

April Lunch Menu

2017/4/6

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

Manner Goal : Learn how to prepare & serve and put away school lunch.
Nutrition Goal : Learn about different kinds of food.

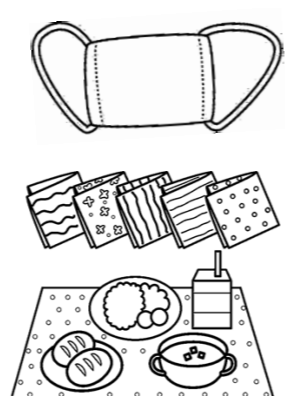
Date	Day	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
6	Thu	Opening Ceremony ▪ Entrance Ceremony							
7	Fri	No school lunch							
10	Mon	bamboo shoot rice	fried tofu	rice , (light brown) sugar	bamboo shoots	sake , salt , soy sauce kombu , fish shavings (soup)	556	25.4	
		seasonal clear soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		grilled Spanish mackerel w/miso	Spanish mackerel Saikyo miso			sake			
		pickled turnip and cucumber			turnip , cucumber	salt			
		milk	milk						
11	Tue	twisted bread		bread		528	18.9		
		ratatouille	chicken	olive oil , vegetable oil	garlic , onion , celery , tomato zucchini , tomato , eggplant bell pepper , yellow bell pepper red bell pepper , parsley			white wine , salt , pepper , nutmeg oregano , powdered bay leaf	
		mashed pumpkin salad	fresh cream	butter	pumpkin , carrot , cucumber canned corn			salt , pepper , paprika powder	
		milk	milk						
12	Wed	curry and rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , carrot , onion	695	17.8		
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber			vinegar , salt , pepper	
		fruit punch		(white) sugar	canned orange , canned peach canned pineapple				
		milk	milk						
13	Thu	pasta w/bean-meat sauce	pork , soy bean	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , carrot , onion tomato juice , parsley	686	27.4		
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage cucumber , onion			vinegar , salt , pepper	
		fruit (Amanatsu orange)			Amanatsu orange				
		milk	milk						
14	Fri	~World Event Food Day~ ☆ Easter ▪ 4/16 ☆						707	20.0
		rice		rice					
		vegetable soup			ginger , carrot , onion , cabbage	chicken broth , salt , pepper powdered bay leaf			
		croquette (Easter ver.)	tuna , egg , quail eggs	vegetable oil , potato wheat flour , panko	onion , carrot	salt , Worcestershire sauce (semi-thick)			
		macaroni salad		macaroni , (white) sugar vegetable oil	cabbage , carrot , cucumber canned corn	vinegar , salt , pepper			
		carrot jelly	agar powder(kanten)	(white) sugar	orange juice , carrot juice				
17	Mon	chicken pilaf	chicken	rice , butter , vegetable oil	carrot , onion , mushroom canned corn , parsley	635	18.7		
		potato cream soup	milk	vegetable oil , potato butter , wheat flour	garlic , onion , ginger			chicken broth , salt , pepper powdered bay leaf	
		string bean salad		vegetable oil	string bean , carrot cabbage , onion			vinegar , salt , pepper	
		milk	milk						
18	Tue	sandwich (tuna / cheese)	tuna , cream cheese	bread , whole wheat bread mayonnaise	cucumber , strawberry jam	561	20.4		
		pot au feu-stew	sausage	vegetable oil , potato	celery , carrot , onion ginger , cabbage			chicken broth , white wine , salt pepper , powdered bay leaf	
		bell pepper salad		vegetable oil	red bell pepper , cucumber cabbage , yellow bell pepper onion			vinegar , salt , pepper	
		milk	milk						

★There may be changes to the menu due to availability of food.

☆The first graders start lunch on the 12th. Only milk on the 10th and milk and bread on the 11th.

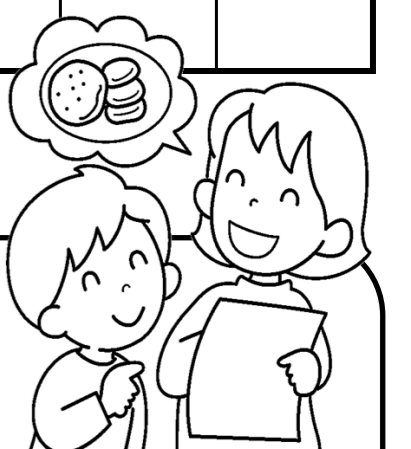
Do not forget to prepare ♪

All students have to wear a mask during lunch preparation.
It's not just for hygienic reasons, but also for disease prevention.
Please prepare a new mask together with a cleaned lunch mat every week.
Students can use any type of masks, disposable type or gauze type.
Thank you for your understanding.



What is today's school lunch?

★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.
Talk with your child about the contents of the meal and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same



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
19	Wed	barley rice		rice , wheat			618	28.3
		ton-jiru soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion	fish shavings (soup)		
		grilled salmon	salmon			salt		
		kinpira		vegetable oil , konnyaku (light brown) sugar roasted sesame seeds	burdock , carrot , lotus root	mirin , soy sauce ground red chili pepper		
		milk	milk					
20	Thu	fried noodles	pork , nori dried sakura shrimp	vegetable oil Chinese noodles	onion , carrot , cabbage bean sprouts	Worchestershire sauce Worchestershire sauce (semi- thick) , salt , pepper	504	18.9
		daikon and hijiki salad	hijiki (seaweed)	(light brown) sugar vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , daikon	salt, soy sauce vinegar, pepper		
		fruit (apple)			apple			
		milk	milk					
21	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	685	27.5
		clear soup w/dried wheat gluten and komatsuna		dried wheat gluten	komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		Japanese style cabbage salad		vegetable oil , sesame oil roasted sesame seeds	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		soy milk pudding	egg , soy milk	(white) sugar , (light brown) sugar		vanilla essence		
		milk	milk					
24	Mon	barley rice		rice , wheat			597	24.5
		hearty miso soup	miso , tofu	konnyaku	carrot , shimeji , komatsuna scallion	fish shavings (soup)		
		rolled egg	chicken , egg	vegetable oil (light brown) sugar	onion , carrot , dried shiitake green peas	sake , salt , soy sauce		
		pickled dried radish		sesame oil (light brown) sugar roasted sesame seeds	carrot , dried radish cucumber	salt , vinegar , soy sauce mixture of red pepper and six other spices		
		milk	milk					
25	Tue	~Japanese local food~ ☆ Nagasaki Prefecture ☆					621	25.1
		Nagasaki Chanpon	pork , squid shrimp , naruto	Chinese noodles vegetable oil , sesame oil (light brown) sugar , lard	scallion , carrot , bean sprouts cabbage , ginger	sake , salt , pepper thin soy sauce , chicken broth Worchestershire sauce		
		komatsuna with sesame seeds		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce		
		steamed cake w/sweet potato	egg , milk	(white) sugar , wheat flour butter , sweet potato		baking powder		
		milk	milk					
26	Wed	fried rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake , scallion green peas	sake , salt , soy sauce pepper , vinegar	610	22.9
		wonton soup	pork	wonton wrapper , sesame oil	ginger , carrot , komatsuna Chinese cabbage bean sprouts , scallion	chicken broth , soy sauce sake , salt , pepper		
		seaweed salad	dried seaweed	vegetable oil	cucumber , daikon , onion canned corn	vinegar , salt soy sauce , pepper		
		milk	milk					
27	Thu	~World Food~(Human Rights Day) ☆ Italy ☆					603	24.4
		handmade pizza (chicken & corn)	chicken , cheese	bread flour , (white) sugar olive oil , vegetable oil	whole tomatoes , garlic onion , canned corn bell pepper	dried yeast , salt pepper , oregano		
		minestrone	bacon , white kidney bean	vegetable oil , potato macaroni	garlic , onion , carrot celery , cabbage , ginger whole tomatoes , tomato juice	red wine , chicken broth , salt tomato puree , pepper powdered bay leaf dried basil , thyme powder		
		fruit (kawachi-bankan orange)			kawachi-bankan orange			
28	Fri	barley rice		rice , wheat			685	30.9
		miso soup w/daikon and fried tofu	fried tofu , miso		daikon	fish shavings (soup)		
		grilled squid	squid		ginger	soy sauce , sake		
		stewed potato & vegetables		konnyaku , potato (light brown) sugar	carrot , burdock bamboo shoots , string bean	fish shavings (soup) , mirin salt , soy sauce		
		milk	milk					
29	Sat	Showa Day						

School lunch kitchen

School Nutritionist : Ms. Koide

School lunch cooks : Mr. Ito Ms. Sato Ms. Hirose Mr. Asano Ms. Igarashi

Ms. Watanabe Ms. Koyama Ms. Wada Ms. Takizawa



~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Wednesday ,May 10th.

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.

If there is a change in the absence period, please be sure to inform your homeroom teacher.

For any long absence and transferring school, a handling charge of ¥30 will be deducted.

We appreciate your cooperation.