

Enjoy your BREAKFAST !

Support Student Life ! Campaign 2025

東北大学100YEN朝食 開催します

TOHOKU UNIVERSITY 100YEN BREAKFAST

Eligibility: Tohoku University Students

Period: May 7- May 23 (13 days)

(Excluding weekends, and national holidays)

Time: 7:50-8:50

Venue: Kawauchi no Mori Dining (5/7~5/16)

Kitchen Terrace Couleur (5/7~5/16)

Midori Dining Aobayama New Campus
(5/19~5/23)



~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

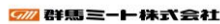


■ **Sponsor** Support from alumni
200 kg of Sangen Pork from Gunma
will be offered again this year !

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



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



Providing 「Frugra®」

Calbee Co., Ltd.



■ **Support**

President, Gunma Syuyukai

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


Spring 100yen Breakfast Menu







Kawauchi no Mori Dining

TAKEOUT
OK

- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice
- First 540 visitors on 5/8 (Thu.) will receive a Frugra (Granola) low-carb diet

Kitchen Terrace Couleur

- Carry and rice are served with small side dish and vegetable juice
- Frugra®Set includes fruit granola, milk or yogurt, banana, small side dish, vegetable juice
-  ⇒ This symbol indicates the meal contains Gunma Sangen Pork.
- Ramen are served with vegetable juice


Cafeteria	May.5(Mon)	May.6(Tue)	May.7(Wed)	May.8(Thu)	May.9(Fri)
Kawauchi no Mori Dining	Holiday Children's Day	Greenery Day substitute holiday	Mackerel with ginger	Fried Fish	Ham Cutlet
			 Grilled pork	Brown stew	Mackerel with miso
Kitchen Terrace Couleur			Curry and rice	Curry and rice	Curry and rice
			Frugra®Set	 Pork miso soup set	Frugra®Set
Cafeteria	May.12(Mon)	May.13(Tue)	May.14(Wed)	May.15(Thu)	May.16(Fri)
Kawauchi no Mori Dining	Hamburg steak	Mackerel with miso	Chicken cutlet	Mackerel with ginger	Mackerel with miso
	Boiled root vegetables	 Ginger grilled pork	Simmered Vegetable	Mapo tofu	Fried Fish
Kitchen Terrace Couleur	Curry and rice	Curry and rice	Curry and rice	Curry and rice	Curry and rice
	 Pork miso soup set	Frugra®Set	 Pork miso soup set	Frugra®Set	 Pork miso soup set
	-	-	Ramen (soy sauce flavor)	Ramen (soy sauce flavor)	Ramen (miso flavor)






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

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

Spring 100yen Breakfast Menu

Midori Dining

- Frugra®Set includes fruit granola, milk or yogurt, banana, small side dish, vegetable juice
- Curry and rice(made with Gunma Sangen Pork)are served with small side dish, and vegetable juice
-  ⇒ This marked product is made from Gunma Sangen Pork.

Cafeteria	May.19(Mon)	May.20(Tue)	May.21(Wed)	May.22(Thu)	May.23(Fri)
Midori Dining	Frugra®Set	Frugra®Set	Frugra®Set	Frugra®Set	Frugra®Set
	 Pork miso soup set	 Curry and rice	 Grilled pork	 Pork miso soup set	 Ginger grilled pork

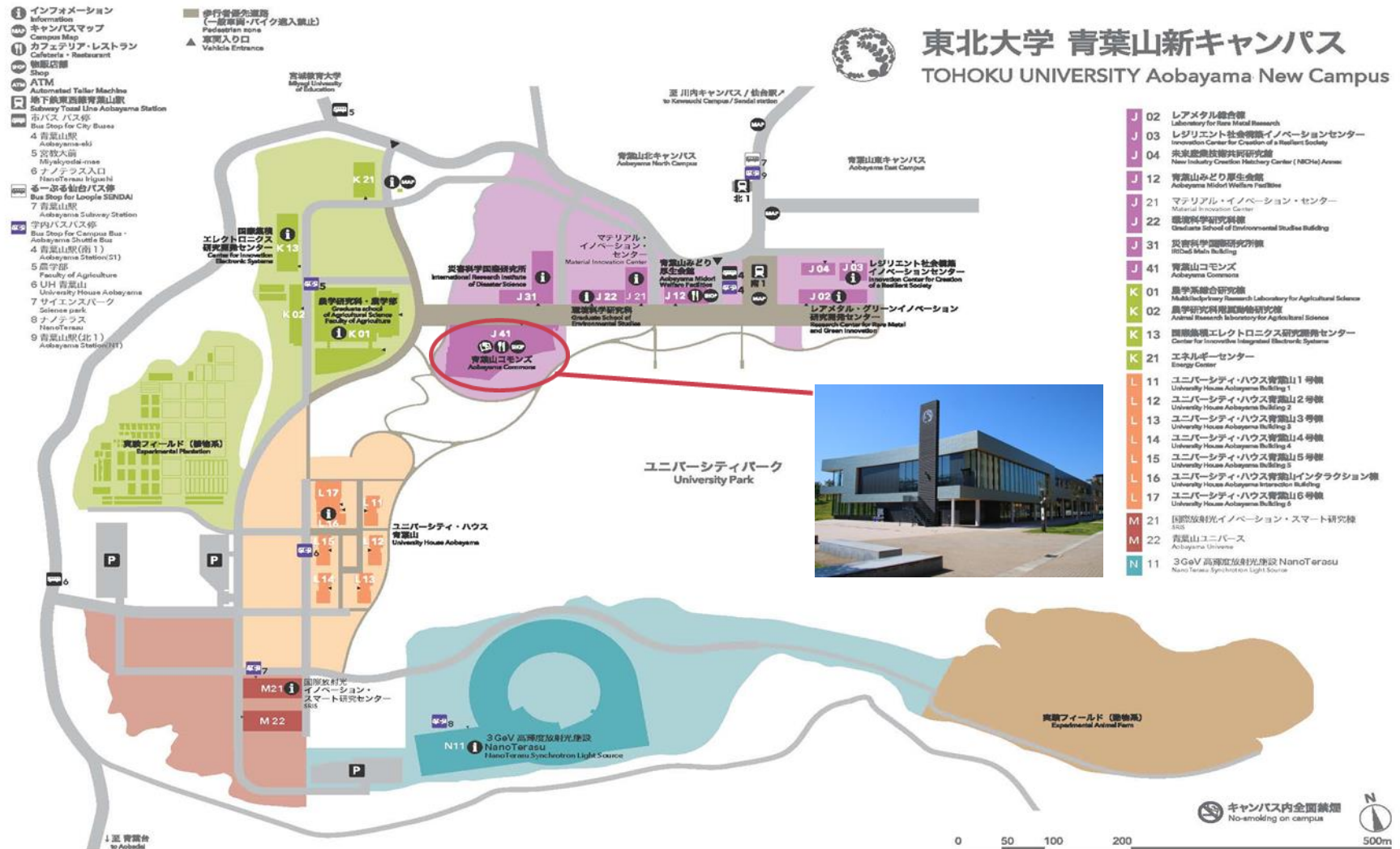
 東北大学100YEN 朝食やっています! 

TOHOKU UNIVERSITY 100YEN BREAKFAST

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

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

みどり食堂MAP／Midori Dining (Shokudo) MAP



※みどり食堂は青葉山 commons(J41)の1階です
Midori Dining is located on the 1st floor of Aobayama Commons(J41).