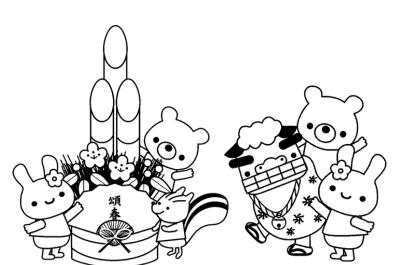
Higashimachi ES Principal: Mr. Hatano

School Nutritionist: Ms. Koide



marinated cabbage

milk

milk

January lunch menu

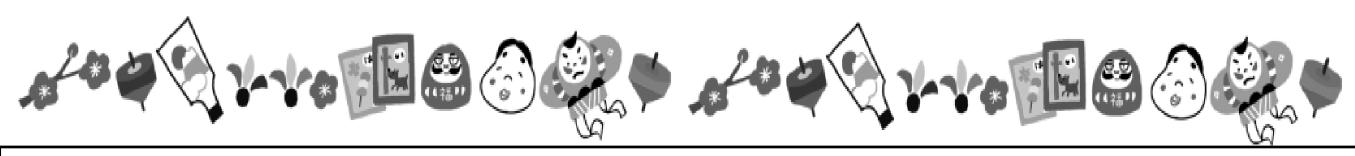
Manner Goal: Let's hold our chopsticks properly.

Nutrition Goal: Let's learn about traditional Japanese food! Main ingredients and their purposes energy protein Menu Date Day For building our bodies For warming our bodies For balancing our bodies Others kcal Coming of Age Day Mon ☆ Osechi-ryori & Nanakusa (Japanese 7 herbs) \Rightarrow ~Japan Event Menu ~ rice, vegetable oil kombu, fish shavings (soup) Rice with 7 herbs fried tofu Japanese parsley, daikon sesame oil Tue sake , salt , soy sauce roasted sesame seeds carrot, daikon, dried shiitake kombu, fish shavings (soup) chicken , naruto tteok , taro zouni 31.7 686 sake , salt , soy sauce , mirin komatsuna panko, (light brown) sugar mirin meatloaf chicken, tofu, egg, miso scallion, ginger (white) sugar Carrot and daikon salad carrot, daikon salt , apple vinegar roasted sesame seeds milk milk rice rice vegetable oil , sweet potato carrot , burdock , daikon fish shavings (soup) satsuma-jiru pork , miso konnyaku scallion Wed 25.3 574 Spanish mackerel salt grilled Spanish mackerel cabbage pickles w/yukari cabbage, yukari shiso (red perilla) salt milk ~Japan Event Menu ~ ☆ Breaking the Mochi ☆ (light brown) sugar onion , carrot , daikon kombu, fish shavings (soup) Thu Kogitsune Udon chicken , fried tofu udon noodle sake , salt , soy sauce , mirin komatsuna (light brown) sugar komatsuna, carrot 647 24.7 marinated komatsuna w/sesame seeds soy sauce white sesame seeds Chinese cabbage (light brown) sugar O-shiruko(Sweet bean soup) Azuki Bean salt rice flour , (white) sugar milk milk salt, pepper, paprika powder onion, carrot, mushroom chicken rice chicken rice , butter , vegetable oil white wine, tomato puree canned corn , green peas ketchup vegetable oil , potato chicken broth , salt , pepper milk garlic, onion, ginger potato cream soup Fri 12 673 19.5 butter, wheat flour powdered bay leaf carrot, cabbage, cucumber cabbage salad vegetable oil vinegar , salt , pepper onion milk milk rice , wheat barley rice chicken broth , salt wakame (seaweed) ginger, bamboo shoots, scallion wakame seaweed soup roasted sesame seeds pepper, soy sauce carrot, onion, bell pepper vegetable oil , potato red bell pepper, lotus root chicken Sweet and Sour Chicken soy sauce , vinegar , ketchup 575 Mon 19.9 starch , (light brown) sugar yellow bell pepper, eggplant salt Chinese cabbage pickles Chinese cabbage, carrot fruit (satsuma orange) satsuma orange milk milk salt, pepper, tomato puree garlic , onion , carrot ketchup, Worchestershire sauce spaghetti Napolitan vegetable oil , spaghetti bacon bell pepper, mushroom (semi-thick) vegetable oil , potato Tue 688 22.2 honey potato salad 16 carrot, cucumber salt , vinegar , mustard honey (white) sugar , wheat flour egg , milk Ashitaba powder Ashitaba steamed cake baking powder milk milk rice rice carrot, burdock, komatsuna miso , tofu fish shavings (soup) hearty miso soup konnyaku scallion Wed 24.8 flavored grilled mackerel scallion, ginger, garlic 649 mackerel roasted sesame seeds soy sauce, mirin, sake mizuna, komatsuna sesame oil chirimen jako salad chirimen jako vinegar, soy sauce, salt, sake (light brown) sugar bean sprouts , carrot , ginger milk milk ∼World Food∼ (Human Rights Day) ☆ China ☆ sesame oil , wheat flour bamboo shoots , dried shiitake salt , pepper , baking powder handmade pork mantou pork (white) sugar , vegetable oil soy sauce , dried yeast onion chicken broth, sake, salt Chinese-style egg soup starch ginger, carrot, scallion egg Thu 24.7 649 pepper, soy sauce glass noodles , vegetable oil sesame oil carrot, cabbage, cucumber harusame salad vinegar , salt , soy sauce , pepper sesame seed paste drinkable yogurt drinkable yogurt rice, glutinous rice fish shavings (soup) , sake dried shiitake, carrot, burdock koya rice chicken, freeze-dried tofu konnyaku mirin , soy sauce pea pods (light brown) sugar fish shavings (soup), kombu clear soup scallion, komatsuna dried wheat gluten w/dried wheat gluten and komatsuna salt, soy sauce Fri 19 668 31.0 vegetable oil onion, carrot, dried shiitake chicken , egg rolled egg sake , salt , soy sauce (light brown) sugar green peas

soy sauce

komatsuna, carrot, cabbage

	Day	Menu	Main ingredients and their purposes				energy	protein
Date			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	
22	Mon	curry and rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , onion , carrot	tomato puree , salt , nutmeg powdered bay leaf , curry powder Worcestershire sauce	686	17.6
		coleslaw salad		vegetable oil (light brown) sugar	cabbage , carrot , cucumber	vinegar , salt , pepper		
		fruit punch		(white) sugar	canned orange , canned peach canned pineapple			
		milk	milk					
	Tue	stir fried noodles w/vegetable sauce	pork	vegetable oil Chinese noodles (light brown) sugar , starch	onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	salt , pepper , soy sauce , vinegar		19.6
23		broccoli and cabbage Chinese salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce	562	
		fruit (satsuma orange)			satsuma orange			
		milk	milk					
		School Lunch Week (1/24-1/30)			•			
24	Wed	rice ball (wakame • yukari)	wakame (seaweed) chirimen jako , nori	rice	yukari shiso (red perilla)		646	36.6
		ton-jiru soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion	fish shavings (soup)		
		grilled salmon	salmon			salt		
		cucumber salad w/sesame dressing		roasted sesame seeds sesame oil	cucumber	soy sauce , salt		
		milk	milk					
	Thu	School Lunch Week (1/24-1/30)						
25		toasted garlic bread		bread , vegetable oil	garlic , parsley		- 640 18	18.7
		Ratatouille	chicken	olive oil , vegetable oil	garlic, onion, celery zucchini, bell pepper eggplant, yellow bell pepper	white wine , salt , pepper nutmeg , oregano powdered bay leaf		
		vegetable salad		vegetable oil (light brown) sugar	red bell pepper carrot , cabbage , cucumber , onion	vinegar , salt , pepper , mustard		
		mini age-pan (deep-fried bread)		bread , vegetable oil (white) sugar granulated sugar				
		milk	milk					
26	Fri _	School Lunch Week (1/24-1/30)	Week (1/24-1/30)					
		barley rice		rice , wheat				28.5
		kenchin soup	tofu	vegetable oil , sesame oil	burdock , carrot , daikon , scallion	fish shavings (soup) , kombu salt , soy sauce	597 	
		deep fried whale	whale	vegetable oil , starch	ginger	soy sauce , sake		
		fried hijiki & soy bean	hijiki (seaweed) , fried tofu soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce		
		milk	milk					
29	Mon	School Lunch Week (1/24-1/30)						
		suiton soup	pork , egg	rice , wheat vegetable oil , rice flour wheat flour	carrot , daikon , Chinese cabbage scallion , komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce	- - 609	25.9
		grilled squid w / green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	soy sauce , sake		
		simmered kiriboshi-daikon	fried tofu	vegetable oil (light brown) sugar	carrot , dried radish dried shiitake	fish shavings (soup) salt , soy sauce		
		milk	milk	(light brown) sugar	difed Silicane	Sait, Soy Sauce		
		School Lunch Week (1/24-1/30)						
		soft noodles & curry sauce	pork	noodles , vegetable oil wheat flour	garlic , ginger , onion carrot , cabbage	chicken broth , red wine , salt curry powder , powdered bay leaf ketchup , Worcestershire sauce	- - 658	20.8
30	Tue	French potato salad		potato,vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
	-	fruit(navel orange)			navel orange			
		milk	milk					
31	Wed	Let's Eat Local Specialties ☆ Hokkaido	☆					
		mixed rice with salmon	salmon , fried tofu	rice , glutinous rice vegetable oil , konnyaku	carrot , burdock , dried shiitake	kombu , sake , salt soy sauce , mirin	-	22.3
		dosanko soup	pork , miso wakame (seaweed)	potato , butter	carrot , canned corn , scallion	fish shavings (soup)	578	
		simmered daikon and kombu	chicken , kombu	vegetable oil (light brown) sugar	carrot , daikon	fish shavings (soup) , mirin salt , soy sauce		
		milk	milk				<u></u>	



★Menus may change due to availability of food.

∼ Dear Parents / Guardians ∼

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row.

To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance. For any long absence and transferring school, a handling charge of 30 yen will be deducted. We appreciate your cooperation.