

June Lunch Menu

Manner Goal: Eat and finish your food within the assigned time.
 Nutrition Goal: Chew well to build strong teeth.



Higashimachi ES Principal: Yoji Hatano
 School Nutritionist: Ayako 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
1	Fri	tuna and green soybean pilaf	tuna	rice, vegetable oil, butter	shimeji mushroom, boiled mushroom, onion, green soybeans	salt, pepper, soy sauce	546	18.4
		ABC soup	bacon	ABC macaroni	ginger, carrot, cabbage	chicken broth, salt, pepper, powdered bay leaf		
		tomato salad		salad oil, light brown sugar	tomato, parsley, onion	wine, salt, pepper		
		milk	milk					
4	Mon	Tooth Decay Prevention Day ☆ Let's Chew Well Menu ☆					681	23.7
		barley rice		rice, barley				
		chicken and vegetable sweet and sour thickened sauce	chicken breast meat	starch, vegetable oil potato, light brown sugar	carrot, onion, bell pepper, eggplant, red bell pepper, bell pepper, large yellow bell pepper, bacon	soy sauce, vinegar, catsup		
		pickled dried strips of daikon		sesame oil, light brown sugar, white roasted sesame seeds	carrot, long strips of daikon, cucumber	salt, vinegar, soy sauce, seven-spiced blend		
		nori beans	soybeans, nori	vegetable oil, starch, potatoes		salt		
		milk	milk					
5	Tue	fried soba noodles seasoned with sauce	pork, sakura dried shrimps, nori	vegetable oil, Chinese noodles	onion, carrot, cabbage, bean sprout	salt, pepper, Worcestershire sauce, semi-thick Worcestershire sauce	574	19.1
		Japanese style cabbage salad		vegetable oil, sesame oil grated white sesame seed	carrot, cabbage, cucumber,	vinegar, salt, soy sauce, pepper		
		Hydrangea jelly	agar powder	white sugar	acerola juice, grape juice			
		milk	milk					
6	Wed	corn with mayonaise toast	mixed cheese	bread, mayonaise	onion, whole kernel corn	pepper	639	26.6
		pork and beans	ground pork, soybean	vegetable oil, potato	celery, carrot, ginger	red wine, chicken broth, salt, pepper, bay leaf powder, catsup, tomato puree, worcestershire sauce		
		sweet potato salad		sweet potato, vegetable oil	carrot, broccoli, cucumber, onion	vinegar, salt, pepper		
		milk	milk					
7	Thu	Menu for Healthy Teeth ☆ Chew Well Menu ☆					542	21.7
		Takano rice	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, light brown sugar	dried shiitake, carrot, burdock, snap peas	dashi, sake, mirin, soy sauce		
		clear soup	hanpen		komatsuna, spring onion	konbu soup stock, dashi, salt, soy sauce		
		iron rich salad	hijiki, dried young sardines	light brown sugar, vegetable salad, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
		milk	milk					
8	Fri	white rice		rice			574	22.7
		kenchin soup	tofu	vegetable oil, sesame oil	burdock, carrot, daikon, spring onion	konbu soup stock, dashi salt, soy sauce		
		chicken teriyaki	chicken	light brown sugar, starch	ginger	soy sauce, sake, mirin		
		mustard flavored cabbage			komatsuna, carrot, cabbage	mustard, soy sauce		
		milk	milk					
11	Mon	plum rice		rice	umeboshi		668	25.3
		turnip and komatsuna miso soup	fried tofu, miso		turnip, komatsuna	dashi		
		omelet with tuna	tuna, egg	vegetable oil, light brown sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce		
		marinated Chinese cabbage			chinese cabbage, carrot	salt		
		plum jelly	powder agar	white refined-sugar	plum syrup			
		milk	milk					
12	Tue	penne arrabiata	chicken	olive oil, white sugar penne pasta	garlic, onion, shimeji mushroom, tomato	salt, pepper, chili pepper paprika, bay leaf powder, basil, tomato puree, ketchup	537	20.4
		caesar salad	cream cheese, powdered cheese	vegetable salad, light brown sugar, crouton	cabbage, cucumber, carrot, garlic, onion	vinegar, salt, pepper, mustard		
		fresh cherries			cherry			
		milk	milk					
13	Wed	fried rice	egg	rice, vegetable salad	carrot, dried shiitake, spring onion, green peas	sake, salt, pepper, soy sauce, vinegar	623	20.0
		tofu and mushroom Chinese soup	tofu	sesame oil	ginger, shimeji mushroom, fresh shiitake, enoki mushroom	chicken broth, vinegar, salt, soy sauce		
		spring roll	pork	spring roll wrapper, vegetable oil, vermicelli, starch, sesame oil	ginger, spring onion, bamboo shoot, dried shiitake, Chinese chive	vinegar, salt, pepper, soy sauce		
		milk	milk					
14	Thu	Let's eat food all over the world! ☆ Russia ☆					672	22.7
		homemade piroshki	ground pork	bread flour, white sugar, vegetable oil, vermicelli, starch	onion, bamboo shoot, dried shiitake	dry yeast, salt, pepper, nutmeg, oyster sauce, soy sauce		
		borscht	pork, fresh cream	vegetable oil, potato	carrot, onion, celery, ginger, canned tomato, beet, cabbage	red wine, chicken broth, salt, pepper, tomato puree, bay leaf powder		
		Olivier salad	egg	potato, mayonaise	carrot, onion, cucumber, green peas	vinegar, salt, pepper		
		yogurt drink	yogurt drink					

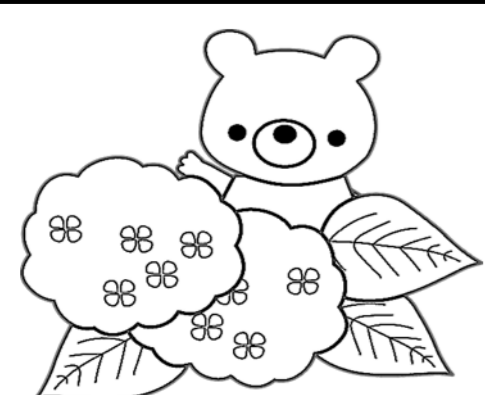
☆There may be changes to the menu due to unavailability of ingredients.



Everyone should use a mask during lunch preparation. The mask is not only for hygienic purposes but also to prevent catching a cold. Please prepare a clean lunch mat with a mask every week. Both disposable or gauze type masks are acceptable. We sincerely ask for your cooperation.



Date	Day	Menu	Main Ingredients and their Functions				Energy	Protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
15	Fri	wheat rice		rice, barley			615	28.1	
		chicken soup	chicken, miso, tofu	vegetable oil, potato	burdock, carrot, daikon, spring onion	dashi			
		salted grilled salmon	salmon			salt			
		kimpira		vegetable oil, konnyaku, light brown sugar, white sesame seeds	burdock, carrot, lotus root	mirin, soy sauce, cayenne pepper powder			
		milk	milk						
18	Mon	three-colored rice bowl	egg, ground chicken 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, spring onion	fish shaving soup			
		jako salad	dried young sardines	sesame oil, light brown sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake			
		milk	milk						
19	Tue	curry noodles	pork, sasa boiled fish pasta	light brown sugar, vegetable oil, komatsuna noodle, starch	carrot, onion, spring onion, komatsuna	fish shaving stock, salt soy sauce, curry powder	609	24.7	
		komatsuna and sesame		light brown sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
		deep fried flavored chikuwa	chikuwa, egg, nori	vegetable oil, wheat flour		salt			
		frozen orange			frozen orange				
		milk	milk						
20	Wed	Let's eat local food! ☆ Tokyo ☆						572	29.3
		Shenzhen rice	boiled clams, fried tofu	rice, wheat rice	carrot, shimeji mushroom, ginger	sake, konbu stock, soy sauce, mirin			
		Chanko soup	chicken, deep fried tofu	vegetable oil, sesame oil, konnyaku	burdock, carrot, daikon, dried shiitake, maitake mushroom, Chinese cabbage, spring onion	fish shaving stock, konbu stock, soy sauce, salt			
		Flavored grilled mandai	mandai (fish)	white sesame seeds	spring onion, ginger, garlic	sake, soy sauce, mirin			
		Pickled yukari turnip and cucumber			turnip, cucumber, yukari	salt			
		milk	milk						
21	Thu	pan		bread			575	19.8	
		vegetable soup	bacon		ginger, carrot, onion, boiled mushrooms, cabbage	chicken soup stock, salt, pepper, powdered bay leaf			
		potato croquette	tuna, egg	vegetable oil, potato wheat flour, panko	onion	salt, pepper, semi-thick worcestershire sauce			
		vegetable sauté		vegetable oil	carrot, onion, green peas, whole kernel corn	salt, pepper			
		milk	milk						
22	Fri	rice		rice			582	22.9	
		tofu and nameko mushroom miso soup	tofu, miso		nameko mushroom, komatsuna, spring onion	fish shaving stock			
		stir-fried pork with ginger	pork	vegetable salad, starch	ginger, onion	soy sauce, sake, Chinese chili paste, chicken soup stock			
		Japanese bean sprout salad		vegetable salad, sesame salad, white sesame seeds	cabbage, cucumber, bean sprout	vinegar, salt, soy sauce, pepper			
		milk	milk						
25	Mon	corn butter rice		rice, butter	corn	salt, white wine	537	20.4	
		grilled mustard chicken	chicken, egg	panko, olive oil		salt, pepper, ketchup worcestershire sauce, mustard, tabasco			
		paprika salad		vegetable oil	red bell pepper, yellow bell pepper, bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
		milk	yogurt drink						
26	Tue	cold Chinese noodles	chicken, egg	Chinese noodle, vegetable oil, sesame oil, white sesame seeds, light brown sugar, sesame seeds	ginger, carrot, dried shiitake, cucumber, bean sprout	chicken broth, soy sauce, vinegar, sake, salt	608	22.9	
		seaweed salad	mixed seaweed	vegetable oil	cucumber, daikon, whole kernel corn, onion	vinegar, salt, soy sauce, pepper			
		pineapple			pineapple				
		milk	milk						
27	Wed	wheat rice		rice, barley			676	24.4	
		fried tofu and komatsuna miso soup	fried tofu, miso		komatsuna, onion	fish shaving stock			
		fried horse mackerel	mackerel, egg	vegetable oil, wheat flour, bread flour		salt, pepper, semi-thick worcestershire sauce			
		coleslaw salad		vegetable oil, light brown sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
		milk	milk						
28	Thu	sesame toast		bread, vegetable oil, sesame seeds, white sesame seeds, granulated sugar			558	19.7	
		cabbage soup	bacon		ginger, carrot, cabbage, parsley	chicken broth, salt, pepper, powdered bay leaf			
		chicken and vegetable garlic sautee	chicken	olive oil, vetable oil	garlic, zucchini, eringi mushroom, bell pepper, yellow bell pepper	white wine, salt, pepper, soy sauce, powdered bay leaf			
		frozen orange			frozen orange				
		milk	milk						
29	Fri	homemade tofu rice bowl	pork, deep fried tofu, miso	rice, vegetable oil white sugar, starch	onion, bambboo shoots, dried shiitake, onion, cabbage, bok-choy, ginger	soy sauce, sake, Chinese chili paste, chicken broth	599	24.1	
		egg and seaweed soup	egg, sea weeds	white sesame seeds	ginger, spring onion	chicken soup stock, salt, pepper, soy sauce			
		Chinese bean sprout salad		vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprout	vinegar, salt, soy sauce, pepper			
		milk	milk						



Dear Parents/Guardians,
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. In addition, for long absences and school transfer, you will get a refund at the end of the term. The amount will be deposited to your Yucho Bank with applicable fees. **Please be sure to inform us of any changes.**