

May Lunch Menu

27/04/2018

Manner Goal : Let's clean up and put everything away.
 Nutrition Goal : Learn food groups.

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

Date	Day	Menu	Main ingredients and their purposes				energy kcal	protein g	
			For building our bodies	For warming our bodies	For balancing our bodies	Others			
1	Tue	Local Area Japanese Food · Japanese Traditional Event Food ☆ Shizuoka Prefecture · 88th day from the beginning of the year (May 2nd) ☆						704	21.5
		deep fried soy beans and sakura shrimp rice bowl	egg, soy bean, sakura shrimp	rice, vegetable oil, flour, brown sugar, corn starch	onion, mitsuba (Japanese honeywort)	kombu, fish shavings (soup), salt, soy sauce			
		suruga-style soup	sardines, miso	starch	carrot, daikon, komatsuna, ginger	kombu, fish shavings (soup), salt, soy sauce, sake			
		matcha dango	soy bean flour	rice flour, white sugar, granulated sugar		matcha, salt			
		milk	milk						
2	Wed	Japanese Traditional Event Food ☆ Boy's Festival (May 5th) ☆						582	18.4
		Chinese rice wrapped in bamboo leaf	pork	sesame oil, brown sugar, mochi rice	bamboo shoots, carrot, dried shiitake	sake, salt, soy sauce, oyster sauce			
		seasonal clear soup	kamaboko		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce			
		vermicelli Chinese salad		vermicelli, vegetable oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, pepper, soy sauce			
		fruit (kawachi-bankan orange)			kawachi-bankan orange				
		milk	milk						
3	Thu	Constitution Day							
4	Fri	Greenery day							
5	Sat	Children's Day							
7	Mon	chicken & burdock pilaf	chicken	rice, barley, vegetable oil	burdock root, eringi, carrot, green peas	sake, salt, pepper, soy sauce	603	17.4	
		egg and tomato soup	bacon, egg	vegetable oil	celery, onion, ginger, tomato	chicken broth, salt, powdered bay leaf, pepper			
		French potato salad		vegetable oil, sweet potato	carrot, cucumber, onion	vinegar, salt, pepper			
		milk	milk						
8	Tue	peperoncino w/spring cabbage	bacon	vegetable oil, olive oil, spaghetti	garlic, eringi, carrot, onion, cabbage, komatsuna, ginger	chilli, salt, pepper, powdered bay leaf, chicken broth	620	22.6	
		broccoli salad		vegetable oil	carrot, broccoli, cucumber, onion	vinegar, salt, pepper			
		fruit yogurt	yogurt	white sugar	banana, canned peach, canned orange				
		milk	milk						
9	Wed	mabo-eggplant rice bowl	pork, miso	rice, vegetable oil, brown sugar, starch, sesame oil	eggplant, garlic, ginger, carrot, bamboo shoots, spring onion, Chinese chive	sake, soy sauce, Chinese chilli paste	687	24.1	
		Chinese corn soup	chicken, egg	starch, sesame oil	ginger, onion, carrot, parsley, corn kernels, creamed corn	chicken broth, salt, pepper, soy sauce			
		Japanese bean sprouts salad		vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
		milk	milk						
10	Thu	bread		bread			613	25.5	
		soy milk gratin	chicken, bacon, soy milk, mixed cheese	macaroni, vegetable oil butter, flour	onion, carrot, parsley	white wine, salt, pepper, powdered bay leaf			
		green broccoli salad		vegetable oil	broccoli, cabbage, cucumber, onion	vinegar, salt, pepper			
		milk	milk						
11	Fri	barley rice		rice, barley			566	27.5	
		daikon and komatsuna miso soup	miso		daikon, spring onion, komatsuna	fish shavings (soup)			
		grilled squid with green onion sauce	squid	brown sugar	ginger, spring onion, garlic	sake, soy sauce, vinegar			
		fried hijiki and soy bean	hijiki, fried tofu, soy bean	vegetable oil, brown sugar	carrot	fish shavings (soup), mirin, soy sauce			
		milk	milk						
14	Mon	barley rice		rice, barley			628	27.1	
		jako furikake	chirimenjako, fish shavings (soup), shredded nori	white sesame seeds	yukari				
		turnip and fried tofu miso soup	fried tofu, miso		turnip, spring onion	fish shavings (soup)			
		omelette with kiriboshi daikon	chicken, egg	vegetable oil, brown sugar	spring onion, kiriboshi daikon	sake, salt, soy sauce			
		Chinese cabbage with mustard			komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
		milk	milk						
15	Tue	gome ankake yakisoba	pork, squid, shrimp	Chinese noodles, vegetable oil, brown sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, pea pods	salt, pepper, sake, soy sauce, chilli oil, vinegar	624	26.9	
		Chinese broccoli and cabbage salad		vegetable oil, sesame oil	broccoli, cabbage cucumber	vinegar, salt, soy sauce			
		fruit (melon)			melon				
		milk	milk						

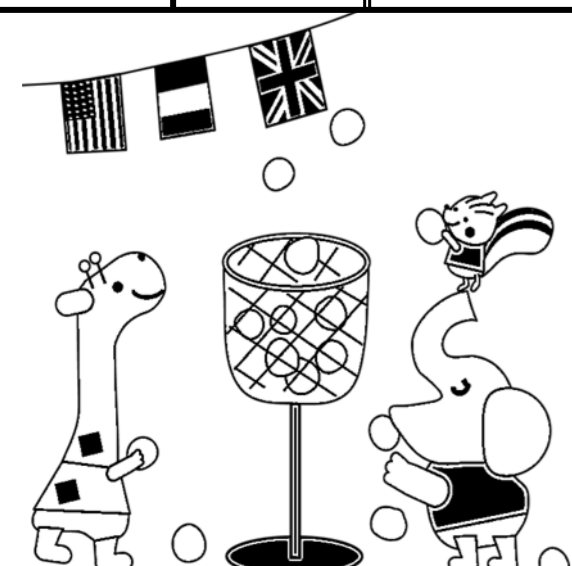
☆ There may be changes to the menu due to availability of food.



All students have to wear a mask during lunch preparation. It is not only 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 mask, disposable or gauze type. Thank you for your understanding.



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
16	Wed	International Food ☆ United States of America ☆					605	21.7
		jambalaya	ham, wiener, squid	rice, vegetable oil	garlic, celery, onion, canned tomatoes, bell pepper	salt, pepper, oregano, ketchup, white wine		
		chicken noodle soup	chicken	olive oil, spaghetti	garlic, celery, carrot, onion, ginger	salt, pepper, thyme, powdered bay leaf, chicken broth		
		French potato salad drinking yogurt	drinking yogurt	potato, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper		
17	Thu	hotdog	frankfurter	hotdog roll, vegetable oil	cabbage	salt, ketchup, Worcestershire sauce	605	20.9
		pot-au-feu	chicken	vegetable oil, potato	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, powdered bay leaf		
		vegetable chips		vegetable oil, potato	carrot, pumpkin, burdock root	salt		
		fruit (apple)			apple			
		milk	milk					
18	Fri	barley rice		rice, barley			675	21.9
		eggplant and onion miso soup	miso		eggplant, onion	fish shavings (soup)		
		okara croquette	chicken, okara, egg	vegetable oil, potato, flour, panko	onion, carrot, shitake	salt, pepper, Worcestershire sauce		
		Japanese cabbage salad milk		vegetable oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
21	Mon	stamina bowl	pork	rice, vegetable oil, white sugar, starch	garlic, ginger, onion, bamboo shoots, bell pepper, red bell pepper	sake, soy sauce, salt, pepper, oyster sauce	598	22.4
		wakame seaweed soup	wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, spring onion	chicken broth, salt, pepper, soy sauce		
		Chinese bean sprout salad milk		vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
22	Tue	kenchin udon	pork, fried tofu	vegetable oil, taro, udon	burdock root, carrot, daikon, spring onion	kombu, fish shavings (soup), salt, soy sauce, mirin	666	18.2
		seaweed salad	mixed seaweed	vegetable oil	cucumber, daikon, onion, corn kernels	vinegar, salt, soy sauce, pepper		
		caramelized sweet potato milk	egg, milk	vegetable oil, sweet potato, brown sugar, syrup, black sesame seeds		soy sauce		
23	Wed	rice		rice			577	25.7
		Yoshino soup	tofu	taro, starch	carrot, daikon, spring onion	fish shavings (soup) kombu, salt, soy sauce		
		merluza cooked in foil	merluza (fish), bacon		red bell pepper, onion, enoki	salt, pepper, white wine, soy sauce		
		salted cabbage with kombu milk	salt, kombu	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
24	Thu	bread		bread			516	21.6
		potato and vegetable soup		potato	ginger, carrot, onion, parsley	chicken broth, salt, pepper, powdered bay leaf		
		baked marmalade chicken	chicken		garlic, ginger, marmalade	soy sauce, white wine		
		turnip salad milk		vegetable oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		
25	Fri	Pre Sports Day ☆ Special Menu ☆					741	19.9
		chicken cutlet curry	chicken	rice, vegetable oil, potato, flour, panko	onion, carrot, ginger, garlic	red wine, chicken broth, salt, powdered bay leaf, ketchup, curry powder, coriander powder, cinnamon powder, garam masala, pepper		
		coleslaw		vegetable oil, brown sugar	cucumber, cabbage, carrot	vinegar, salt, pepper		
		fruit punch milk		white sugar	canned orange, canned peach, canned pineapple			
26	Sat	Sports Day						
28	Mon	Day off in lieu						
29	Tue	miso ramen	pork, miso	Chinese noodles, vegetable oil, sesame oil, starch	garlic, ginger, carrot, onion, cabbage, Chinese chive, shiitake, spring onion, corn kernels	chicken broth, mirin, soy sauce, sweet bean paste, pepper	511	20.2
		Chinese cabbage and deep fried tofu crispy salad	fried tofu	vegetable oil, brown sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce		
		fruit (amanatsu orange) milk			amanatsu orange			
30	Wed	green pea rice		rice	green peas	sake, salt	612	30.5
		pork miso soup	pork, miso, tofu	vegetable oil, potato	burdock root, carrot, daikon, spring onion	fish shavings (soup)		
		teriyaki salmon	salmon	brown sugar, starch	ginger	soy sauce, sake, mirin		
		spinach with sesame milk		brown sugar, white sesame seeds	spinach, Chinese cabbage, bean sprouts	soy sauce		
31	Thu	hand-made tuna and mayonnaise bread	tuna	flour, white sugar, vegetable oil, mayonnaise	onion, corn kernels	salt, pepper, dry yeast	707	23.3
		curry soup	chicken	vegetable oil, flour, macaroni	garlic, ginger, onion, carrot, cabbage	chicken broth, salt, pepper, powdered bay leaf, curry powder, ketchup		
		German potato milk	bacon	vegetable oil, potato	onion, bell pepper			



~ parents/guardians ~

Lunch fees for 2 months (April and May) will be withdrawn on May 14th (Mon)

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. **Please make sure to inform us of any changes to your situation.** For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.

