



OCTOBER LUNCH MENU



2016/9/30

Manner Goal : Let's hold our dishes correctly.
 Nutrition Goal : Eat three meals (breakfast, lunch & dinner) every day.

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

Date	Day	Menu	For building our bodies				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
1	Sat	Tokyo Citizen's Day							
3	Mon	rice		rice			705	26.8	
		tori-jiru	chicken , miso , tofu	vegetable oil , potato	burdock , carrot , daikon , scallion	fish shavings (soup)			
		fried minced flying fish	flying fish , egg	vegetable oil , panko wheat flour	onion , garlic , ginger	ketchup , salt , pepper Worcestershire sauce (semi-thick)			
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						
4	Tue	fried noodles	pork , sakura shrimp , nori	vegetable oil , Chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper , Worcestershire sauce Worcestershire sauce (semi-thick)	528	20.1	
		crunchy salad		vegetable oil wonton wrapper	carrot , cabbage cucumber , onion	vinegar , salt , pepper			
		fruit (pear)			pear				
		milk	milk						
5	Wed	fried rice	pork , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake scallion , green peas	sake , salt , soy sauce pepper , vinegar	616	21.2	
		Chinese soup	tofu	sesame oil	ginger , dried shiitake , carrot Chinese cabbage , scallion komatsuna	chicken broth , salt pepper , soy sauce			
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage carrot , onion	vinegar , salt , pepper , soy sauce			
		milk	milk						
6	Thu	Fish Burger	Patagonian grenadier egg	bread , vegetable oil wheat flour , panko	cabbage	salt , pepper , ketchup Worcestershire sauce	642	27.0	
		Minestrone	bacon	vegetable oil , potato macaroni	garlic , celery , carrot , onion ginger , tomato , tomato juice cabbage	chicken broth , salt tomato puree , pepper powdered bay leaf , dried basil			
		green vegetable salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper			
		french fries		vegetable oil , potato		salt			
		milk	milk						
7	Fri	~Japanese local food~ ☆ Fukushima prefecture ☆						598	24.4
		rice		rice					
		Kozuyu		Shirataki Noodles , taro dried wheat gluten	carrot , dried shiitake , pea pods cloud ear mushroom	kombu , fish shavings (soup) salt , soy sauce			
		teriyaki chicken	chicken	vegetable oil (light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		Ika-ninjin	common squid	(white) sugar	carrot	soy sauce , sake			
		milk	milk						
10	Mon	Sports Day							
11	Tue	spaghetti with tomato sauce	bacon	olive oil , (white) sugar spaghetti	garlic , onion , shimeji , tomato	salt , pepper , chili pepper paprika powder , powdered bay leaf dried basil , tomato puree , ketchup			
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper			
		blueberry yogurt	yogurt	(white) sugar	blueberry , blueberry jam				
		milk	milk						
12	Wed	rice		rice			533	24.4	
		miso soup w/tofu and wakame	miso , tofu wakame (seaweed)		scallion	fish shavings (soup)			
		grilled squid w/green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		Japanese style bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber bean sprouts	vinegar , salt , soy sauce , pepper			
		milk	milk						
13	Thu	Eat Japanese Traditional Food ☆ The Thirteenth Night menu (10/25) ☆						651	26.0
		seasoned rice		rice , chestnut , ginkgo nut (light brown) sugar	bamboo shoots , dried shiitake shimeji , carrot	sake , soy sauce , salt , kombu fish shavings (soup)			
		seasonal soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		teriyaki fish	opah	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake			
		daikon and cucumber pickles			cucumber , daikon , ginger	salt			
		sweet azuki-bean dumplings	Azuki Bean	rice flour , (light brown) sugar	pumpkin	salt			
		milk	milk						
14	Fri	bread		bread			666	20.0	
		noodle soup	bacon	vegetable oil , udon noodle	onion , carrot , cabbage	fish shavings (soup) , salt , pepper powdered bay leaf			
		tuna croquette	tuna , egg	vegetable oil , potato wheat flour , panko	onion , carrot	salt Worcestershire sauce (semi-thick)			
		vegetable saute		vegetable oil , butter	carrot , onion , green peas canned corn	salt , pepper			
		milk	milk						
17	Mon	chicken cutlet bowl	chicken , egg	rice , (light brown) sugar , panko vegetable oil , wheat flour	onion mitsuba (Japanese honeywort)	fish shavings (soup) , mirin , salt soy sauce , pepper	660	29.1	
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)			
		cabbage and cucumber pickles			cucumber , cabbage yukari shiso (red perilla)	salt			
		milk	milk						

★Menus may change due to availability of food.

Date	Day	Menu	For building our bodies				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
18	Tue	cantonese noodles	pork	Chinese noodles , vegetable oil sesame oil , (white) sugar , starch	ginger , garlic , Chinese cabbage carrot , bamboo shoots , scallion dried shiitake , cloud ear mushroom	chicken broth , sake salt , pepper , soy sauce	511	18.2
		spicy bean sprouts		sesame oil	carrot , cucumber , bean sprouts	soy sauce , salt , chili oil		
		orange jelly	agar powder(kanten)	(white) sugar	orange juice , canned orange			
		milk	milk					
19	Wed	~World Food~ Day of Human Rights ☆ Syrian Arab Republic ☆					582	22.1
		Rice with pasta		rice , olive oil , spaghetti	spinach	salt		
		Syrian Meatball	minced beef	olive oil , wheat flour , starch	onion , tomato	nutmeg , pepper , tomato puree salt , powdered bay leaf , parsley		
		shorbat 'adas (Lentil soup)	chicken , Lentil beans	olive oil , potato	carrot , onion , ginger , lemon juice broccoli	salt , pepper , chicken broth		
		drinkable yogurt(blueberry flavor)	drinkable yogurt(blueberry flavor)					
20	Thu	bread		bread			557	22.9
		potato cream soup	milk	vegetable oil , potato butter , wheat flour	garlic , carrot , onion , ginger	chicken broth , salt , powdered bay leaf pepper , parsley		
		grilled chicken with marmalade	chicken		garlic , ginger , marmalade	soy sauce , white wine		
		vegetable salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
21	Fri	rice		rice			637	22.7
		kenchin soup	tofu	vegetable oil , sesame oil taro	burdock , carrot , daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		mackerel miso	mackerel , miso	(light brown) sugar	ginger	sake , soy sauce		
		pickled cabbage and cucumber			cabbage , cucumber	salt		
		milk	milk					
24	Mon	~Parent-Child Reading Week Lunch~ inspired by "Where's the Fish?"					519	24.5
		rice		rice				
		grilled Merlucciidae	Merlucciidae , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine soy sauce		
		marinated cabbage w/salted seaweed	Shio-kombu	roasted sesame seeds	cabbage , bean sprouts , carrot	soy sauce		
		fruit (parsley)			parsley			
25	Tue	~Parent-Child Reading Week Lunch~ inspired by "Udon no U-yan"					627	24.5
		Kitsune Udon	pork , sasakamaboko fried tofu	udon noodle (light brown) sugar	scallion , komatsuna	kombu , fish shavings (soup) mirin , salt , soy sauce		
		Chinese cabbage isoe	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
		steamed cake	egg , milk	(white) sugar , wheat flour butter		baking powder , vanilla essence		
26	Wed	~Parent-Child Reading Week Lunch~ inspired by "The Family of Fourteen Fix Breakfast" "OSHABERI NA TAMAGO YAKI"					625	26.1
		rice		rice				
		mushroom Japanese soup		taro , konnyaku , starch	carrot , daikon , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce		
		rolled egg	chicken , egg	vegetable oil (light brown) sugar	onion , carrot , dried shiitake , green peas	sake , salt , soy sauce		
		fried hijiki	hijiki(seaweed) , fried tofu	vegetable oil , konnyaku (light brown) sugar	carrot	fish shavings (soup) , soy sauce		
27	Thu	~Parent-Child Reading Week Lunch~ inspired by "Mr. Crow's Bakery" "The Gigantic Turnip"					601	19.8
		handmade tuna bread	tuna	bread flour , (white) sugar vegetable oil , mayonnaise	onion , canned corn	salt , dried yeast , pepper		
		pot-au-feu	chicken	vegetable oil	celery , carrot , onion turnip , ginger , cabbage	chicken broth , white wine , salt pepper , powdered bay leaf		
		pickles		granulated sugar	carrot , cucumber , daikon	white wine , apple vinegar salt , powdered bay leaf		
		fruit (satsuma orange)			satsuma orange			
28	Fri	~Parent-Child Reading Week Lunch~ inspired by "Meguro no Sanma"					643	21.4
		Grilled saury bowl	saury	rice , vegetable oil , starch (light brown) sugar roasted sesame seeds	ginger	salt , soy sauce		
		miso soup w/daikon and komatsuna	fried tofu , miso		daikon , komatsuna , scallion	fish shavings (soup)		
		seasoned fried soybean and sweet potato	soy bean , chirimen jako	(light brown) sugar , starch vegetable oil , sweet potato roasted sesame seeds		soy sauce , mirin		
31	Mon	~World Event Food~ ☆ Halloween ☆ & ~Parent-Child Reading Week Lunch~ inspired by "The Family of Fourteen Grow a Pumpkin"					602	26.9
		bread		bread				
		vegetable soup	chicken		ginger , carrot , onion , cabbage	chicken broth , salt , pepper powdered bay leaf		
		Pumpkin gratin	chicken , cheese	vegetable oil , macaroni wheat flour	pumpkin , garlic , celery , onion mushroom , whole tomatoes tomato juice , carrot	salt , dried basil , pepper , Clove		
		broccoli salad		vegetable oil	carrot , broccoli , cucumber , onion	vinegar , salt , pepper		
milk	milk							

~Dear Parents~

A refund for the lunch 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.