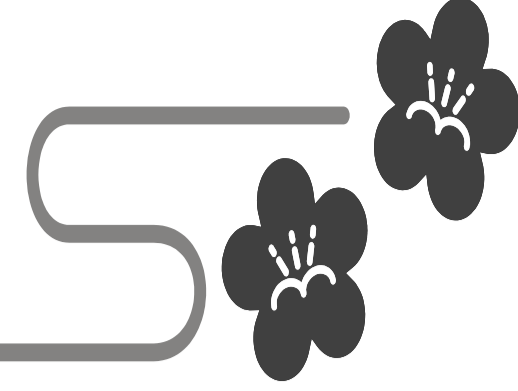


# March 2017 Lunch Menu




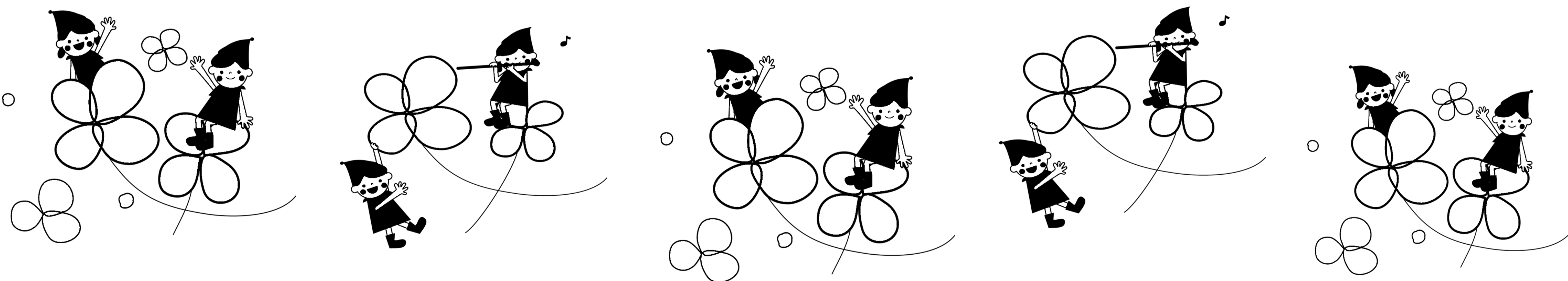
Higashimachi ES Principal: Mr. Hatano  
School Nutritionist: Ms. Koide

Manner Goal : Let's be careful about how loud we speak and enjoy our lunch.  
Nutrition Goal : Let's eat a balanced meal to build a strong body!

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	homemade bread with tuna and mayonnaise	tuna	bread flour , (white) sugar vegetable oil , mayonnaise	onion , canned corn	salt , dried yeast , pepper	679	21.1	
		Minestrone	pork , bacon white kidney bean	vegetable oil , macaroni	garlic , onion , carrot , celery cabbage , whole tomatoes ginger , tomato	red wine , chicken broth tomato puree , salt , pepper powdered bay leaf			
		vegetable crisps		potato , vegetable oil	carrot , pumpkin , burdock	salt			
		milk	milk						
2	Thu	<b>school lunch time w/school family</b>						485	22.6
		Celebratory Red Bean Rice	cowpea	rice , glutinous rice black sesame		salt			
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)			
		grilled fish	salmon			salt			
		Simmered Kiriboshi-daikon	fried tofu	vegetable oil (light brown) sugar	carrot , dried radish dried shiitake	fish shavings (soup) salt , soy sauce			
		roasted barley tea				roasted barley tea			
3	Fri	<b>~ Japanese cultural food ~ ☆ Hina-matsuri · Girl's Day ☆</b>						603	22.0
		Chirashi Sushi	egg , grilled sea eel	rice , (light brown) sugar vegetable oil	carrot , dried shiitake , kanpyo lotus root , pea pods	kombu , fish shavings (soup) sake , vinegar , salt , soy sauce			
		clear soup	Tofu Skin		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		marinated canola blossom	fish shavings		canola blossom Chinese cabbage	soy sauce			
		Hina-matsuri dessert	agar powder(kanten) , milk	(white) sugar	strawberry	matcha			
		milk	milk						
6	Mon	barley rice		rice , wheat			654	25.3	
		miso soup w/wakame and tofu	miso , tofu wakame (seaweed)		scallion	fish shavings (soup)			
		grilled ginger pork	pork	vegetable oil , starch	ginger , onion	soy sauce , sake			
		cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						
7	Tue	spaghetti with tomato sauce	bacon , shrimp , squid	vegetable oil , wheat flour olive oil , spaghetti	garlic , onion , carrot mushroom , whole tomatoes	salt , pepper , tomato puree ketchup , Worcestershire sauce	628	24.3	
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage , cucumber onion	vinegar , salt , pepper			
		fruit ( Citrus reticulata Siranui )			Citrus reticulata Siranui				
		milk	milk						
8	Wed	rice		rice			605	22.4	
		mushroom Japanese soup		taro , konnyaku , starch	carrot , daikon , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce			
		grilled mackerel w/ green onion sauce	mackerel	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		bean sprouts dressed with mustard			komatsuna , carrot bean sprouts	mustard , soy sauce			
		milk	milk						
9	Thu	bread		bread			613	20.3	
		vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf			
		potato croquette	pork , egg	vegetable oil , potato wheat flour , panko	onion	salt , pepper , Worcestershire sauce (semi-thick)			
		vegetable saute		vegetable oil	carrot , onion , green peas canned corn	salt , pepper			
		milk	milk						
10	Fri	<b>~Japanese local food~ ☆ Miyagi Prefecture ☆</b>						617	23.2
		Fried Wheat Gluten Rice Bowl	egg	rice , (light brown) sugar fried wheat-gluten bread	onion mitsuba (Japanese honeywort)	fish shavings (soup) , salt , mirin soy sauce , sake			
		Noodle Soup ( Hatto-jiru )	tofu , fried tofu	wheat flour , rice flour	burdock , carrot , daikon scallion , komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce			
		Cabbage & Cucumber Yukari			cabbage , cucumber , carrot yukari shiso (red perilla)				
13	Mon	rice		rice			590	23.6	
		fried tofu and daikon miso soup	fried tofu , miso		daikon	fish shavings (soup)			
		baked chicken	chicken	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake			
		simmered beans sprouts		(light brown) sugar white sesame seeds	komatsuna , carrot , bean sprouts	soy sauce			
		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
14	Tue	miso ramen	pork , miso	Chinese noodles vegetable oil , sesame oil starch , 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	602	25.2
		hijiki and chirimen jako salad	hijiki(seaweed) chirimen jako	(light brown) sugar vegetable oil , sesame oil starch , white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar pepper , sake		
		fruit ( Kiyomi orange )			Kiyomi orange			
		milk	milk					
15	Wed	Ma bo bowl	pork , miso , tofu	rice , vegetable oil , (light brown) sugar starch , sesame oil	garlic , ginger , carrot bamboo shoots scallion , Chinese chive	Chinese chili paste , sake soy sauce , chicken broth sweet bean paste	632	21.4
		glass noodles chinese soup		glass noodles , sesame oil	ginger , carrot bok-choy , scallion	chicken broth , sake , salt pepper , soy sauce		
		Chinese cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , Chinese cabbage cucumber	vinegar , salt , pepper , soy sauce		
		milk	milk					
16	Thu	~World Food~(Human Rights Day) ☆ India ☆					603	26.9
		nan		nan				
		Indian curry	chicken , yogurt	vegetable oil	garlic , ginger , onion , carrot apple , cauliflower	salt , pepper , chicken broth tomato puree , curry powder		
		garbanzo salad w/cheese	chickpeas , pinto bean cheese	vegetable oil	carrot , cucumber	vinegar , salt , pepper garlic powder		
		fruit punch		(white) sugar	banana , canned orange canned peach canned pineapple	white wine		
		drinkable yogurt	drinkable yogurt					
17	Fri	~World Event Food Day~ ☆ St Patrick's Day ☆					667	21.1
		carrot rice w/chicken cream	chicken , milk	vegetable oil , butter wheat flour , rice	onion , carrot , komatsuna ginger , mushroom	white wine , chicken broth salt , pepper powdered bay leaf		
		Green salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper		
		grape jelly	agar powder(kanten)	(white) sugar	grape juice			
		milk	milk					
20	Mon	 Spring Equinox Day						
21	Tue	Kakitama Udon Noodles	pork , fried tofu , egg	vegetable oil , udon noodle	carrot , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce	589	22.5
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , komatsuna , cabbage	vinegar , salt soy sauce , pepper		
		adzuki bean mochi	pureed sweet bean jam soy bean flour	glutinous rice , rice (white) sugar		salt		
		milk	milk					
22	Wed	Sea bream rice	sea bream	rice , (light brown) sugar	ginger , green onions	kombu , sake , mirin , soy sauce	641	32.4
		clear soup	naruto		komatsuna , carrot	kombu , fish shavings (soup) salt		
		fried tofu mixed with vegetables	chicken , tofu , egg	vegetable oil (light brown) sugar , starch	carrot , bamboo shoots dried shiitake , ginger	salt , soy sauce , mirin		
		marinated bean sprout w/seaweed	nori		komatsuna , carrot bean sprouts	soy sauce		
		milk	milk					



~ 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.

