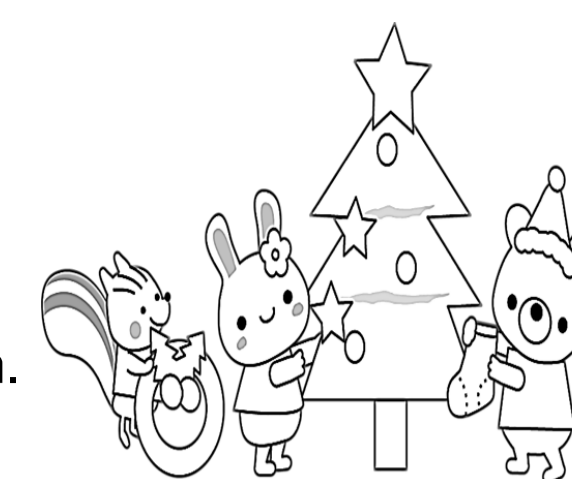




# December Lunch Menu

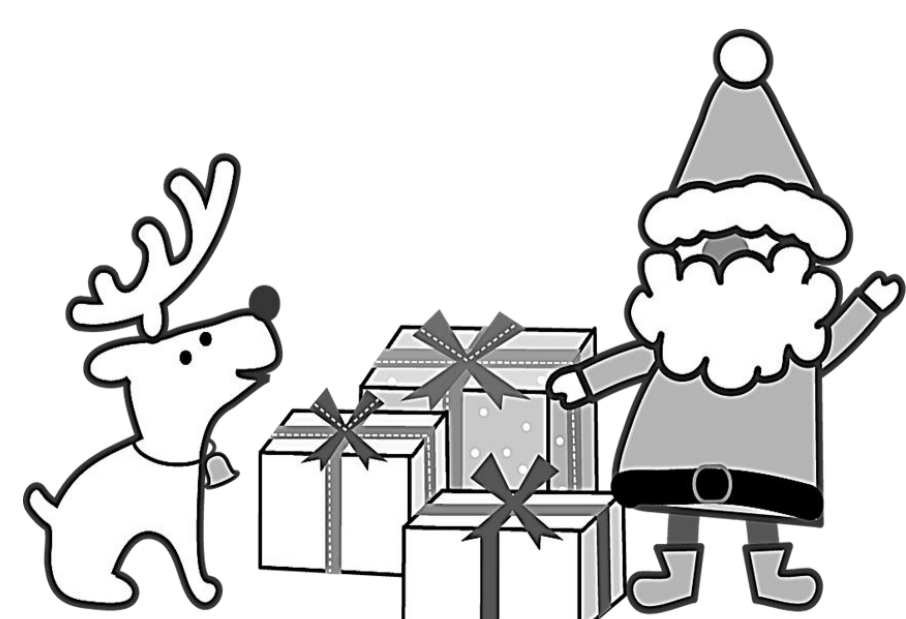
Manner Goal : Let's take turn eating a little of each dish.  
Nutrition Goal : Let's beat the cold!



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

Date	Day	Menu	Main ingredients and their purposes				energy	energy
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
1	木	~World Food~(Human Rights Day) ☆ Russia ☆					694	22.7
		hand-made pirozhki	pork	bread flour , (white) sugar vegetable oil , glass noodles starch	onion , bamboo shoots , dried shiitake	salt , dried yeast , pepper nutmeg , oyster sauce , soy sauce		
		borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , turnip , ginger whole tomatoes , tomato juice cabbage , parsley	red wine , chicken broth , tomato puree ketchup , salt , pepper powdered bay leaf		
		Olivier salad	egg	potato , mayonnaise	carrot , onion , cucumber green peas	vinegar , salt , pepper		
		drinkable yogurt	drinkable yogurt					
2	金	~Let's Eat Local Specialties~ ☆ Yamanashi ☆					617	24.0
		Houtou udon	chicken , fried tofu , miso	vegetable oil , konnyaku Houtou udon	burdock , carrot , daikon pumpkin , scallion	fish shavings (soup) , kombu soy sauce , sake		
		simmered beans sprouts		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce		
		apple pie		(light brown) sugar Spring Roll wrappers	apple			
		milk	milk					
5	月	rice		rice			621	26.5
		miso soup w/ fried tofu and komatsuna	fried tofu , miso		komatsuna , scallion	fish shavings (soup)		
		tuna omelette	tuna , egg	vegetable oil (light brown) sugar	carrot , onion , dried shiitake green peas	salt , sake , soy sauce		
		vegetable sautee	pork	vegetable oil	cabbage , carrot , bean sprouts bok-choy	sake , salt , pepper , soy sauce		
		milk	milk					
6	火	miso ramen	pork , miso	Chinese noodles , vegetable oil , sesame oil starch , salt , white sesame seeds	garlic , ginger , carrot , onion Chinese cabbage , bean sprouts Chinese chive , dried shiitake scallion , canned corn	chicken broth , mirin , soy sauce sweet bean paste , pepper	600	24.0
		Japanese style daikon salad	wakame (seaweed)	vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , daikon	salt , vinegar , soy sauce , pepper		
		Fruit ( satsuma orange )			satsuma orange			
		milk	milk					
7	水	Ma bo bowl	pork , miso , tofu	rice , vegetable oil (light brown) sugar starch , sesame oil	garlic , ginger , carrot bamboo shoots , scallion Chinese chive	sweet bean paste , Chinese chili paste,sake,soy sauce	617	24.6
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt , pepper , soy sauce		
		Chinese style cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper		
		milk	milk					
8	木	bread		bread			629	27.3
		cabbage rolls	pork , egg , milk	panko , starch	cabbage , onion , carrot	salt , pepper , nutmeg fish shavings (soup) , soy sauce , mirin		
		green salad		vegetable oil	carrot , broccoli , cucumber , onion	vinegar , salt , pepper		
		Fruit (apple)			apple			
		milk	milk					
9	金	rice		rice			600	28.6
		grilled Spanish mackerel w/ green onion sauce	Spanish mackerel	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		stewed koya tofu & vegetables	freeze-dried tofu	konnyaku , (light brown) sugar taro	carrot , burdock , string bean	fish shavings (soup) , mirin salt , soy sauce		
		marinated Chinese cabbage w/seaweed	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
12	月	jako and edona fried rice	chirimen jako	rice , sesame oil	pickled Edo vegetables	salt , soy sauce , pepper	595	25.2
		wanton soup	pork	wonton wrapper , sesame oil	ginger , carrot , Chinese cabbage bean sprouts , scallion , komatsuna	chicken broth , soy sauce sake , salt , pepper		
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage , carrot , onion	vinegar , salt , pepper , soy sauce		
		Fruit (satsuma orange)			satsuma orange			
		milk	milk					
13	火	spaghetti with tomato cream sauce	salmon , fresh cream	vegetable oil , wheat flour spaghetti	garlic , carrot , onion mushroom , whole tomatoes parsley	white wine , ketchup , salt , pepper	644	24.2
		cabbage salad		vegetable oil	tomato , cucumber , cabbage onion , carrot	salt , vinegar , pepper		
		Fruit (apple)			apple			
		milk	milk					

※Menus may change due to availability of food.

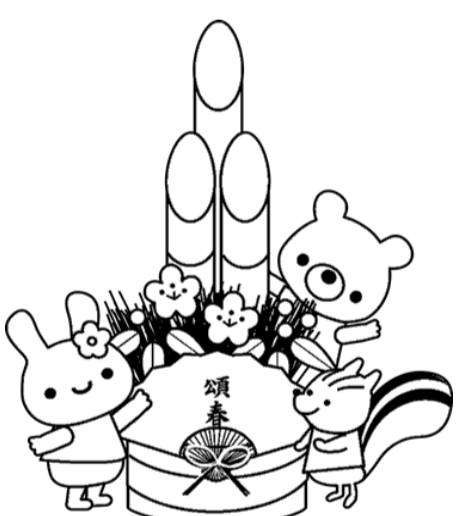


~ Dear Parents /Guardians ~

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.



Date	曜	Menu	Main ingredients and their purposes				energy	energy
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
14	水	rice		rice			595	21.6
		seasonal sumashi-jiru	hanpen		mitsuba (Japanese honeywort) carrot	salt , soy sauce , kombu fish shavings (soup)		
		Deep fried tofu with miso sauce	tofu , chicken , miso	vegetable oil , starch (light brown) sugar	onion , carrot	mirin , soy sauce,		
		marinated komatsuna	fish shavings		komatsuna , Chinese cabbage	soy sauce		
15	木	milk	milk				624	22.6
		tuna dog	tuna	bread , mayonnaise	onion	pepper		
		curry soup	chicken	vegetable oil , wheat flour udon noodle	garlic , ginger , onion carrot , cabbage	chicken broth , salt , pepper , ketchup powdered bay leaf , curry powder		
		cabbage and canned corn salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
16	金	barley rice		rice , wheat			687	19.6
		seasonal sumashi-jiru	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		fried dumpling	pork	vegetable oil , gyoza wrapper sesame oil	garlic , ginger , Chinese cabbage scallion , Chinese chive	salt , pepper , soy sauce		
		harusame salad		glass noodles , vegetable oil sesame oil	carrot , cucumber , bean sprouts	vinegar , salt , soy sauce , mustard		
19	月	milk	milk				574	27.0
		rice w/ hijiki and beans	fried tofu , soy bean hijiki (seaweed)	rice , glutinous rice vegetable oil , (light brown) sugar	carrot	sake , salt , soy sauce , kombu , mirin		
		satsuma-jiru	miso	vegetable oil , sweet potato konnyaku	burdock , carrot , daikon , scallion	fish shavings (soup)		
		Teriyaki yellowtail	yellowtail	(light brown) sugar	ginger	soy sauce , sake		
20	火	Chinese cabbage pickles			Chinese cabbage , carrot	salt	601	26.3
		milk	milk					
		stir fried noodles w/vegetable sauce	pork , shrimp , squid	Chinese noodles vegetable oil (light brown) sugar , starch	onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , snow peas	sake , salt , pepper , soy sauce vinegar		
		broccoli and cabbage salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce		
21	水	Xing Ren Dou Fu (Chinese almond jelly)	agar powder (kanten) , milk	(white) sugar		almond essence	642	28.6
		Japan Event Day ☆ Winter Solstice ☆						
		rice		rice				
		tori-jiru	chicken , miso , tofu	vegetable oil , potato	burdock , carrot , daikon , scallion	fish shavings (soup)		
		Chan -chan yaki salmon	salmon , miso	(white) sugar , butter	cabbage , onion , carrot	salt , pepper , sake , mirin , soy sauce		
		Simmered pumpkin		(light brown) sugar	pumpkin	fish shavings (soup) , salt , soy sauce		
22	木	milk	milk				766	20.4
		World Event Food Day ☆ Christmas ☆						
		carrot rice w/cream sauce	milk	rice , vegetable oil , wheat flour	carrot , onion , mushroom ginger , broccoli	salt , pepper , powdered bay leaf chicken broth , white wine		
		macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion canned corn , red bell pepper yellow bell pepper	vinegar , salt , pepper		
23	金	Christmas dessert	egg , Soy milk , fresh cream	(white) sugar , rice flour (light brown) sugar vegetable oil	strawberry	vanilla essence	Emperor's Birthday	
		milk	milk					



★ The third term lunch starts on January 11th. Please bring your lunch mat and mask.



Date	曜	Menu	Main ingredients and their purposes				energy	energy
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
1/9	Mon	Coming Of Age Day						
1/10	Tue	the opening ceremony (no lunch)						
1/11	Wed	Japan Event Day ☆ Nanakusa (January 7) ☆					623	28.1
		Rice with 7 herbs	fried tofu	rice , vegetable oil sesame oil roasted sesame seeds	Japanese 7 herbs daikon , turnip	konbu , fish shavings (soup) sake , salt , soy sauce		
		Korean Style zouni	pork , egg	teok , starch	ginger , dried shiitake , daikon Chinese cabbage , komatsuna	chicken broth , salt , sake pepper , Chinese chili paste		
		meatloaf	chicken , egg , miso	panko , (light brown) sugar poppy	scallion , ginger	mirin		
		Carrot and daikon salad		(white) sugar roasted sesame seeds	carrot , Kyoto carrot , daikon	salt , apple vinegar		
		Fruit (orange)			satsuma orange			
		milk	milk					