



# February 2017 Lunch Menu

Manner Goal : Let's use our chopsticks correctly.  
Nutrition Goal : Let's think about the safety of our food.



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	Wed	rice		rice			644	26.4	
		grilled Patagonian grenadier (fish)	Patagonian grenadier bacon		red bell pepper, onion enoki mushroom	salt, pepper, white wine soy sauce			
		dried radish salad		(light brown) sugar sesame oil roasted sesame seeds	dried radish, cucumber, carrot bean sprouts	soy sauce, vinegar ground red chili pepper			
		potato simmered with ground chicken	chicken	vegetable oil, potato (light brown) sugar, starch		fish shavings (soup) sake, soy sauce			
		milk	milk						
2	Thu	gratin sandwich	chicken, milk, cheese	bread, vegetable oil wheat flour	onion, carrot mushroom	salt, pepper	661	23.6	
		minestrone	bacon	vegetable oil, potato	garlic, celery, carrot, onion ginger, tomato, cabbage tomato juice	chicken broth, salt, tomato puree powdered bay leaf dried basil, pepper			
		bell pepper salad		vegetable oil	red bell pepper, yellow bell pepper cabbage, cucumber, onion	vinegar, salt, pepper			
		fruit (ponkan orange)			ponkan orange				
		milk	milk						
3	Fri	~ Japanese cultural food ~ ☆ Setsubun ☆						654	23.7
		Ehomaki Sushi	nori, egg fish floss (yuk sung)	rice, (light brown) sugar vegetable oil	cucumber, kanpyo dried shiitake	kombu, salt, vinegar, soy sauce			
		seasonal clear soup	fish cake (kamaboko)		komatsuna, scallion	kombu, fish shavings (soup) salt, soy sauce			
		marinated vegetable			komatsuna, carrot, cabbage	soy sauce			
		aonori potatoes and beans	soy bean, nori	vegetable oil, starch potato		salt			
milk	milk								
6	Mon	rice		rice			591	26.0	
		satsuma-jiru	pork, miso	vegetable oil, sweet potato konnyaku	burdock, carrot, daikon, scallion	fish shavings (soup)			
		baked Spanish mackerel	Spanish mackerel	roasted sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake			
		cabbage pickles w/yukari shiso			cabbage, yukari shiso (red perilla)	salt			
		milk	milk						
7	Tue	chicken nanban udon	chicken, fried tofu	vegetable oil, starch udon noodle	onion, carrot, scallion, komatsuna	kombu, fish shavings (soup) sake, mirin, soy sauce, salt mixture of red pepper and six other spices	577	18.1	
		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						
8	Wed	stir-fried pork & cabbage rice bowl	pork, miso	rice, vegetable oil (light brown) sugar, starch	garlic, cabbage, bell pepper red bell pepper, scallion, eringi	Chinese chili paste Chinese chili paste, sake salt, soy sauce, pepper	614	23.4	
		chinese soup w/tofu and wakame	tofu, wakame(seaweed)	roasted sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt pepper, soy sauce			
		vermicelli Chinese salad		glass noodles, vegetable oil sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce chili oil			
		milk	milk						
9	Thu	bread		bread			644	25.2	
		potato cream soup	milk	vegetable oil, potato butter, wheat flour	garlic, carrot, onion ginger, parsley	chicken broth, salt powdered bay leaf, pepper			
		grilled chicken with marmalade	chicken		garlic, ginger, marmalade	soy sauce, white wine			
		coleslaw salad		vegetable oil (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
		milk	milk						
10	Fri	rice		rice			601	27.2	
		dried fish toppings	chirimen jako, fish shavings nori	roasted sesame seeds	yukari shiso (red perilla)				
		Chinese cabbage rolls	chicken, egg, milk	panko, starch	Chinese cabbage, onion, carrot	salt, pepper, nutmeg fish shavings (soup) soy sauce, mirin			
		marinated bean sprouts			komatsuna, carrot, bean sprouts	mustard, soy sauce			
		fruit (apple)			apple				
		milk	milk						
11	Sat	National Foundation Day							
13	Mon	kinpira rice	chicken	rice, vegetable oil Shirataki Noodles (light brown) sugar sesame oil	burdock, carrot, string bean	kombu, soy sauce, sake, salt	695	24.1	
		yoshino soup	tofu	starch	carrot, daikon, scallion	kombu, fish shavings (soup) salt, soy sauce			
		Dried mackerel	Dried mackerel			salt			
		compote of sweet potato and apple		sweet potato, (white) sugar	apple, lemon				
		milk	milk						

★Menus may change due to availability of food.

~ 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.

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	
14	Tue	~World Event Food Day~ ☆ Valentine Lunch ☆						689	20.6
		spaghetti Napolitan	bacon	vegetable oil , spaghetti	garlic , onion , carrot mushroom bell pepper, parsley	salt , pepper , tomato puree ketchup Worchestershire sauce (semi-thick)			
		honey potato salad		vegetable oil , potato honey	carrot, cucumber	vinegar, salt , mustard			
		chocolate chip cake	egg, milk	(white) sugar , wheat flour vegetable oil chocolate chips		cocoa, baking powder			
		milk	milk						
15	Wed	rice		rice			686	30.8	
		hearty miso soup	miso, tofu	konnyaku	carrot, burdock, komatsuna scallion	fish shavings (soup)			
		rolled egg	chicken, egg	vegetable oil (light brown) sugar	onion, carrot, dried shiitake green peas	sake, salt, soy sauce			
		fried hijiki & soy bean	hijiki (seaweed) fried tofu, soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) , mirin soy sauce			
		milk	milk						
16	Thu	~World Food~ (Human Rights Day) ☆ China ☆						675	26.4
		handmade pork mantou	pork	sesame oil medium-strength flour (white) sugar, vegetable oil	bamboo shoots dried shiitake, onion	salt, pepper, soy sauce baking powder dried yeast			
		chinese-style egg soup	egg	starch	ginger, carrot, dried shiitake bamboo shoots, scallion	chicken broth, sake salt, pepper, soy sauce			
		harusame salad		glass noodles, vegetable oil sesame oil, sesame seed paste	carrot, cabbage, cucumber	vinegar , salt , soy sauce , pepper			
		drinkable yogurt	drinkable yogurt						
17	Fri	chicken pilaf	chicken	rice, butter, vegetable oil	carrot, onion mushroom canned corn, parsley	salt, white wine, pepper	595	17.6	
		tomato soup	bacon	vegetable oil	celery, cabbage, ginger whole tomatoes	chicken broth, salt powdered bay leaf dried basil , pepper			
		turnip salad		vegetable oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper			
		fruit ( satsuma orange )			satsuma orange				
		milk	milk						
20	Mon	soy sauce-flavored rice		rice		sake , soy sauce , kombu	533	19.3	
		oden	bonito flake, bamboo shoot hanpen, fish ball	(light brown) sugar konnyaku , potato	daikon	fish shavings (soup) , sake salt , soy sauce			
		marinated vegetable w/seaweed	nori		cabbage , bean sprouts	soy sauce			
		fruit ( apple )			apple				
		milk	milk						
21	Tue	fried noodles (shio-yakisoba)	pork , shrimp	vegetable oil, sesame oil Chinese noodles	carrot, onion, cabbage, shiitake bean sprouts, Chinese chive	sake, salt, pepper soy sauce, oyster sauce	650	23.5	
		seaweed salad	seaweed	vegetable oil, sesame oil white sesame seeds	daikon, cucumber	vinegar, salt, soy sauce, pepper			
		rice flour dumplings w/red beans	azuki beans	rice flour, (white) sugar (light brown) sugar		salt			
		milk	milk						
22	Wed	sauteed tofu bowl	pork, fried bean curd, miso	rice , vegetable oil (white) sugar, starch	onion , bamboo shoots dried shiitake , carrot , cabbage bok-choy, ginger	soy sauce, sake Chinese chili paste, chicken broth	635	26.1	
		Chinese soup	egg, wakame (seaweed)	roasted sesame seeds	ginger, scallion	chicken broth, salt pepper, soy sauce			
		Chinese style bean sprouts salad		vegetable oil, sesame oil white sesame seeds	bean sprouts, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		milk	milk						
23	Thu	bread		bread			612	29.1	
		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 vegetable oil	garlic, parsley	salt, pepper, white wine dried basil, oregano, soy sauce			
		Green salad		vegetable oil	broccoli , cabbage , cucumber onion	vinegar, salt , pepper			
		milk	milk						
24	Fri	rice		rice			588	24.0	
		miso soup w/wakame and tofu	miso, tofu wakame (seaweed)		scallion	fish shavings (soup)			
		marinated fish	Patagonian grenadier	starch , vegetable oil (light brown) sugar	ginger, carrot, onion bamboo shoots, dried shiitake	soy sauce, sake, vinegar, ketchup			
		cabbage and cucumber pickles w/yukari shiso			cucumber, cabbage yukari shiso (red perilla)	salt			
		milk	milk						
27	Mon	~Japanese local food~ ☆ Akita Prefecture ☆						600	22.9
		Mixed Rice with salmon	salmon, fried tofu	rice, glutinous rice vegetable oil, konnyaku	carrot, burdock , dried shiitake	salt, soy sauce, kombu sake, mirin			
		dosanko soup	pork, miso, wakame (seaweed)	potato, butter	carrot, canned corn, scallion	fish shavings (soup)			
		simmered daikon and kombu	chicken, kombu	vegetable oil (light brown) sugar	carro , daikon	fish shavings (soup), mirin salt, soy sauce			
		milk	milk						
28	Tue	tantan men	pork	Chinese noodles vegetable oil sesame seed paste	garlic, scallion, carrot dried shiitake, Chinese chive bean sprouts, ginger	soy sauce, salt, pepper chicken broth, Chinese chili paste	603	24.3	
		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			
		orange jelly	agar powder(kanten)	(white) sugar	orange juice, canned orange				
		milk	milk						