



# September Lunch Menu



2016/9/1

Manner Goal : Let's put our food in the right place on our trays.  
Nutrition Goal : Eat three meals every day. (breakfast, lunch & dinner)

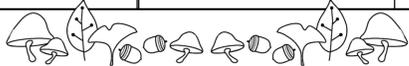
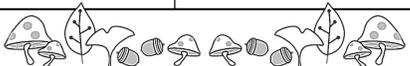
Higashimachi ES Principal: Mr. Hatano  
School Nutritionist: Ms. Koide

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	Thu	★ Disaster Preparedness Day Menu ★						644	27.5
		barley rice		rice , wheat					
		suiton soup	pork , egg	vegetable oil , rice flour wheat flour	carrot , daikon , Chinese cabbage scallion , komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce			
		grilled Spanish mackerel w / green onion sauce	Spanish mackerel	(light brown) sugar	ginger , scallion , garlic	soy sauce , sake , vinegar			
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) , fried tofu soy bean	vegetable oil , (light brown) sugar	carrot	fish shavings (soup) , mirin , soy sauce			
		milk							
2	Fri	fried rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake scallion , green peas	sake , salt , soy sauce , pepper , vinegar	604	21.4	
		wanton soup	pork	wonton wrapper	ginger , carrot , Chinese cabbage bean sprouts , scallion , komatsuna	chicken broth , soy sauce sake , salt , pepper			
		harusame salad		glass noodles , vegetable oil sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce , chili oil			
		fruit ( frozen orange )			frozen orange				
		milk	milk						
5	Mon	rice		rice			576	29.6	
		grilled squid w/green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		stewed koya tofu & vegetables	freeze-dried tofu	konnyaku , (light brown) sugar	carrot , burdock , daikon , string bean	fish shavings (soup) , mirin salt , soy sauce			
		marinated vegetables with seaweed	norii		komatsuna , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
6	Tue	stir fried noodles w/vegetable sauce	pork , squid , shrimp	vegetable oil , Chinese noodles (light brown) sugar , starch	carrot , onion , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	salt , pepper , sake , soy sauce chili oil , vinegar	676	26.4	
		Chinese broccoli & cabbage salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce			
		almond pudding	agar powder(kanten) , milk	(white) sugar	canned orange , canned pineapple	almond essence			
		milk	milk						
7	Wed	deep fried summer vegetable & sakura shrimp rice bowl	sakura shrimp	rice , vegetable oil , wheat flour (light brown) sugar	onion , pumpkin , bitter melon canned corn	fish shavings (soup) , vinegar salt , soy sauce	685	21.8	
		ton-jiru soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon , scallion	fish shavings (soup)			
		daikon and cucumber pickles			cucumber , daikon , ginger	salt			
		milk	milk						
8	Thu	bread		bread			654	28.7	
		vegetable soup	bacon	potato	ginger , carrot , onion , mushroom cabbage , parsley	chicken broth , salt , pepper powdered bay leaf , parsley			
		grilled chicken and cheese	chicken , cheese			white wine , salt , pepper ketchup , worcestershire sauce			
		tomato and corn salad		vegetable oil	tomato , cabbage , cucumber canned corn , onion	vinegar , salt , pepper , dried basil			
		milk	milk						
9	Fri	~Eat Japanese Traditional Food~ ★ celebrating the arrival of fall ( chrysanthemum flower ) ★						564	28.0
		chrysanthemum flower rice	chicken	rice , glutinous rice , vegetable oil	carrot , chrysanthemum dried shiitake	kombu , mirin , sake , salt , soy sauce			
		seasonal clear soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		Spanish mackerel w/miso	Spanish mackerel Saikyo miso			sake			
		pickled cabbage w/yukari			cabbage , yukari shiso (red perilla)	salt			
		milk							
12	Mon	~Japanese local food~ ★ Minato City ★ shiba daradara festival (ginger festival) ★						592	26.8
		ginger rice		rice , roasted sesame seeds	ginger	kombu , sake , salt , soy sauce			
		Teriyaki fish	salmon	(light brown) sugar , starch	ginger	sake , soy sauce , mirin			
		daikon & hijiki salad	hijiki(seaweed)	(light brown) sugar , vegetable oil sesame oil , white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar , pepper			
		fruit ( pear )			pear				
		milk							
13	Tue	Cold Chinese noodles	chicken , fried tofu , egg	Chinese noodles , vegetable oil sesame oil , (light brown) sugar white sesame seeds	ginger , carrot , dried shiitake cucumber , bean sprouts	fish shavings (soup) , soy sauce vinegar , mustard , sake , salt	586	22.6	
		seaweeds salad	dried seaweeds	vegetable oil	cucumber , daikon canned corn , onion	vinegar , salt , soy sauce , pepper			
		fruit ( frozen orange )			frozen orange				
		milk	milk						
14	Wed	hot dog	frankfurter	bread , vegetable oil	cabbage	salt , ketchup	557	20.6	
		pot au feu-stew	chicken	vegetable oil , potato	celery , carrot , onion , ginger cabbage	chicken broth , white wine , salt pepper , powdered bay leaf			
		vegetable crisps		potato , vegetable oil	carrot , pumpkin , burdock	salt			
		milk	milk						



All students have to wear a mask during lunch preparation. Its not just for hygienic reasons, but also for disease prevention.  
Please prepare a new mask together with cleaned lunch mat every week. Students can use any type of masks, disposable type or gauze type.  
Thank you for your understanding.



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
15	Thu	~Eat Japanese Traditional Food~ ☆ moon viewing(sweet dumplings) ☆					672	22.6
		rice		rice				
		seasonal clear soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		fried chicken w/green onion sauce	chicken	vegetable oil , starch , wheat flour (light brown) sugar roasted sesame seeds	ginger , scallion , garlic , perilla	soy sauce , sake , vinegar		
		pickled cabbage			cabbage , carrot	salt		
		rice dumplings with sweet soy glaze		rice flour , (white) sugar (light brown) sugar , starch		soy sauce , mirin		
		milk	milk					
16	Fri	eggplant dried curry	pork , chickpeas grated cheese	rice , vegetable oil , wheat flour	garlic , ginger , onion carrot , eggplant	tomato puree , salt , powdered bay leaf nutmeg , dried radish worcestershire sauce	628	21.2
		turnip salad		vegetable oil	turnip , cabbage , cucumber , onion	vinegar , salt , pepper		
		fruit yogurt	yogurt	powdered sugar	banana , canned peach canned orange			
		milk	milk					
19	Mon	 Respect for the Aged Day 						
20	Tue	Kakitama Udon Noodles	pork , fried tofu , egg	vegetable oil , udon noodle	carrot , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce	583	22.3
		Japanese stylecabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , komatsuna , cabbage	vinegar , salt , soy sauce , pepper		
		ohagi	Azuki Bean , soy bean flour	glutinous rice , rice (white) sugar		salt		
		milk	milk					
21	Wed	barley rice		rice , wheat			571	20.2
		clear soup w/tofu and shiitake	tofu		shiitake , komatsuna	kombu , fish shavings (soup) salt , soy sauce		
		pork and vegetable Miso Stir-fry	pork , miso	vegetable oil , (white) sugar starch	ginger , carrot , onion , cabbage bamboo shoots , bell pepper	sake , soy sauce , Chinese chili paste oyster sauce		
		Chinese cabbage and crispy deep fried tofu salad	fried tofu	vegetable oil , (light brown) sugar roasted sesame seeds	Chinese cabbage , cucumber carrot , ginger	vinegar , salt , soy sauce		
		milk	milk					
22	Thu	 Autumnal Equinox Day 						
23	Fri	~World Food~ Day of Human Rights ☆ Italy ☆					705	16.7
		Caponata bowl	chicken	rice , vegetable oil	onion , red bell pepper , zucchini shiitake , eggplant , garlic whole tomatoes , ginger	powdered bay leaf , chicken broth dried basil , oregano , parsley Tabasco , worcestershire sauce soy sauce , salt , pepper		
		Noodle Soup	bacon	macaroni	ginger , carrot , onion mushroom , cabbage	chicken broth , salt powdered bay leaf , pepper		
		Panna cotta	milk , fresh cream	(white) sugar	canned peach	agar		
		drinkable yogurt	drinkable yogurt					
26	Mon	chicken & burdock pilaf	chicken	rice , wheat , vegetable oil	burdock , eringi , carrot , green peas	sake , salt , pepper , soy sauce	632	19.7
		potato & vegetable soup		potato	ginger , carrot , onion	chicken broth , salt powdered bay leaf , pepper		
		corn & vegetabl salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
		milk	milk					
27	Tue	mashroom spaghetti	bacon , nori	vegetable oil , starch olive oil , spaghetti	garlic , ginger , onion , carrot shimeji , eringi , mushroom	sake , salt , pepper , soy sauce	589	19.4
		cabbage salad w/carrot dressing		vegetable oil	tomato , cucumber , cabbage onion , carrot	vinegar , salt , pepper		
		fruit ( grape )			grape			
		milk	milk					
28	Wed	whole wheat bread		whole wheat bread			633	34.0
		corn soup	bacon , milk	vegetable oil , wheat flour	garlic , carrot , onion , ginger canned corn , canned cream corn	chicken broth , salt powdered bay leaf , pepper		
		breaded fried salmon	salmon	olive oil , panko	garlic , parsley	salt , pepper , white wine dried basil , oregano , soy sauce		
		broccoli and cabbage salad		vegetable oil	carrot , broccoli cabbage , onion	vinegar , salt , pepper		
		milk	milk					
29	Thu	Sichuan style eggplants on rice	pork , miso	rice , vegetable oil (light brown) sugar starch , sesame oil	eggplant , garlic , ginger , carrot bamboo shoots , scallion Chinese chive	sake , soy sauce Chinese chili paste	623	19.3
		japanese bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper		
		fruit ( pear )			pear			
		milk	milk					
30	Fri	rice		rice			562	27.6
		miso soup w/Chinese cabbage	miso		Chinese cabbage	fish shavings (soup)		
		vegetables rolled in meat w/BBQ sauce	pork	(white) sugar	string bean , carrot	salt , pepper , ketchup , mustard worcestershire sauce , red wine		
		chirimen jako salad	chirimen jako	sesame oil , (light brown) sugar	daikon , komatsuna , bean sprouts carrot , ginger	vinegar , soy sauce , salt , sake		
		milk	milk					

~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.

★Menus may change due to availability of food.

