acids	Wang YE et al.JAMA Ophthalmol.2018
Tri-color bell peppers	Green and yellow vegetables	Vegetable intake prevents central visual field defects Consumption of fruits and vegetables containing Vitamins A, C, and carotenoids in older Afro-americans lowers risk of eye disease	Hanyuda A et al.Eye.2020. Giaconi JA et al. Am J Ophthalmol.2012.
Onions	Quercetin	Quercetin may be effective in improving retinal ganglion cell survival and function	Gao FJ,et al.Front Mol Neurosci.2017.

※A Co-op meal money app or student ID card is required.

※ Menu may change depending on the availability of ingredients



星陵食堂MAP / Seiryō Shokudo MAP



東北大学 星陵キャンパス
TOHOKU UNIVERSITY Seiryō Campus



- D 01 星陵体育館
Seiryō Gymnasium
- D 02 弓道場
Japanese Archery House
- D 03 星陵学生サークル棟A
Seiryō Club House A
- D 04 看護師宿舎
Dormitory for Nurse



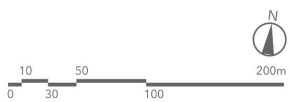
- C 01 歯学臨床研究棟(C棟)
Building for Clinical Dental Science (Building C)
- C 02 歯学基礎研究棟(A棟)
Building for Basic Dental Science (Building A)
- C 03 歯学実習講義棟(B棟)
Building for Dental Education and Training (Building B)
- C 04 歯学先端教育支援棟(D棟)
Building for Dental Advanced Education Support (Building D)
- C 05 星陵レジデンス
Seiryō Residence
- C 06 病院第3駐車場
Hospital Multistorey Car Park 3
- C 07 星陵学生サークル棟B
Seiryō Club House B

- C 11 加齢医学研究所 実験研究棟
Institute of Development, Aging and Cancer, Center for Basic Aging Research
- C 12 加齢医学研究所 プロジェクト総合研究棟
Institute of Development, Aging and Cancer, Center for Clinical Aging Research
- C 13 加齢医学研究所 スマート・エイジング研究棟
Institute of Development, Aging and Cancer, Center for Smart Aging Research
- C 14 加齢医学研究所 先進フロンティア研究棟
Institute of Development, Aging and Cancer, Laboratory for Advanced Frontiers Research
- C 15 加齢医学研究所 ブレインダイナミクス研究棟
Institute of Development, Aging and Cancer, Laboratory for Brain Dynamics Research
- C 16 加齢医学研究所 ブレインイメージング研究棟
Institute of Development, Aging and Cancer, Laboratory for Brain Imaging Research
- C 17 加齢医学研究所 腫瘍動物実験棟
Institute of Development, Aging and Cancer, Facility for Tumor and Animal Experiment
- C 18 加齢医学研究所 先端医療実験棟
Institute of Development, Aging and Cancer, Pre-clinical Research Center
- C 19 加齢医学研究所 動物資源実験棟
Institute of Development, Aging and Cancer, Center for Laboratory Animal Resources

- B 01 医学部1号館
School of Medicine Building 1
- B 02 医学部4号館
School of Medicine Building 4
- B 03 医学部0号館
School of Medicine Building 0
- B 04 医学部5号館
School of Medicine Building 5
- B 05 先端医療技術トレーニングセンター
Advanced Medical Training Center
- B 06 教育研究基盤支援棟
Education and Research Base Support Building
- B 07 工学実驗棟
Graduate School of Biomedical Engineering Laboratory
- B 08 医学部6号館
School of Medicine Building 6
- B 09 東北メディカル・メガバンク棟
Tohoku Medical Megabank Building
- B 10 星陵会館(厚生施設)
Seiryō Hall (Welfare Facilities)
東北大学医学部開設百年記念ホール(星陵オーテリウム)
Centennial Hall (Seiryō Auditorium)
- B 11 フロンティア研究棟
Frontier Research Building
- B 12 医学部保健学科A棟
School of Health Sciences Building A
- B 13 医学部保健学科B棟
School of Health Sciences Building B
- B 14 医学部保健学科C棟
School of Health Sciences Building C
- B 15 医学部保健学科D棟
School of Health Sciences Building D
- B 16 立体駐車場
Multistorey Car Park
- B 21 良陵会館
Gomyō Hall

- A 01 外来診療棟
Clinics for Outpatients
- A 02 中央診療棟
Operation & Medical Check Building
- A 03 病棟
Ward Building
- A 04 先進医療棟
Advanced Medical Care Center
- A 05 臨床研究推進センター
Clinical Research, Innovation and Education Center
- A 06 管理棟
Administration Building
- A 07 病院第2駐車場
Hospital Multistorey Car Park 2
- A 08 病院第1駐車場
Hospital Multistorey Car Park 1
- A 21 臨床講義棟
Clinical Lecture building
- A 22 附属図書館医学分館
Medical Library
- A 23 医学部2号館
School of Medicine Building 2
- A 24 医学部3号館
School of Medicine Building 3
- A 31 動物実験センター
Center for Laboratory Animal Research
- A 32 RI星陵サブセンター
RI Seiryō Subcenter
- A 33 動物実験施設
Institute of Animal Experimentation
- A 34 プリオン研究実験棟
Prion Research Building

キャンパス内全面禁煙
No smoking on campus



- 大学病院総合案内
University Hospital General Information
- インフォメーション
Information
- カフェテリア・レストラン
Cafeteria・Restaurant
- 物販店舗
Shop
- ATM
Automated Teller Machine
- バス停
Bus Stop
- 郵便局
Post Office
- キャンパス入口
Campus Entrance

※星陵食堂は星陵会館の1階です
Seiryō Shokudo(Cafeteria) is located on the 1st floor of Seiryō Kaikan.

