

November Lunch Menu


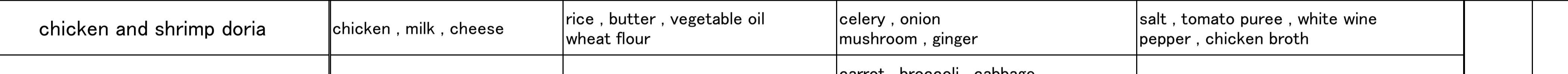


Manner Goal : Let's be grateful for the food we eat.
 Nutrition Goal : Let's try to eat foods we don't like.

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	Tue	~Parent-Child Reading Week Lunch~	inspired by "Grandma's Kinpira"				703	24.3	
		Kinpira rice	chicken	rice , vegetable oil , Shirataki Noodles (light brown) sugar , sesame oil	burdock , carrot , string bean	kombu , soy sauce , sake , salt			
		Yoshino soup	tofu	taro , starch	carrot , daikon , scallion	kombu , fish shavings (soup) , salt , soy sauce			
		grilled fish	mackerel			salt			
		Compote of sweet potato and apple		sweet potato , (white) sugar	apple , lemon				
		milk	milk						
2	Wed	~Parent-Child Reading Week Lunch~	inspired by "The Mountain of Flowers "				616	24.9	
		barley rice		rice , wheat					
		seasonal clear soup	boiled fish paste		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		Handmade Shumai (pork • squid)	pork , squid	Siu Mai wrappers , starch	onion , bamboo shoots dried shiitake , ginger	sake , salt , soy sauce , pepper			
		marinated bean sprouts			komatsuna , carrot , bean sprouts	soy sauce			
		milk	milk						
3	Thu	Culture Day							
4	Fri	~Parent-Child Reading Week Lunch~	inspired by "Kaiketsu Zorori Atsui ze! Rāmen Taiketsu "				558	21.9	
		Japanese-style shoyu ramen	pork	Chinese noodles , vegetable oil sesame oil , (light brown) sugar	garlic , bamboo shoots , scallion Chinese chive , dried shiitake	soy sauce , sake , kombu fish shavings (soup) , salt , pepper			
		Chinese cabbage and deep fried tofu crispy salad	fried tofu	vegetable oil , (light brown) sugar roasted sesame seeds	Chinese cabbage , cucumber carrot , ginger	vinegar , salt , soy sauce			
		mysterious sunny side up egg	agar powder(kanten) , calpis		canned apricot				
		milk	milk						
7	Mon	spaghetti w/ pork	pork	spaghetti , vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , onion , bell pepper enoki mushroom , shimeji	soy sauce , sake , mirin , dried parsley	624	20.7	
		White radish & hijiki salad	hijiki(seaweed)	(light brown) sugar , vegetable oil sesame oil , white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar , pepper			
		baked apple		(white) sugar , butter	apple	cinnamon powder			
		milk	milk						
8	Tue	barley rice		rice , wheat			622	21.4	
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt , pepper , soy sauce			
		Sweet and Sour Pork	pork	vegetable oil , (light brown) sugar starch , potato	carrot , bamboo shoots , dried shiitake onion , bell pepper , ginger	soy sauce , vinegar , ketchup			
		pickled Chinese cabbage			Chinese cabbage , carrot	salt			
		Fruit (satsuma orange)			satsuma orange				
		milk	milk						
9	Wed	sandwich (tuna / cheese)	tuna , cheese	bread , mayonnaise whole wheat bread	cucumber	salt , pepper , whole-grain mustard	575	23.2	
		mushroom cream soup	bacon , milk	vegetable oil , (light brown) sugar	garlic , onion , ginger , shiitake mushroom , shimeji , parsley	chicken broth , salt powdered bay leaf , pepper			
		cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber onion , canned corn	vinegar , salt , pepper			
		milk	milk						
10	Thu	wakame rice	rice seasoning(wakame)	rice , roasted sesame seeds			462	20.6	
		grilled salmon	salmon			salt			
		Simmered Kiriboshi-daikon	fried tofu	vegetable oil , (light brown) sugar	carrot , dried radish , dried shiitake	fish shavings (soup) , salt , soy sauce			
		Chinese cabbage isoae	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce			
		roasted barley tea				roasted barley tea			
11	Fri	School Anniversary Menu (11/14)						661	24.1
		chirashi sushi	boiled fish paste salmon , egg	rice , (light brown) sugar vegetable oil	dried shiitake , kanpyo , lotus root string bean	kombu , vinegar , salt fish shavings (soup) , mirin , soy sauce			
		clear soup	naruto		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		red and white namasu		(white) sugar roasted sesame seeds	carrot , daikon	salt , vinegar			
		Higashimachi cake	egg , fresh cream	wheat flour , (light brown) sugar vegetable oil		baking powder			
		milk	milk						
12	Sat	School Anniversary Day							
14	Mon	rice		rice			554	23.3	
		vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt , powdered bay leaf pepper , dried parsley			
		white fish meuniere	Barfin flounder	wheat flour , vegetable oil		salt , pepper , white wine , dried basil			
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper			
		milk	milk						
15	Tue	chicken pilaf	chicken	rice , butter , vegetable oil	carrot , onion , mushroom canned corn	salt , white wine , pepper , dried parsley	613	19.6	
		tomatoes soup	Lentils	vegetable oil	celery , cabbage , ginger whole tomatoes	chicken broth , salt , powdered bay leaf dried basil , pepper			
		crunchy salad		vegetable oil , wonton wrapper	carrot , cabbage , cucumber , onion	vinegar , salt , pepper			
		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
16	Wed	Curry Udon	pork , sasakamaboko	udon noodle , starch	carrot , onion , scallion , komatsuna	fish shavings (soup) , mirin , salt soy sauce , curry powder	561	19.0
		bean sprouts isoae	nori		komatsuna , carrot , bean sprouts	soy sauce		
		Fried sweet potato seasoned with caramel		vegetable oil , sweet potato (light brown) sugar , starch syrup roasted sesame seeds		soy sauce		
		milk	milk					
17	Thu	~Japanese local food~ ☆ Aichi prefecture ☆					648	25.1
		barley rice		rice , wheat				
		clear soup w/tofu and shiitake	tofu		shiitake , komatsuna	kombu , fish shavings (soup) salt , soy sauce		
		miso pork cutlet	pork , egg , Hatcho miso	vegetable oil , wheat flour , panko (light brown) sugar , starch		salt , pepper , mirin , sake		
		chirimen jako salad	chirimen jako	sesame oil , (light brown) sugar	mizuna , komatsuna , bean sprouts carrot , ginger	vinegar , soy sauce , salt , sake		
		milk	milk					
18	Fri	~World Food~ Day of Human Rights ☆ China ☆					636	21.2
		Hand-made Mandarin rolls		wheat flour , (white) sugar vegetable oil		baking powder , dried yeast , salt		
		Chinese corn soup	egg	starch	ginger , onion , carrot canned corn , canned cream corn	chicken broth , salt , pepper soy sauce , dried parsley		
		squid and shrimp in chili sauce	squid , shrimp	vegetable oil , (light brown) sugar starch	garlic , ginger , scallion , onion	salt , soy sauce , sake , ketchup Worcestershire sauce , Chinese chili paste		
		vermicelli chinese salad		glass noodles , vegetable oil sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce		
		drinkable yogurt	drinkable yogurt					
21	Mon	rice		rice		620	23.8	
		cod with vegetable sauce	cod	wheat flour , starch , vegetable oil (light brown) sugar	ginger , carrot , onion , shiitake			soy sauce , mirin
		marinated komatsuna			komatsuna , Chinese cabbage bean sprouts			soy sauce
		furofuki daikon	miso	(light brown) sugar	daikon			fish shavings (soup) , salt soy sauce , mirin , sake
		milk	milk					
22	Tue	Salt-Fried Noodles	pork , shrimp	vegetable oil , Chinese noodles sesame oil	carrot , onion , cabbage bean sprouts , Chinese chive , shiitake	sake , salt , pepper soy sauce , oyster sauce	560	23.0
		seaweed salad	seaweeds	vegetable oil , sesame oil white sesame seeds	daikon , cucumber	vinegar , salt , soy sauce , pepper		
		Fruit (Japanese Persimmon)			Japanese Persimmon			
		milk	milk					
23	Wed	 Labor Thanksgiving Day 						
24	Thu	chicken and shrimp doria	chicken , milk , cheese	rice , butter , vegetable oil wheat flour	celery , onion mushroom , ginger	salt , tomato puree , white wine pepper , chicken broth	652	22.2
		broccoli and cabbage salad		vegetable oil	carrot , broccoli , cabbage canned corn	soy sauce , salt , pepper		
		Fruit (satsuma orange)			satsuma orange			
		milk	milk					
25	Fri	okara (soy pulp) & minced chicken rice bowl	egg , okara (soy pulp) , chicken	rice , vegetable oil (light brown) sugar roasted sesame seeds	onion , ginger	salt , sake , soy sauce	634	24.8
		mushroom Japanese soup		taro , konnyaku , starch	carrot , daikon , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce		
		bean sprouts with miso and sesame seeds	miso	(light brown) sugar white sesame seeds	komatsuna , Chinese cabbage bean sprouts	soy sauce , mirin		
		milk	milk					
28	Mon	honey-lemon toast		bread , butter , honey	lemon		571	20.1
		chicken tomato stew	chicken , fresh cream	vegetable oil , potato , wheat flour	carrot , onion , cabbage , ginger , tomato	chicken broth , tomato puree , ketchup salt , pepper , powdered bay leaf		
		apple and Chinese cabbage salad		vegetable oil , (white) sugar	apple , Chinese cabbage , cucumber	apple vinegar , salt , pepper		
		milk	milk					
29	Tue	rice		rice			649	27.2
		miso soup w/wakame and potato	fried tofu , miso wakame (seaweed)	potato		fish shavings (soup)		
		tofu hamburg	pork , tofu , egg , miso	panko , roasted sesame seeds sesame oil , (light brown) sugar starch	onion , ginger , dried shiitake	salt , pepper , soy sauce , mirin , sake		
		pickled cucumber and turnip w/ yukari			turnip , cucumber yukari shiso (red perilla)	salt		
		milk	milk					
30	Wed	rice ball (yukari jako wakame)	rice seasoning(wakame) nori , chirimen jako	rice	yukari shiso (red perilla)		621	28.0
		sumo hot pot soup	pork , fried bean curd , cod	vegetable oil , sesame oil konnyaku	burdock , carrot , daikon , dried shiitake shimeji , Chinese cabbage , scallion	kombu , fish shavings (soup) salt , soy sauce , sake		
		pickled cabbage			cabbage , carrot	salt		
		Fruit (satsuma orange)			satsuma orange			
		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.

