



# March 2016 Lunch Menu



Higashimachi ES Principal: Mr. Hatano  
School Nutritionist: Ms. Koide

Manner Goal : Let's use our manners and enjoy lunch!  
Nutrition Goal : Let's eat a balanced meal and build a strong body!

Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
1	Tue	teriyaki fish hamburger	opah	bread , vegetable oil (light brown) sugar , starch	cabbage , ginger	salt , sake , soy sauce , mirin	559	23.2
		Minestrone	bacon	vegetable oil	garlic , celery , carrot , onion ginger , tomato juice , cabbage	chicken broth , tomato puree powdered bay leaf , salt		
		macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion canned corn	vinegar , salt , pepper		
		fruit (apple)			apple			
		milk	milk					
2	Wed	rice		rice			561	24.3
		hearty miso soup	miso , tofu	konyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)		
		flavored grilled chicken	chicken	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		mirinchirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna , ginger bean sprouts , carrot	vinegar , soy sauce salt , sake		
		milk	milk					
3	Thu	~ Japanese cultural food ~ ☆ Hina-matsuri • Girl's Day ☆					729	21.2
		Chirashi Sushi	egg , fish cake (kamaboko)	rice , (light brown) sugar vegetable oil	carrot , dried shiitake , kanpyo lotus root , green soybean	konbu , fish shavings (soup) vinegar , salt , soy sauce		
		Seasonal soup	fish cake (kamaboko)		komatsuna , scallion	konbu , fish shavings (soup) salt , soy sauce		
		stewed fried bean curd & vegetables	fried bean curd	vegetable oil , konyaku (light brown) sugar	burdock , carrot , bamboo shoots string bean	fish shavings (soup) , sake salt , soy sauce		
		Hina-matsuri dessert	gelatin powder , milk , fresh cream	(white) sugar wheat flour , butter	Strawberry jam	matcha		
		milk	milk					
4	Fri	miso ramen	pork , miso	Chinese noodles , vegetable oil sesame oil , starch white sesame seeds	garlic , ginger , carrot , onion Chinese cabbage , bean sprouts Chinese chives , dried shiitake scallion , canned corn	chicken broth , mirin soy sauce , pepper sweet bean paste	584	23.8
		daikon salad	wakame (seaweed)	vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , daikon	salt , vinegar , soy sauce pepper		
		fruit (dekopon orange)			dekopon (orange)			
		milk	milk					
7	Mon	barley rice		rice , wheat			647	24.9
		miso soup w/nameko and tofu	tofu , miso		nameko mushroom komatsuna , scallion	fish shavings (soup)		
		grilled ginger pork	pork	vegetable oil , starch	ginger , onion	soy sauce , sake oyster sauce		
		cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper		
		milk	milk					
8	Tue	homemade bread with tuna and mayonnaise	tuna	bread flour , (white) sugar vegetable oil , mayonnaise	onion , canned corn	salt , dried yeast , pepper	674	21.4
		pot au feu-stew	chicken	vegetable oil , potato	celery , carrot , onion ginger , cabbage	chicken broth , white wine salt , pepper powdered bay leaf		
		three-color pickles		granulated sugar	carrot , cucumber , daikon	white wine , apple vinegar salt , vinegar powdered bay leaf		
		milk	milk					
9	Wed	rice		rice			605	22.4
		mushroom Japanese soup		taro , konyaku , starch	carrot , daikon , shiitake shimeji , enoki mushroom scallion	konbu , fish shavings (soup) salt , soy sauce		
		grilled mackerel w/ green onion sauce	mackerel	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		bean sprouts dressed with mustard			komatsuna , carrot bean sprouts	mustard , soy sauce		
		milk	milk					
10	Thu	fried noodles	pork , sakura shrimp , nori	vegetable oil Chinese noodles	onion , carrot , dried shiitake cabbage , bean sprouts	salt , pepper Worcestershire sauce Worcestershire sauce (semi-thick)	608	20.6
		Chinese cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , Chinese cabbage cucumber	vinegar , salt soy sauce , pepper		
		fruit (Kiyomi Orange)			Kiyomi Orange			
		milk	milk					

★Menus may change due to availability of food.

Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
11	Fri	~Japanese local food~ ☆ Miyagi Prefecture ☆					617	23.2
		Fried Wheat Gluten Rice Bowl	egg	rice , (light brown) sugar wheat bran	onion mitsuba (Japanese honeywort)	fish shavings (soup) , salt mirin , soy sauce , sake		
		Noodle Soup ( Hatto-jiru )	tofu , fried tofu	wheat flour , rice flour	burdock , carrot , daikon scallion , komatsuna	konbu , fish shavings (soup) sake , salt , soy sauce		
		Cabbage & Cucumber Yukari			cabbage , cucumber , carrot yukari shiso (red perilla)			
		milk	milk					
14	Mon	Fried Rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake scallion , green peas	sake , salt , soy sauce pepper , vinegar	614	20.9
		tofu and mushroom chinese soup	tofu	sesame oil	ginger , shimeji , shiitake enoki mushroom	chicken broth , sake , salt pepper , soy sauce		
		crispy salad		vegetable oil Won-ton wrapper	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		mysterious sunny side up egg	gelatin powder , calpis		canned apricot			
		milk	milk					
15	Tue	~World Food~(Human Rights Day) ☆ Sweden ☆					603	26.9
		whole wheat bread		whole wheat bread				
		Swedish meatballs	soy bean , pork , egg milk , fresh cream	vegetable oil butter , panko	onion	salt , pepper Allspice , nutmeg		
		mashed potato	milk	potato , butter	carrot , canned corn	salt , pepper		
		lentil soup	lentil		carrot , onion , komatsuna whole tomatoes , ginger	salt , pepper , chicken broth		
		yogurt drink	yogurt drink					
16	Wed	barley rice		rice , wheat			590	30.2
		miso soup w/daikon and komatsuna	miso		daikon , scallion , komatsuna	fish shavings (soup)		
		teriyaki fish	salmon	(light brown) sugar starch	ginger	soy sauce , sake , mirin		
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) , fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) , mirin soy sauce		
		milk	milk					
17	Thu	~World Event Food Day~ ☆ St Patrick's Day ☆					678	24.5
		spaghetti w/cream sauce	chicken , milk	vegetable oil , butter wheat flour , olive oil spaghetti	garlic , onion , carrot mushroom , ginger , parsley	white wine , chicken broth salt , pepper powdered bay leaf		
		Green salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper		
		orange jelly	gelatin powder	(white) sugar	orange juice			
		milk	milk					
18	Fri	"Sumi-chan" curry and rice	pork , fried tofu	rice , vegetable oil konyaku , wheat flour (light brown) sugar	onion , carrot , burdock , daikon	sake , fish shavings (soup) konbu , salt , soy sauce curry powder powdered bay leaf	768	21.4
		seaweed salad	seaweed	vegetable oil	cucumber , daikon canned corn , onion	vinegar , salt pepper , soy sauce		
		Ashitaba steamed cake	egg , milk	(white) sugar , wheat flour	Ashitaba powder	baking powder		
			milk	milk				
20	Sun	Spring Equinox Day						
21	Mon	Substitute Holiday						
22	Tue	rice		rice			681	21.5
		Chinese soup	egg , tofu	sesame oil	ginger , carrot , bean sprouts scallion , bok-choy	chicken broth , salt pepper , soy sauce		
		deep-fried dumpling	pork	vegetable oil , gyoza wrapper sesame oil	garlic , ginger , Chinese cabbage scallion , Chinese chives	salt , pepper , soy sauce		
		vermicelli chinese salad		glass noodles vegetable oil , sesame oil	carrot , cabbage , cucumber	vinegar , salt soy sauce , chili oil		
		milk	milk					
23	Tue	Sea bream rice	sea bream	rice , (light brown) sugar	ginger , green onions	konbu , sake , mirin , soy sauce	612	29.2
		Seasonal soup	naruto		komatsuna , carrot	konbu , fish shavings (soup) salt		
		fried tofu mixed with vegetables	chicken , tofu , egg	vegetable oil , starch (light brown) sugar	carrot , bamboo shoots dried shiitake , ginger	salt , soy sauce , mirin		
		marinated bean sprout w/seaweed	nori		komatsuna , carrot bean sprouts	soy sauce		
		milk	milk					

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~ 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 will be deducted. We appreciate your cooperation.

