

# January lunch menu



Manner Goal : Let's eat with a good posture!

Higashimachi ES Principal: Mr. Hatano

Nutrition Goal : Let's learn about traditional Japanese food!

School Nutritionist: Ms. Koide

Date	Day	Menu	Milk	For building our bodies	For warming our bodies	For balancing our bodies	Others	energy kcal	protein g	
8	Wed	First Day Assembly · no lunch								
9	Thu	Japan Event Menu ☆ Osechi-ryori ☆								
		suzushiro rice			rice, sesame oil	daikon	kombu, sake salt, soy sauce wakame (seaweed)	682	36.2	
		zouni		chicken, naruto	taro, tteok	carrot, daikon, dried shiitake komatsuna	kombu, sake, salt soy sauce, mirin fish shavings (soup)			
		grilled Spanish mackerel	○	Spanish mackerel			soy sauce, mirin, sake			
		steamed fish paste		steamed fish paste						
		red and white namasu			(white) sugar	carrot, daikon	salt, apple vinegar, salt			
tazukuri		chirimen jakko	(light brown) sugar white sesame seeds		soy sauce, mirin					
10	Fri	Japan Event Menu ☆ Breaking the Mochi ☆								
		Kitsune udon and mochi		pork, fried tofu	udon noodles, (light brown) sugar, rice cake	scallion, komatsuna, kanpyo	kombu fish shavings (soup) mirin, salt, soy sauce	631	26.5	
		marinated Chinese cabbage w/sesame seeds	○		(light brown) sugar white sesame seeds	carrot, Chinese cabbage bean sprouts	soy sauce			
		fruit (satsuma orange)				satsuma orange				
13	Mon	Coming of Age Day								
14	Tue	fried rice		pork, egg	rice, vegetable oil (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce pepper, vinegar	622	24.8	
		Chinese soup	○	pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage scallion, komatsuna	chicken broth, salt pepper, soy sauce			
		Chinese vermicelli salad			vermicelli, vegetable oil sesame oil	carrot, cucumber, bean sprouts	vinegar, salt soy sauce, mustard			
15	Wed	rice			rice			618	27.0	
		turnip and fried tofu miso soup		fried tofu, miso		turnip, scallion	fish shavings (soup)			
		chicken teriyaki	○	chicken	vegetable oil (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		jako salad		chirimen jakko	sesame oil (light brown) sugar	mizuna, komatsuna, bean sprouts carrot, ginger	vinegar, soy sauce salt, sake			
16	Thu	sauteed tofu bowl		pork, fried bean curd miso	rice, vegetable oil (white) sugar, starch	onion, bamboo shoots dried shiitake, carrot cabbage, bok-choy, ginger	soy sauce, sake Chinese chili paste chicken broth	603	24.1	
		egg and wakame seaweed soup	○	egg, wakame (seaweed)	white sesame seeds	ginger, scallion	chicken broth, salt pepper, soy sauce			
		bean sprouts salad			vegetable oil, sesame oil white sesame seeds	cabbage, cucumber bean sprouts	vinegar, salt soy sauce, pepper			
17	Fri	homemade bread w/tuna and non-egg mayonnaise		tuna	bread flour, (white) sugar vegetable oil non-egg mayonnaise	onion, canned corn	salt, dried yeast, pepper	659	20.0	
		chowder soup	○	bacon, milk	vegetable oil, potatoes wheat flour	onion, carrot, ginger canned corn	chicken broth, salt pepper, bay leaf powder			
		pickles			granulated sugar	carrot, cucumber, daikon	white wine, apple vinegar salt, bay leaf powder			
20	Mon	barley rice			rice, wheat			584	27.5	
		satsuma-jiru	○	pork, miso	vegetable oil, sweet potato konnyaku	burdock, carrot, daikon, scallion	fish shavings (soup)			
		grilled Spanish mackerel		Spanish mackerel			salt			
		turnip and cucumber pickles w/yukari				turnip, cucumber, yukari shiso (red perilla)	salt			

☆There may be changes to the menu due to the availability of food. Thank for your understanding.

### School Lunch Fees♪

This year the school lunch is not being charged as a monthly fee, but the fee is per meal for the month. Every month is different per grade. We will let you know the charges on the menu. The fees for January and February will be withdrawn January 10th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥8,024	¥8,024	¥8,772	¥8,772	¥9,520	¥9,520

~ 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. If there is a change in the absence period, please be sure to inform your homeroom teacher. For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.

Date	Day	Menu	Milk	For building our bodies	For warming our bodies	For balancing our bodies	Others	energy kcal	protein g		
21	Tue	miso ramen	○	pork, miso	Chinese noodles, vegetable oil sesame oil, starch white sesame seeds	garlic, ginger, carrot onion, Chinese cabbage bean sprouts, Chinese chive dried shiitake, scallion canned corn	chicken broth, mirin soy sauce, pepper	613	25.2		
		Chinese cabbage and deep fried tofu crispy salad		fried tofu	vegetable oil (light brown) sugar white sesame seeds	Chinese cabbage, cucumber carrot, ginger	vinegar, salt, soy sauce				
		fruit (apple)				apple					
22	Wed	curry rice	○	chicken	rice, vegetable oil potatoes, wheat flour	garlic, ginger, carrot onion	red wine, chicken broth salt, bay leaf powder ketchup, curry powder coriander, cinnamon powder garam masala	747	22.4		
		soy bean and tuna salad		soy bean, tuna	vegetable oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce				
		orange Jelly		agar powder(kanten)	(white) sugar	orange juice, canned orange					
23	Thu	World Food ☆ Spain ☆									
		Paella	○	squid, shrimp, clams	rice, olive oil	garlic, carrot, onion mushroom, canned corn, yellow bell pepper, red bell pepper	turmeric powder, salt bay leaf powder pepper, white wine	644	27.2		
		Spanish omelette		bacon, egg, milk	potatoes, vegetable oil butter	onion, carrot, parsley	salt, pepper ketchup				
		cabbage and corn salad			vegetable oil	carrot, cabbage, cucumber canned corn, onion	vinegar, salt, pepper				
		drinkable yogurt		drinkable yogurt							
24	Fri	School Lunch Week (1/24-1/30)									
		rice balls (wakame, red perilla)	○	chirimen jakko, nori	rice	yukari shiso (red perilla)	wakame (seaweed)	658	38.4		
		pork and vegetable miso soup		pork, miso, tofu	vegetable oil, potatoes	burdock, carrot, daikon scallion	fish shavings (soup)				
		grilled salmon		salmon			salt				
		cucumber pickles w/sesame dressing			white sesame seeds sesame oil	cucumber	soy sauce, salt				
27	Mon	School Lunch Week (1/24-1/30)									
		barley rice	○		rice, wheat			670	20.3		
		tofu and mushroom Chinese soup		tofu	sesame oil	ginger, shimeji, shiitake enoki mushroom	chicken broth, sake, salt pepper, soy sauce				
		deep fried dumpling		pork	vegetable oil dumpling wrappers sesame oil	garlic, ginger, Chinese cabbage scallion, Chinese chive	salt, pepper, soy sauce				
		spicy bean sprouts			sesame oil	carrot, cucumber, bean sprouts	salt, soy sauce, salt chili oil				
28	Tue	School Lunch Week (1/24-1/30)									
		spaghetti w/bean-meat sauce	○	pork, soy bean	vegetable oil, wheat flour olive oil, spaghetti	garlic, ginger, onion carrot, tomato juice, parsley	red wine, salt pepper, nutmeg ketchup, tabasco tomato puree Worcestershire sauce	658	24.2		
		French potato salad			potatoes, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper				
fruit (orange)				orange							
29	Wed	School Lunch Week (1/24-1/30)									
		rice	○		rice			616	31.6		
		kenchin soup		tofu	vegetable oil, sesame oil	burdock, carrot, daikon scallion	kombu fish shavings (soup) salt, soy sauce				
		deep fried whale meat		whale meat	vegetable oil, starch	ginger	soy sauce, sake				
fried hijiki and soy beans	hijiki(seaweed) fried tofu, soy bean	vegetable oil (light brown) sugar		carrot	fish shavings (soup) mirin, soy sauce						
30	Thu	School Lunch Week (1/24-1/30)									
		fried bread (sugar or kinako)	○	kinako	bread, vegetable oil (white) sugar, granulated sugar			701	22.2		
		chicken and vegetable cream stew		chicken, milk	vegetable oil, potatoes vegetable oil, wheat flour	carrot, onion, cabbage ginger	white wine, chicken broth salt, pepper bay leaf powder				
coleslaw		vegetable oil (light brown) sugar		carrot, cabbage, cucumber onion	vinegar, salt, pepper grain mustard						
31	Fri	Japanese local food ☆ Aomori Prefecture☆									
		Towada roasted pork bowl	○	pork	rice, starch	apple jam, garlic ginger, onion, carrot Chinese cabbage red bell pepper maitake mushroom	soy sauce, mirin, sake gochujang, salt	628	26.2		
		senbei jiru		chicken	shirataki noodles Kawara senbei	ginger, burdock, carrot dried shiitake, scallion	chicken broth, salt soy sauce, mirin				
fruit (apple)				apple							