

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: October 14 ~ 31 (13 days)

(Excluding weekends, and national holidays)

Time: 7:50-8:50

Venue: Sky KAWAUCHI Forest (10/14 ~ 10/23)

(Kawauchi no Mori Dining · Kitchen Terrace Couleur)

Midori Dining (10/27 ~ 10/31)

(Aobayama New Campus)



~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 Tonjinsoi Pork from Gunma will be offered again!

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



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

群馬三一株式会社



Providing 「Frugra®」

Calbee Co., Ltd.

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■ **Support**

President, Gunma Syuyukai

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

Autumn 100yen Breakfast Menu

Kawauchi no Mori Dining

TAKEOUT
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- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice.
- This bread set was created based on a student survey.
The bread set includes bread, halal soup, and salad.
(Tohoku University COOP HALAL menu standard)
- First 500 visitors on 10/15 (Wed.) will receive a Frugra®Ball.



Kitchen Terrace Couleur

- Curry 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.
- The pork and miso soup set includes pork miso soup, rice, bonito flakes, and a soft-boiled egg.
- Ramen is served with vegetable juice.
- ⇒ This symbol indicates the meal contains Gunma Tonjinsoi Pork.

Cafeteria	Oct.13(Mon)	Oct.14(Tue)	Oct.15(Wed)	Oct.16(Thu)	Oct.17(Fri)
Kawauchi no Mori Dining	National Holiday Sports Day	Simmered Vegetable	Boiled root vegetables	Grilled pork	Mapo tofu
		Ham Cutlet	Bread set	Mackerel with ginger	Bread set
Kitchen Terrace Couleur		Curry and rice	Curry and rice	Curry and rice	Curry and rice
		Frugra®Set	Pork miso soup set	Frugra®Set	Pork miso soup set
		-	Ramen (soy sauce flavor)	Ramen (salt sauce flavor)	Ramen (miso sauce flavor)
Cafeteria	Oct.20(Mon)	Oct.21(Tue)	Oct.22(Wed)	Oct.23(Thu)	Oct.24(Fri)
Kawauchi no Mori Dining	Ham Cutlet	Chicken cutlet	Ginger grilled pork	Hamburg steak	Tohoku University Festival
	Mackerel with ginger	Bread set	Mackerel with miso	Bread set	
Kitchen Terrace Couleur	Curry and rice	Curry and rice	Curry and rice	Curry and rice	
	Frugra®Set	Pork miso soup set	Frugra®Set	Pork miso soup set	

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

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

Autumn 100yen Breakfast Menu

Midori Dining

- Set meal includes main dish, small side dish, rice, miso soup and vegetable juice.
- The pork and miso soup set includes pork miso soup, rice, bonito flakes, and a soft-boiled egg.
-  ⇒ This marked product is made from Gunma Tonjinsoi Pork.
- Curry and rice(made with Gunma Sangen Pork)are served with small side dish, and vegetable juice.
- Frugra®Set includes fruit granola, milk or yogurt, banana, small side dish, vegetable juice
- This bread set was created based on a student survey. The bread set includes bread, halal soup, and salad. (Tohoku University COOP HALAL menu standard)

Cafeteria	Oct.27(Mon)	Oct.28(Tue)	Oct.29(Wed)	Oct.30(Thu)	Oct.31(Fri)
Midori Dining	 Pork miso soup set	 Grilled pork	 Pork miso soup set	 Ginger grilled pork	 Pork miso soup set
	Curry and rice	Curry and rice	Curry and rice	Curry and rice	Curry and rice
	Frugra®Set	Frugra®Set	Bread set	Bread set	Frugra®Set

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

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

Midori Dining (Shokudo) MAP



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