

April Lunch Menu

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.

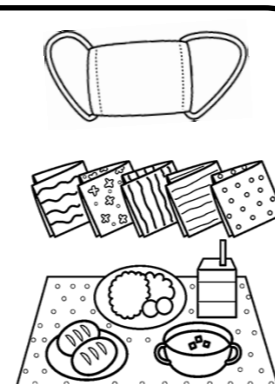
Date	Day	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
6	Fri	Opening Ceremony ▪ Entrance Ceremony							
9	Mon	No school lunch							
10	Tue	chicken pilaf	chicken	rice , vegetable oil	carrot , onion , canned corn mushroom , parsley	salt , white wine , pepper	667	19.7	
		potato cream soup	milk	vegetable oil , potato wheat flour	garlic , onion , ginger	chicken broth , salt , pepper powdered bay leaf			
		macaroni salad		macaroni , (white) sugar vegetable oil	cabbage , carrot , cucumber canned corn	vinegar , salt , pepper			
		milk	milk						
11	Wed	honey-lemon toast		bread , vegetable oil , honey granulated sugar			600	18.9	
		ratatouille	chicken	olive oil , vegetable oil	garlic , onion , celery 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		pumpkin , carrot , cucumber canned corn	salt , pepper			
		milk	milk						
12	Thu	curry and rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , carrot , onion	red wine , chicken broth salt , ketchup , curry powder powdered bay leaf	697	17.6	
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper			
		apple jelly	agar powder(kanten)	(white) sugar	apple juice				
		milk	milk						
13	Fri	rice		rice			603	26.2	
		hearty miso soup	miso		carrot , burdock komatsuna , scallion	fish shavings (soup)			
		hamburg w/mushroom sauce	chicken minced meat , pork minced meat tofu , egg	starch , (light brown) sugar	carrot , scallion , dried shiitake ginger , shimeji , shiitake enoki mushroom	salt , pepper , soy sauce sake , mirin			
		Chinese cabbage pickles			Chinese cabbage , carrot	salt			
		milk	milk						
16	Mon	fried rice	pork , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake , scallion green peas	sake , salt , soy sauce pepper , vinegar	601	22.3	
		wonton soup	pork minced meat	wonton wrapper	ginger , carrot , Chinese cabbage bean sprouts , scallion komatsuna	chicken broth , soy sauce sake , salt , pepper			
		seaweed salad	seaweeds mix	vegetable oil	cucumber , daikon canned corn , onion	vinegar , salt , pepper soy sauce			
		milk	milk						
17	Tue	pasta w/bean-meat sauce	pork minced meat , soy bean	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , carrot , onion tomato juice , parsley	red wine , salt , pepper nutmeg , ketchup tomato puree Worcestershire sauce	686	27.4	
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage cucumber , onion	vinegar , salt , pepper			
		fruit (Amanatsu orange)			Amanatsu orange				
		milk	milk						
18	Wed	rice		rice			621	26.5	
		miso soup w/komatsuna and fried tofu	miso , fried tofu		komatsuna , scallion	fish shavings (soup)			
		rolled egg w/tuna	tuna , egg	vegetable oil (light brown) sugar	onion , carrot , dried shiitake green peas	sake , salt , soy sauce			
		Fried vegetables	pork	vegetable oil	cabbage , carrot bean sprouts , bok-choy	vinegar , salt , pepper soy sauce			
		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.



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 breakfast or dinner.

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	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 (apple)			apple			
		drinkable yogurt	drinkable yogurt					
20	Fri	Three-color bowl	egg , chicken minced meat	rice , vegetable oil (light brown) sugar sesame oil	ginger , komatsuna	salt , vinegar , sake soy sauce	636	27.5
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)		
		marinated bean sprout w/seaweed	nori		komatsuna , carrot , bean sprouts	soy sauce		
		milk	milk					
23	Mon	barley rice		rice , wheat			593	24.5
		kenchin soup	tofu	vegetable oil sesame oil , taro	burdock , carrot , daikon scallion	fish shavings (soup) , kombu salt , soy sauce		
		teriyaki chicken	chicken	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		chirimen joko salad	chirimen joko	sesame oil (light brown) sugar	mizuna , komatsuna bean sprouts , carrot , ginger	vinegar , soy sauce , salt , sake		
		milk	milk					
25	Tue	~Japanese local food~ ☆ Nagasaki Prefecture ☆					638	25.5
		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 Worcestershire 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					
25	Wed	Ma bo bowl	pork minced meat 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 , sweet bean paste	597	21.8
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots scallion	chicken broth , salt pepper , soy sauce		
		Chinese style cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper		
		milk	milk					
26	Thu	sandwich (tuna /jam and cheese)	tuna , cream cheese	bread , whole wheat bread mayonnaise	cucumber , strawberry jam	salt , pepper	556	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 , cabbage yellow bell pepper , cucumber onion	vinegar , salt , pepper		
		milk	milk					
27	Fri	bamboo shoot rice		rice , (light brown) sugar	bamboo shoots	kombu , fish shavings (soup) sake , salt , soy sauce	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					
29	Sun	Showa Day						
30	Mon	Holiday in lieu						

School lunch kitchen member !

School Nutritionist : Ms. Koide

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

Ms. Koyama Ms. Wada Ms. Higashida Ms. Takahashi



~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Monday ,May 14th.

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.