

January lunch menu

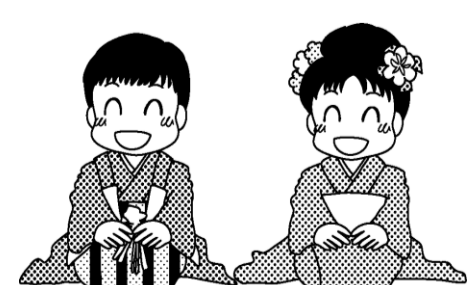
Higashimachi ES Principal: Mr. Hatano
School Nutritionist: Ms. Koide

Manner Goal : Let's hold our chopsticks properly.
Nutrition Goal : Let's learn about traditional Japanese food!

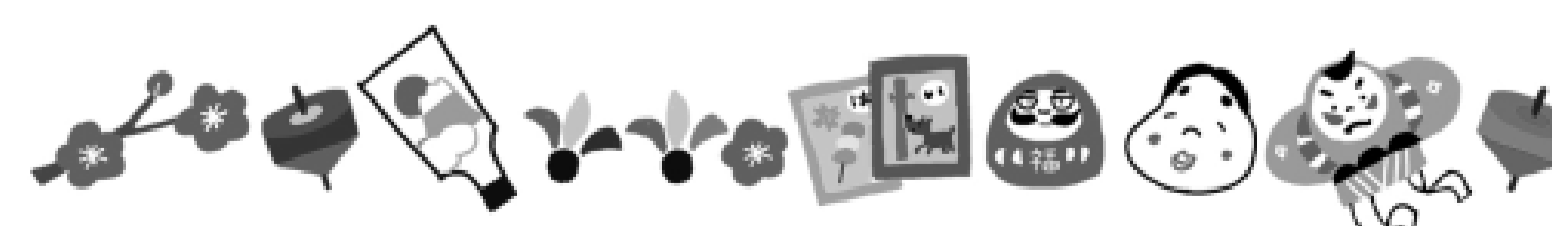


Date	Day	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
9	Mon	Coming of Age Day							
10	Tue	First Day Assembly							
11	Wed	~Japan Event Menu ~ ☆ Osechi-ryori & Nanakusa (Japanese 7 herbs) & Breaking the Mochi ☆						643	28.8
		Rice with 7 herbs	fried tofu	rice , vegetable oil sesame oil roasted sesame seeds	Japanese 7 herbs , daikon , turnip	kombu , fish shavings (soup) sake , salt , soy sauce			
		Korean Style zouni	pork , egg	tteok , starch	ginger , dried shiitake , daikon Chinese cabbage , komatsuna	chicken broth , salt , sake , pepper Chinese chili paste			
		meatloaf	chicken , tofu , egg , miso	panko , (light brown) sugar poppy seeds	scallion , ginger	mirin			
		Carrot and daikon salad		(white) sugar roasted sesame seeds	carrot , Kyoto carrot , daikon	salt , apple vinegar			
		milk	milk						
12	Thu	teriyaki hamburger	pork , tofu , egg , miso	bread , vegetable oil , panko roasted sesame seeds sesame oil , starch (light brown) sugar	cabbage,onion,ginger,dried shiitake	salt , pepper , soy sauce mirin , sake	609	23.8	
		ABC Noodle Soup		macaroni	ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf			
		vegetable chips		potato , vegetable oil	carrot , pumpkin , burdock	salt			
		fruit (apple)			apple				
		milk	milk						
13	Fri	rice		rice			613	25.4	
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)			
		baked chicken	chicken	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake			
		chirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna , bean sprouts carrot , ginger	vinegar , soy sauce , salt , sake			
		fruit (satsuma orange)			satsuma orange				
		milk	milk						
16	Mon	deep-fried salmon cutlet on rice	salmon , egg	rice , wheat flour panko , vegetable oil	cabbage	salt , pepper Worcestershire sauce (semi-thick)	683	31.5	
		dosanko soup	miso , tofu	konnyaku , butter	carrot , burdock , komatsuna scallion , canned corn	fish shavings (soup)			
		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			
		milk	milk						
17	Tue	Ja-Ja men (noodles)	pork , tofu , miso	vegetable oil Chinese noodles (white) sugar , starch	garlic , ginger , carrot bamboo shoots , dried shiitake scallion	salt , pepper , chicken broth Chinese chili paste , sake sweet bean paste soy sauce , oyster sauce	638	23.2	
		bean sprouts and komatsuna namul		sesame oil	komatsuna , carrot , bean sprouts	soy sauce , chili oil			
		fruit punch		(white) sugar	canned orange , canned peach canned pineapple	white wine			
		milk	milk						
18	Wed	rice		rice			643	28.3	
		tofu and wakame miso soup	miso , tofu wakame (seaweed)		scallion	fish shavings (soup)			
		stir fried shrimp w/egg	shrimp , egg	vegetable oil , starch (light brown) sugar	bamboo shoots , dried shiitake scallion , green peas	sake , salt , soy sauce , vinegar			
		Japanese cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						
19	Thu	~World Food~ (Human Rights Day) ☆ Sweden ☆						700	30.9
		whole wheat bread		whole wheat bread					
		lentil soup	lentil		carrot , onion , komatsuna whole tomatoes , ginger	salt , pepper , chicken broth			
		Swedish meatballs	soy bean , pork , egg milk , fresh cream	vegetable oil , butter , panko	onion	salt , pepper , allspice nutmeg , white wine			
		mashed potato	milk	potato , butter	carrot , canned corn	salt , pepper			
		drinkable yogurt	drinkable yogurt						

★Menus may change due to availability of food.

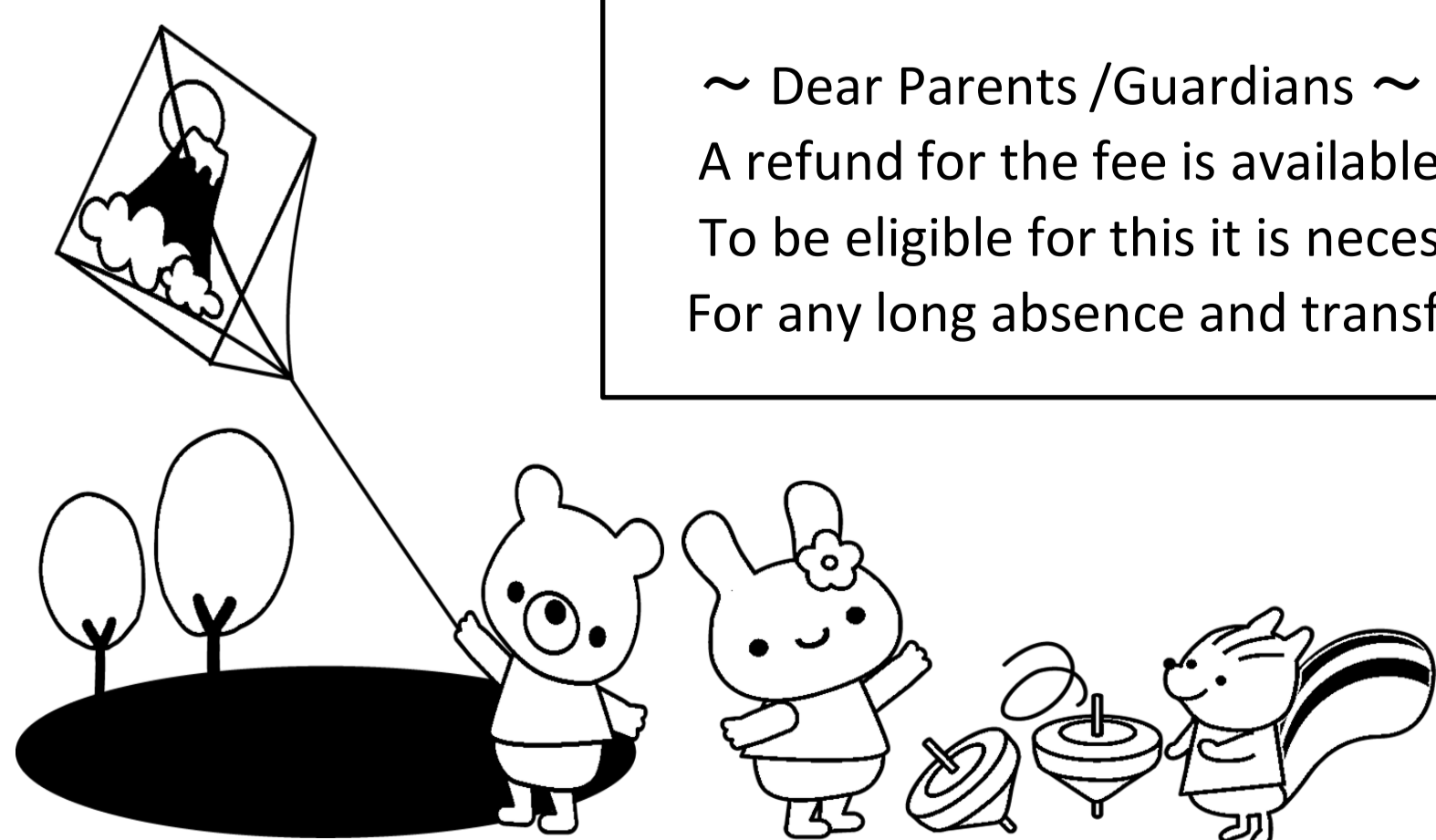


Happy New Year !!!



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
20	Fri	Eggplant keema curry	pork, chickpeas	rice, vegetable oil wheat flour	garlic, ginger, onion carrot, eggplant	tomato puree, salt powdered bay leaf, nutmeg curry powder Worcestershire sauce	608	19.8
		turnip salad		vegetable oil	cabbage, turnip cucumber, onion	vinegar, salt, pepper		
		fruit (apple)			apple			
		milk	milk					
23	Mon	barley rice		rice, wheat			688	23.7
		miso soup w/daikon	fried tofu, miso		daikon	fish shavings (soup)		
		okara croquette	chicken, okara (soy pulp) egg	vegetable oil, potato wheat flour, panko	onion, carrot, shiitake	salt, pepper Worcestershire sauce (semi-thick)		
		bean sprouts w/sesame miso dressing	miso	(light brown) sugar white sesame seeds	komatsuna, carrot, bean sprouts	mirin, soy sauce		
		milk	milk					
24	Tue	School Lunch Week (1/24-1/30)					638	22.1
		Soft noodles & meat sauce	pork	vegetable oil, wheat flour noodles	garlic, onion, carrot tomato juice	red wine, salt, pepper tomato puree, ketchup Worcestershire sauce		
		French potato salad		potato, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper		
		fruit (navel orange)			navel orange			
		milk	milk					
25	Wed	School Lunch Week (1/24-1/30)					606	27.9
		rice ball (wakame + umeboshi)	wakame (seaweed), nori	rice	umeboshi	kombu, sake, light soy sauce salt, mirin		
		ton-jiru soup	pork, miso, tofu	vegetable oil, potato	burdock, carrot, daikon scallion	fish shavings (soup)		
		grilled salmon	salmon			salt		
		cucumber salad with sesame dressing		roasted sesame seeds sesame oil	cucumber	soy sauce, salt		
		milk	milk					
26	Thu	School Lunch Week (1/24-1/30)					717	21.0
		toasted garlic bread		bread vegetable oil	garlic, parsley			
		cream stew	chicken, milk	vegetable oil, potato wheat flour	onion, carrot, ginger, cabbage	white wine, chicken broth salt, pepper powdered bay leaf		
		bell pepper salad		vegetable oil	red bell pepper, yellow bell pepper cabbage, cucumber, onion	vinegar, salt, pepper		
		mini age-pan (deep-fried bread)		bread, vegetable oil (white) sugar granulated sugar				
		milk	milk					
27	Fri	School Lunch Week (1/24-1/30) ~ World Event Food Day ☆ Lunar New Year ☆ ~					643	21.3
		fried rice	egg	rice, vegetable oil	carrot, dried shiitake, scallion green peas	sake, salt, pepper soy sauce, vinegar		
		tofu and mushroom chinese soup	tofu	sesame oil	ginger, shimeji, shiitake enoki mushroom	chicken broth, sake, salt pepper, soy sauce		
		spring roll	pork	Spring Roll wrappers vegetable oil, glass noodles starch, sesame oil	ginger, scallion, bamboo shoots dried shiitake, Chinese chive	sake, salt, pepper, soy sauce		
		spicy bean sprouts		sesame oil	carrot, cucumber, bean sprouts	salt, soy sauce, salt, chili oil		
		milk	milk					
30	Mon	School Lunch Week (1/24-1/30) ~ Let's Eat Local Specialties ☆ Akita Prefecture ☆ ~					598	19.7
		Damakko Hot Pot	chicken	rice, glutinous rice	ginger, burdock, Chinese cabbage carrot, maitake mushroom scallion, mizuna	chicken broth, sake, salt soy sauce, mirin		
		Simmered Kiriboshi-daikon	freeze-dried tofu	vegetable oil, konnyaku (light brown) sugar	carrot, dried radish dried shiitake	fish shavings (soup), sake mirin, soy sauce		
		fruit (Kiyomi orange)			Kiyomi orange			
		milk	milk					
31	Tue	soup spaghetti	chicken	vegetable oil, olive oil spaghetti	garlic, carrot, onion shimeji, bell pepper, ginger	salt, pepper powdered bay leaf chicken broth, chili pepper	607	21.0
		mashed pumpkin salad		vegetable oil	pumpkin, carrot, cucumber onion	vinegar, salt, pepper		
		fruit (apple)			apple			
		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.

Notice!

