

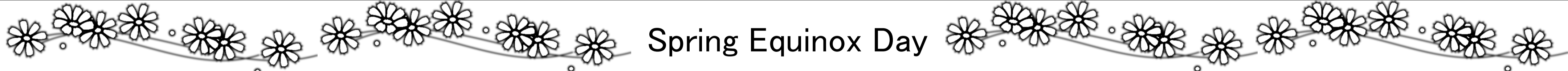


# March 2018 Lunch Menu

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	Thu	<b>Japanese cultural food ☆ Hina-matsuri ☆</b>					645	24.0
		Chirashi Sushi	egg, grilled sea eel fish floss	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	boiled fish paste		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, milk	sugar	strawberry	matcha		
		milk	milk					
2	Fri	<b>Grade 6 farewell lunch</b>					675	19.2
		chicken outlet curry	chicken	rice, vegetable oil, flour panko	onion, carrot, ginger, garlic	curry powder, salt, pepper ketchup, powdered bay leaf Worcestershire sauce chicken broth		
		cabbage and corn salad		vegetable oil	carrot, cabbage, cucumber canned corn, onion	vinegar, salt, pepper		
		fruit (apple)			apple			
		milk	milk					
5	Mon	barley rice		rice, wheat			601	27.6
		miso soup	miso, tofu	konnyaku	carrot, burdock komatsuna, scallion	fish shavings (soup)		
		grilled fish with scallion sauce	Spanish mackerel	(light brown) sugar	ginger, scallion, garlic	soy sauce, sake, vinegar		
		fried hijiki and soy bean	hijiki (seaweed), soy bean fried tofu	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin, soy sauce		
		milk	milk					
6	Tue	miso ramen	pork, miso	Chinese noodles, starch vegetable oil, sesame oil white sesame seeds	garlic, ginger, carrot, onion Chinese cabbage, bean sprouts Chinese chive, dried shiitake scallion, canned corn	chicken broth, mirin soy sauce, pepper	599	22.8
		Japanese salad with daikon	wakame (seaweed)	vegetable oil, sesame oil white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, pepper soy sauce		
		sunny side up egg ??	agar powder, lactic drink		canned apricot			
		milk	milk					
7	Wed	fried rice with jako and edona	chirimen jako, egg	rice, vegetable oil sesame oil	pickled edona	sake, salt, pepper, soy sauce	591	25.5
		miso soup with turnip and komatsuna	fried tofu, miso		turnip, komatsuna	fish shavings (soup)		
		stewed vegetable and wakame	chicken wakame (seaweed)	konnyaku (light brown) sugar	carrot, boiled bamboo shoots string bean	fish shavings (soup), mirin salt, soy sauce		
		milk	milk					
8	Thu	homemade bread w/tuna and mayonnaise	tuna	bread flour, (white) sugar vegetable oil, mayonnaise	onion, canned corn	salt, dried yeast, pepper	666	20.3
		minestrone	pork, bacon	vegetable oil, macaroni	garlic, onion, carrot, celery cabbage, whole tomato, ginger tomato	red wine, chicken broth, tomato puree, salt, pepper, powdered bay leaf		
		vegetable chips		potato, vegetable oil	carrot, pumpkin, burdock	salt		
		milk	milk					
9	Fri	<b>Japanese local food ☆ Miyagi Prefecture ☆</b>					643	23.4
		fried wheat gluten rice bowl	egg	rice, (light brown) sugar wheat-gluten bread	onion, mitsuba	fish shavings (soup), salt mirin, soy sauce, sake		
		hatto soup	tofu, fried tofu	flour, rice flour	burdock, carrot, daikon scallion, komatsuna	kombu, fish shavings (soup) sake, salt, soy sauce		
		pickled cabbage and cucumber w/yukari shiso			cabbage, cucumber, carrot yukari shiso			
		milk	milk					

☆Menu 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	
12	Mon	barley rice		rice , barley			673	19.1	
		clear soup	boiled fish paste		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		fried gyoza	ground pork	gyoza wrapper vegetable oil , sesame oil	garlic , ginger , Chinese chive Chinese cabbage , scallion	salt , pepper , soy sauce			
		ban san su		glass noodles vegetable oil , sesame oil	carrot , cucumber bean sprouts	vinegar , salt , soy sauce mustard			
		milk	milk						
13	Tue	fried noodle with sauce	pork , nori dried sakura shrimp	vegetable oil Chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper Worchestershire sauce Worchestershire sauce (semi-thick)	565	21.2	
		jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna , carrot bean sprouts , ginger	vinegar , soy sauce salt , sake			
		mitarashi dumpling		rice flour , (white) sugar (light brown) sugar , starch		soy sauce			
		milk	milk						
12	Wed	sauteed tofu	pork , miso fried bean curd	rice , vegetable oil (white) sugar , starch	onion , boiled bamboo shoots dried shiitake , carrot , cabbage bok-choy , ginger	soy sauce , sake Chinese chilli paste chicken broth	616	23.0	
		Chinese sesame salad with Chinese cabbage		vegetable oil , sesame oil roasted sesame seeds	carrot , Chinese cabbage cucumber	vinegar , salt , pepper soy sauce			
		fruit (dekopon orange)			orange (dekopon)				
		milk	milk						
15	Thu	<b>World Food ☆ Poland ☆</b>						527	26.3
		bread		bread					
		stewed cabbage w/tomato (Bigos)	white beans , sausage	vegetable oil	garlic , celery , carrot onion , cabbage , ginger whole tomato , mushroom	chicken broth , salt , pepper powdered bay leaf			
		Polish cutlet (Cotelette)	chicken , egg	vegetable oil , panko		salt , pepper			
		vegetable salad (Salatka javynowa)	egg	potato , mayonnaise	carrot , onion , cucumber green peas	vinegar , salt , pepper			
		yogurt drink	yogurt drink						
16	Fri	<b>World Food ☆ St Patrick's Day ☆</b>						645	18.2
		carrot rice w/ chicken cream	chicken , milk	rice , vegetable oil flour	onion , carrot , komatsuna ginger , mushroom	white wine , chicken broth , salt pepper , powdered bay leaf			
		coleslaw salad w/mustard dressing		vegetable oil (light brown) sugar	carrot , cabbage , cucumber onion	vinegar , salt , pepper mustard			
		orange jelly	agar powder	(white) sugar	orange juice				
		milk	milk						
19	Mon	udon with kakiage	egg , dried sakura shrimp	udon noodle , flour vegetable oil	dried shiitake , scallion onion , shungiku	kombu , fish shavings (soup) mirin , salt , soy sauce	639	19.8	
		Japanese 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						
20	Tue	celebration rice w/red beans	red beans	rice , glutinous rice black sesame		salt	571	23.4	
		clear soup	naruto		komatsuna , carrot	kombu , fish shavings (soup) salt			
		mixed omlet with tofu	ground chicken , tofu , egg	vegetable oil , starch (light brown) sugar	carrot , boiled bamboo shoots dried shiitake , ginger	salt , soy sauce			
		bean sprouts with nori	nori		komatsuna , carrot bean sprouts	soy sauce			
		milk	milk						
21	Wed	 Spring Equinox Day							
22	Thu	 Graduation Ceremony							
23	Fri	 Closing Ceremony							