

July Lunch Menu 2018



June 29, 2018

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


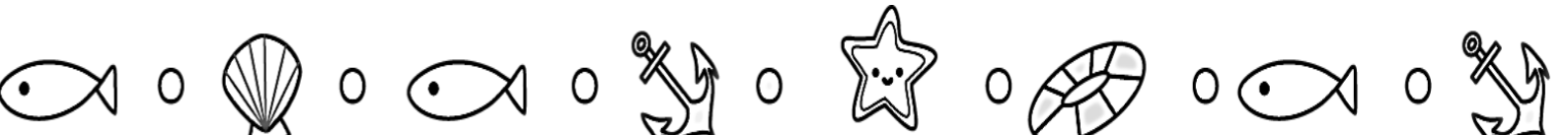
Date	Day	Menu	Main ingredients and their purposes				energy kcal	protein g	
			For building our bodies	For warming our bodies	For balancing our bodies	Others			
2	Mon	Japanese cultural food / local food ☆ Hangeshō / Hyogo ☆						660	27.8
		octopus rice	fried tofu, octopus	rice	burdock root, carrots dried shiitake, snow peas	sake, konbu, soy sauce salt, mirin			
		bachi soup		somen	onion, carrots, dried shiitake spring onion	fish shavings (broth) konbu, soy sauce			
		cabbage with salted kombu	salted kombu seaweed	roasted sesame seeds	cabbage, bean sprouts, carrots	soy sauce			
		milk	milk						
3	Tue	rice		rice			594	21.8	
		Chinese vermicelli soup		vermicelli, sesame oil	ginger, bamboo shoots, carrots bok choy, spring onion	chicken stock, sake salt, pepper, soy sauce			
		shrimp balls	shrimp, egg	vegetable oil sugar (light brown), starch	bamboo shoots, dried shiitake spring onion, green peas	sake, salt, soy sauce, vinegar			
		Chinese bean sprout salad		vegetable oil, sesame oil white sesame seeds	cabbage, bean sprouts, carrots	vinegar, salt, soy sauce, pepper			
		milk	milk						
4	Wed	okara and minced chicken rice bowl	egg, okara, minced chicken	rice, vegetable oil sugar (light brown) roasted sesame seeds	onion, ginger	salt, sake, soy sauce	630	26.3	
		kenchin soup	tofu	vegetable oil, sesame oil	burdock root, carrots radish, spring onion	konbu, fish stock, salt, soy sauce			
		Chinese cabbage isocae	seaweed		komatsuna, Chinese cabbage bean sprouts	soy sauce			
		steamed corn			corn	salt			
		milk	milk						
5	Thu	cinnamon toast		bread, vegetable oil, sugar		cinnamon powder	600	21.4	
		vegetables simmered in cream	chicken, milk	vegetable oil, potatoes wheat flour	carrots, onion, cabbage, ginger	white wine, chicken stock salt, pepper, bayleaf powder			
		chirimen jyako salad	chirimen jyako (dried baby sardines)	sesame oil, sugar (light brown)	mizuna, komatsuna, bean sprout carrots, ginger	vinegar, soy sauce, salt, sake			
		milk	milk						
6	Fri	Japanese cultural food ☆ Tanabata festival ☆						605	18.4
		cold somen	boiled-fish paste	somen (vermicelli noodles) sugar (light brown)	dried shiitake, spring onion, okura	konbu, thick fish shavings salt, soy sauce			
		tempura (eggplant • pumpkin) winter melon simmered in soy sauce		vegetable oil, wheat flour	eggplant, pumpkin	salt			
		Tanabata punch		sugar (light brown), starch	winter melon	fish shavings (soup) salt, soy sauce			
		milk	milk						
9	Mon	rice		rice			707	22.8	
		miso soup with tofu and fried tofu	miso, tofu, fried tofu		spring onion	fish shavings (broth)			
		cod with thickened vegetable sauce	cod	wheat flour, starch vegetable oil sugar (light brown)	ginger, carrots, onion, shiitake	soy sauce, mirin			
		marinated spinach			spinach, Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
10	Tue	cold kitsune udon	bamboo shoots fried tofu, egg	udon, sugar (light brown)	spring onion, komatsuna	konbu, fish stock mirin, salt, soy sauce	572	29.8	
		spicy potato salad		potatoes, sesame seed paste sugar (white)	carrots, asparagus	sweet bean paste, soy sauce			
		fruit (watermelon)			watermelon				
		milk	milk						
11	Wed	pork kimchi ricebowl	pork, miso	rice, vegetable oil sugar (white) roasted sesame seeds	kimchi, spring onion, garlic ginger, Chinese chives carrots, bean sprouts	sake, soy sauce Chinese chili paste	586	24.9	
		Chinese corn soup	chicken, egg	starch, sesame oil	ginger, onion, carrots whole corn, cream corn	chicken stock, salt pepper, soy sauce			
		vermicelli salad		vermicelli, vegetable oil sesame oil	carrots, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
		milk	milk						

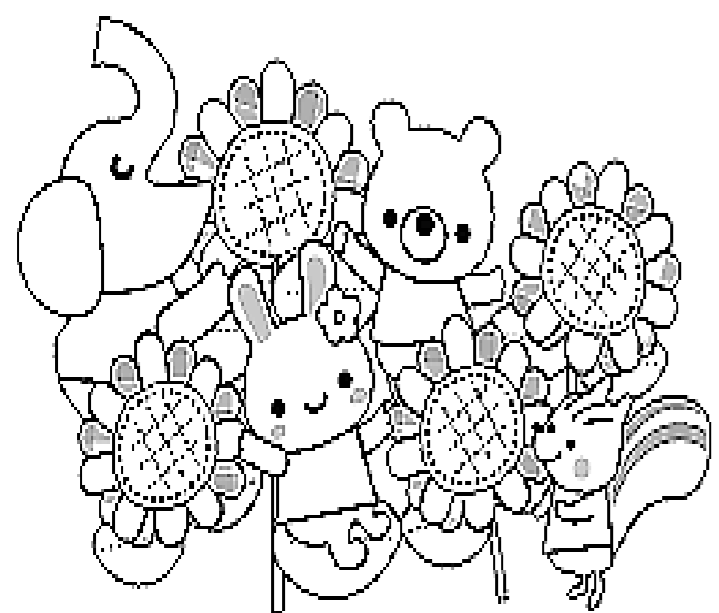
☆ The menu may change due to availability of food.



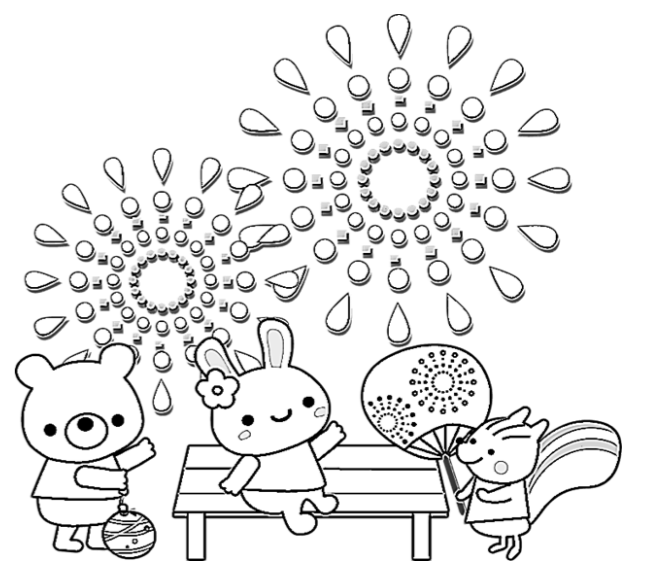
All students have to wear a mask during lunch preparation.
Please bring a washed lunch mat and a mask every week. Any type of mask is fine.
Thank you for your cooperation.



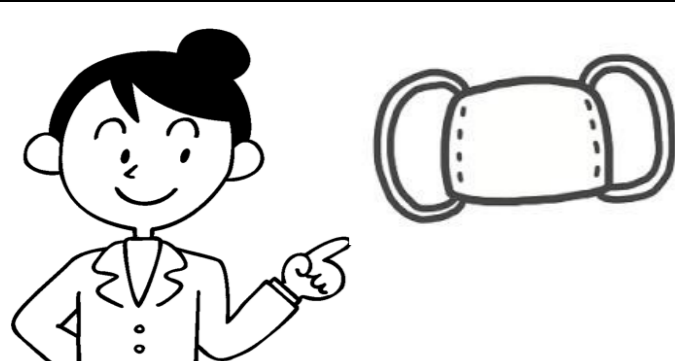
Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
12	Thu	World Food ☆ Hawaii ☆					574	24.7
		mahi-mahi dog	mahi-mahi	bread, vegetable oil, starch sugar (light brown)	cabbage, onion, ginger, garlic	salt, pepper, sake ketchup, soy sauce		
		vegetable soup	bacon		ginger, carrots, onion cabbage, mushroom	chicken stock, salt, pepper bay leaf powder		
		coleslaw		vegetable oil sugar (light brown)	carrots, cabbage, cucumber	vinegar, salt, pepper		
		pineapple cake	egg, milk	sugar (white), wheat flour vegetable oil	canned pineapple	baking powder		
		drinking yogurt	drinking yogurt					
13	Fri	barley rice		rice, barley			604	23.6
		teriyaki fish	peach shark	sugar (light brown), starch	ginger	soy sauce, sake, mirin		
		Koya tofu and vegetables	Koya tofu	konnyaku, sugar (light brown) potatoes	carrots, burdock root snow peas	fish shavings (broth), mirin, salt soy sauce		
		Chinese cabbage with soy sauce			komatsuna, carrots Chinese cabbage	soy sauce		
		milk	milk					
16	Mon	 Marine day 						
17	Tue	gomoku fried noodles	pork, shrimp, squid	vegetable oil Chinese noodles sugar (light brown), starch	onion, carrots, bamboo shoots dried shiitake, Chinese cabbage bean sprouts, snow peas	sake, salt, pepper, soy sauce, vinegar	555	23.9
		broccoli and cabbage Chinese salad		vegetable oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce		
		annin tofu	kanten, milk	sugar (white)				
		milk	milk					
18	Wed	rice		rice			604	23.6
		potato and wakame miso soup	fried tofu, miso, wakame	potatoes		fish shavings (broth)		
		enoki wrapped in pork in a Japanese sauce	pork	sugar (light brown), starch	enoki mushrooms, carrots, ginger	salt, pepper, soy sauce, mirin		
		bean sprout and komatsuna namul		sesame oil	komatsuna, carrots, bean sprouts	soy sauce, chili oil		
		milk	milk					
19	Thu	Japanese cultural food ☆ Doyō ☆					650	23.1
		eel chirashi zushi	grilled eel, seaweed	rice, mochi rice sugar (light brown) roasted sesame seeds	perilla	sake, mirin, soy sauce		
		winter melon and egg soup	chicken, egg	starch	winter melon, scallion spring onion, ginger	konbu, fish shavings (broth), salt		
		cabbage and cucumber in umeboshi pickles			cabbage, carrots, cucumber ginger, umeboshi	salt, yukari shiso (red perilla)		
		doyō mochi	azuki beans	rice flour, sugar (white) sugar (light brown)		salt		
		milk	milk					
20	Fri	summer vegetable curry	chicken	rice, vegetable oil wheat flour	garlic, ginger, onion carrots, zucchini, tomato eggplant, pumpkin	red wine, salt, curry powder bay leaf powder ketchup, chicken stock	634	17.6
		seaweed salad	mixed seaweed	vegetable oil	cucumber, radish, whole corn onion	vinegar, salt, soy sauce, pepper		
		fruit (frozen mandarin)			frozen mandarin			
		milk	milk					



~ Dear parents/guardians ~
 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 a week in advance. If it is handed in after the deadline, the money will not be refunded. If plans change, please inform the homeroom teacher. For any long absence or if 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
9/3	Mon	Menu for the Disaster Prevention Day					650	31.5
		rice		rice				
		suiton	pork, egg	vegetable oil, rice flour wheat flour	carrots, radish, Chinese cabbage spring onion, komatsuna	konbu, fish shavings (broth) sake, salt, soy sauce		
		fish with onion sauce	Spanish mackerel	sugar (light brown), starch	ginger	soy sauce, sake, mirin		
		stir-fried hijiki and soybeans	hijiki, fried tofu, soy beans	vegetable oil sugar (light brown)	carrots	fish shavings (broth) mirin, soy sauce		
		milk	milk					



~ Everyone! ~
 Second term school lunch starts from September 3rd.
 Don't forget your lunch mat and mask.

