

July Lunch Menu 2017



June 30th, 2017

Manner Goal : Let's eat with a good posture!
 Nutrition Goal : Let's eat to beat the heat!

Higashimachi ES Principal Mr. Hatano
 School Nutritionist Ms. Koide


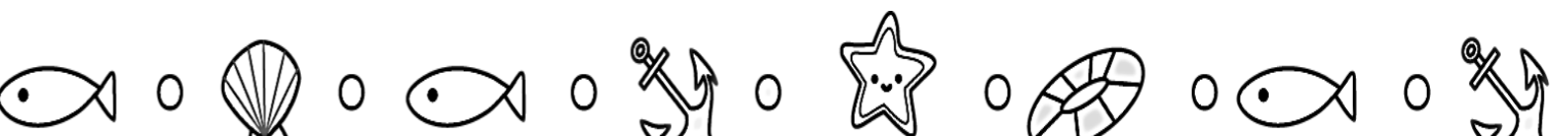
Date	Day	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
3	Mon	pork kimchi fried rice	pork , egg	rice , vegetable oil	carrot , bean sprout Kimchi (Chinese cabbage) bell pepper	sake , salt soy sauce , pepper	594	21.8	
		Chinese soup	tofu	sesame oil	ginger , dried shiitake , carrot boiled bamboo shoot , komatsuna Chinese cabbage , scallion	chicken broth , salt pepper , soy sauce			
		Spicy potato salad		potato , (white) sugar sesame seed paste	carrot , asparagus	sweet bean paste soy sauce			
		milk	milk						
4	Tue	barley rice		rice , barley			627	25.9	
		grilled cutlass fish with salt	cutlass fish			salt			
		simmered koya-tofu with vegetable	koya-tofu	konnyaku , potato (light brown) sugar	carrot , burdock , string bean	fish shavings (soup) , mirin salt , soy sauce			
		Chinese cabbage with nori	nori (seaweed)		komatusna , Chinese cabbage bean sprout	soy sauce			
		milk	milk						
5	Wed	homemade sausage roll	sausage	bread flour , (white) sugar vegetable oil		salt , dried yeast , ketchup	707	22.8	
		homemade raisin roll		bread flour , (white) sugar vegetable oil granulated sugar	raisin	salt , dried yeast cinnamon powder			
		vegetable soup	chicken	potato	ginger , carrot , onion celery , cabbage , broccoli	chicken broth , salt white wine , pepper powdered bay leaf			
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage cucumber , onion	vinegar , salt , pepper			
		milk	milk						
6	Thu	teriyaki-chicken bowl	chicken , nori	rice , vegetable oil (light brown) sugar, starch	ginger , scallion	sake , soy sauce , salt , mirin	630	26.3	
		tofu and enoki mushroom clear soup	tofu		enoki mushroom scallion	kombu , fish shavings (soup) salt , soy sauce			
		bean sprout with sesame seeds		(light brown)sugar white sesame seeds	carrot , bean sprout	soy sauce			
		steamed corn			corn	salt			
		milk	milk						
7	Fri	Japanese culture food ☆ Tanabata Festival ☆ There are many hidden stars in the food because of Tanabata. How many stars can you find?						605	18.4
		cold somen	boiled-fish paste	somen (vermicelli noodles) (light brown) sugar	dried shiitake , okura scallion	kombu , thick fish shavings salt , soy sauce , mirin			
		tempura (fish cake • eggplant • pumpkin)	tube shaped fish cake	vegetable oil , wheat flour	eggplant , pumpkin	salt			
		winter melon with minced chicken	chicken	starch	winter melon	fish shavings (soup) , sake mirin , salt , soy sauce			
		tanabata punch		(white) sugar , rice flour	canned orange canned pineapple canned peach				
milk	milk								
10	Mon	Fukagawa-rice	boiled clam , fried tofu	rice , barley	carrot , shimeji	sake , soy sauce , kombu , mirin	572	29.8	
		Chanko soup	chicken , fried bean curd	vegetable oil , sesame oil konnyaku	burdock , dried shiitake carrot , maitake mushroom daikon , Chinese cabbage scallion	kombu , fish shavings (soup) salt , soy sauce			
		grilled butterfish	butterfish	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		pickled turnip and cucumber with yukari			turnip , cucumber yukari shiso (red perilla)	salt			
		milk	milk						
11	Tue	cold tomato pasta	chicken , shrimp , squid	olive oil , spaghetti	garlic , onion zucchini , yellow bell pepper tomato juice , tomato	white wine , salt , pepper chili pepper	586	24.9	
		diced summer vegetable salad		vegetable oil	red bell pepper , pumpkin yellow bell pepper , cabbage cucumber , tomato canned corn , onion	vinegar , salt , pepper			
		orange jelly	powder agar (seaweed)	(white) sugar	orange juice , canned orange				
		milk	milk						
12	Wed	Japanese local food ☆ Okinawa ☆						660	27.8
		Taco rice	minced pork , soy beans cheese	rice , vegetable oil	garlic , ginger , onion carrot , cabbage cherry tomato	red wine , paprika powder Worchestershire sauce ketchup , pepper Tabasco, soy sauce			
		aosa-nori soup	aosa-nori(seaweed)		scallion	fish shavings (soup) , sake , salt			
		Goya Chanpuru	bacon , tofu , egg	vegetable oil	onion , carrot , bitter gourd	soy sauce , salt			
milk	milk								

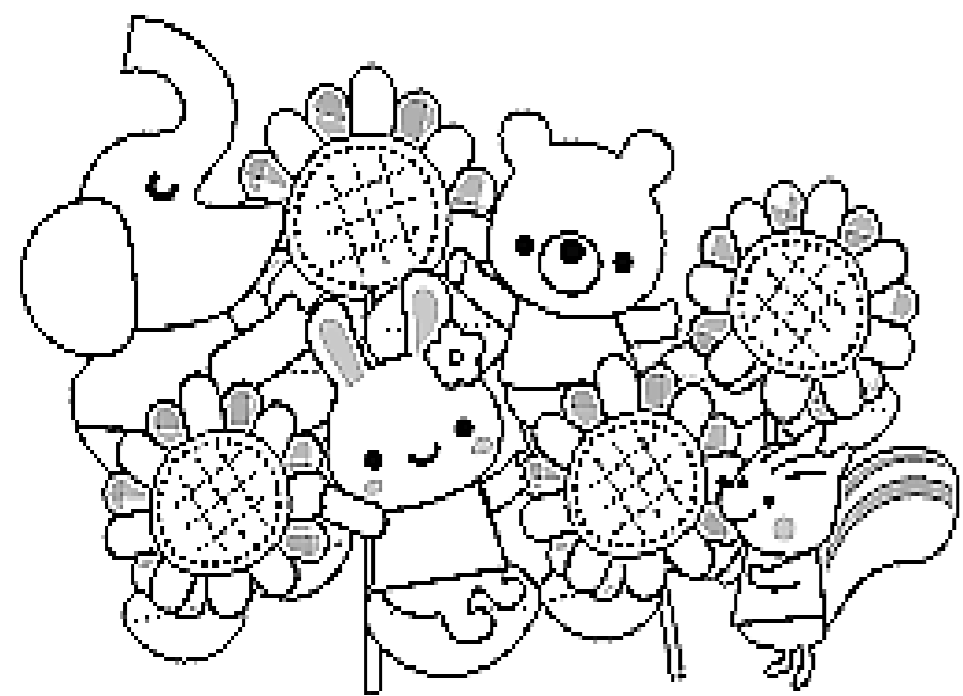
☆The menu may change due to availability of food.



All students have to wear a mask during lunch preparation.
Please bring washed lunch mat and mask every week. Any type of mask is fine.
 Thank you for 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
13	Thu	World Food ☆ Hawaii ☆					574	24.7
		Mahi-mahi dog	Mahi-mahi	bread , vegetable oil starch (light brown) sugar	cabbage , onion , ginger garlic	salt , pepper , sake ketchup , soy sauce		
		vegetable soup	bacon		ginger , carrot , onion cabbage , mushroom parsley	chicken broth , salt , pepper powdered bay leaf		
		coleslaw salad		vegetable oil (light brown) sugar	cabbage , cucumber , carrot	vinegar , salt pepper , mustard		
		German potato	bacon	vegetable oil , potato	onion , bell pepper	salt , pepper		
		fruit (pineapple)			pineapple			
		drinkable yogurt	drinkable yogurt					
14	Fri	barley rice		rice , barley			604	23.6
		Chinese soup with tofu	tofu	sesame oil	ginger , carrot , dried shiitake boiled bamboo shoot scallion	chicken broth , sake , salt pepper , soy sauce		
		chinjao ro so	pork	vegetable oil , starch (light brown) sugar	onion , cabbage , ginger garlic , boiled bamboo shoot bell pepper , red bell pepper	sake , oyster sauce , soy sauce salt , pepper , chicken broth		
		Chinese salad with udon		udon , vegetable oil sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		milk	milk					
17	Mon	 Marine day 						
18	Tue	cold udon with fried tofu	fish cake , fried tofu , egg	udon , (light brown) sugar	scallion , komatusna	kombu , fish shavings (soup) salt , soy sauce , mirin	555	23.9
		chirimen jako salad	chirimen jako (dried baby sardines)	sesame oil (light brown) sugar	mizuna , komatusna bean sprout , carrot ginger	vinegar , soy sauce salt , sake		
		fruit (watermelon)			watermelon			
		milk	milk					
19	Wed	Japanese event food ☆ Do-yo☆					650	23.1
		eel chirashi zushi	griled eel nori(seaweed)	rice , rice cracker (light brown) sugar sesame seed paste	perilla	sake , mirin , soy sauce		
		egg soup with winter melon	chicken , egg	starch	winter melon , scallion green onion , ginger	kombu , fish shavings (soup) salt		
		pickled cabbage and cucumber with umeboshi			cabbage , carrot , cucumber ginger , umeboshi	salt		
		Doyo-rice cake	azuki beans	rice flour (white)sugar (light brown)sugar		salt		
		milk	milk					
20	Thu	summer vegetable curry	chicken	rice , vegetable oil wheat flour	garlic , ginger , onion carrot , zucchini , tomato eggplant , pumpkin	red wine , salt curry powder powdered bay leaf ketchup , chicken broth	634	17.6
		seaweed salad	seaweed	vegetable oil	cucumber , radish canned corn , onion	vinegar , salt soy sauce , pepper		
		fruit(frozen orange)			frozen orange			
				milk	milk			

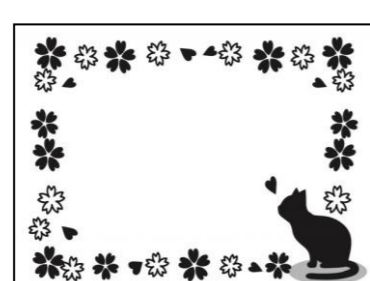
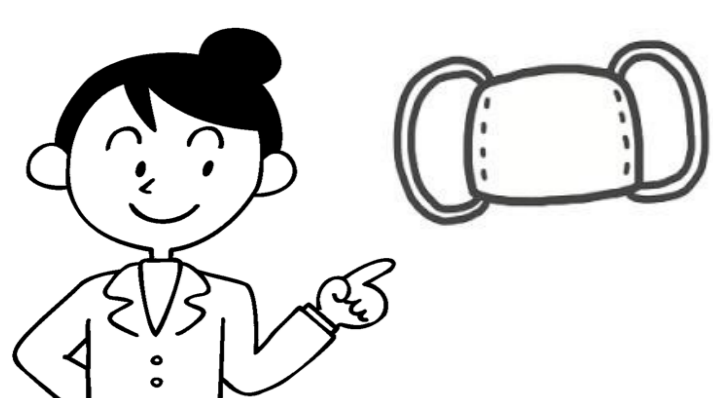


~Dear parents~

If your child has to miss school lunch for more than 5 consecutive days, please inform the homeroom teacher 10 days in advance. To be eligible for a refund, please submit the necessary form by a week in advance. Please note if you hand it in after the deadline, the money will not be refunded. If plans change, please inform the homeroom teacher. For any long absence and transferring school, the lunch fee will be refunded into your post office account. Please note a handling charge will be deducted. Thank you for 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
9/4	Mon	Menu for the Disaster Prevention Day					650	31.5
		rice		rice				
		suiton	pork , egg	vegetable oil , rice flour wheat flour	carrot , radish Chinese cabbage scallion , komatusna	kombu , fish shavings (soup) sake , salt , soy sauce		
		fish with onion sauce	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		fried hijiki and soy bean	hijiki (seaweed) fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce		
		milk	milk					



~Everyone ! ~

Second term school lunch starts from September 4th.
Don't forget your lunch mat and mask.

