



April Lunch Menu



2015/4/6

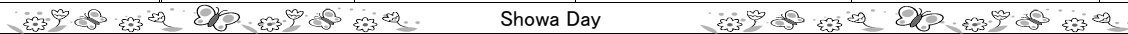

Manner Goal : Learn how to prepare & serve and put away school lunch
 Nutrition Goal : Learn about different kinds of food

Higashimachi ES Principal: Mr. Hatano
 School Nutritionist: Ms. 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
7	Tue	chicken pilaf	chicken	rice , butter , vegetable oil	carrot , onion , mushroom canned corn , parsley	salt , white wine , pepper	631	18.5
		potato cream soup	milk	vegetable oil , potato butter , wheat flour		chicken broth , salt , pepper powdered bay leaf		
		green beans salad		vegetable oil	string bean , carrot , cabbage onion	vinegar , salt , pepper		
		milk	milk					
8	Wed	Kenchin udon noodles	pork , fried tofu	vegetable oil , taro (white) sugar , udon noodle	burdock , carrot , daikon , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce	606	20.5
		marinated vegetables with seaweed	nori		cabbage , carrot , bean sprouts	soy sauce		
		pineapple cake	egg , milk	(white) sugar , wheat flour butter	canned pineapple	baking powder		
		milk	milk					
9	Thu	twisted bread		twisted bread			620	19.8
		honey		honey				
		ratatouille	chicken	olive oil , vegetable oil	garlic , onion , celery , tomato zucchini , eggplant , bell pepper yellow bell pepper , parsley red bell pepper	white wine , salt , pepper nutmeg , oregano powdered bay leaf		
		mashed pumpkin salad	fresh cream	butter	pumpkin , carrot , cucumber canned corn	salt , pepper , paprika		
		milk	milk					
10	Fri	curry and rice	chicken	rice , vegetable oil , potato wheat flour	garlic , ginger , carrot , onion	red wine , chicken broth , salt ketchup , powdered bay leaf curry powder	642	16.1
		cabbage & cheese salad	cheese	vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		calpis Jelly	agar powder(kanten) calpis					
		milk	milk					
13	Mon	bibimbap (Korean rice dish)	pork , egg	rice , sesame oil (light brown) sugar roasted sesame seeds	garlic , ginger , scallion , carrot osmund frond bean sprouts , komatsuna	soy sauce , chili oil salt , vinegar	670	25.0
		springroll	pork	Spring Roll wrapper vegetable oil , starch noodles , sesame oil	ginger , scallion , bamboo shoots dried shitake , Chinese chive	sake , salt , pepper		
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger	chicken broth , salt , pepper soy sauce		
		milk	milk					
14	Tue	fried noodles	pork , sakura shrimp , nori	vegetable oil steamed chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper Worchestershire sauce Worchestershire sauce (semi-thick)	596	20.5
		daikon and hijiki salad	hijiki (seaweed)	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar pepper		
		Fruit (apple)			apple			
		milk	milk					
15	Wed	barley rice		rice , rolled barley			648	25.3
		daikon & deep fried tofu miso soup	miso , tofu , fried tofu		scallion	fish shavings (soup)		
		grilled Spanish mackerel w / green onion sauce	Spanish mackerel	roasted sesame seeds (light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		bean sprouts isoae	nori		komatsuna , carrot , bean sprouts	soy sauce		
		milk	milk					
16	Thu	~Human Rights Day ☆ Italy ☆					635	23.5
		handmade Teriyaki chicken pizza	chicken , fresh cream cheese , nori	bread flour , (white) sugar olive oil , vegetable oil mayonnaise	ginger , enoki mushroom shimeji , scallion	dry yeast , salt soy sauce , mirin , sake		
		Minestrone	bacon , navy beans	vegetable oil , potato macaroni	garlic , celery , carrot , onion ginger , tomato , cabbage tomato juice	chicken broth , tomato puree dried basil , powdered bay leaf pepper		
		cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
		Joa-yogurt	Joa-yogurt					

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

☆The first graders start lunch on the 10th. No lunch on the 7th. Only milk on the 8th and milk and bread on the 9th.

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
17	Fri	rice		rice			627	27.4
		ground fish toppings	chirimen jako fish shavings , nori	roasted sesame seeds	yukari shiso (red perilla)			
		turnip miso soup	fried tofu , miso		turnip , scallion	fish shavings (soup)		
		omelet with dried daikon	chicken , egg	vegetable oil (light brown) sugar	scallion , dried daikon	sake , salt , soy sauce		
		marinated cabbage			komatsuna , carrot , cabbage	soy sauce		
		milk	milk					
20	Mon	rice		rice			640	27.2
		hearty miso soup	miso , tofu	konyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)		
		tofu hamburg	pork , tofu , egg , miso hijiki(seaweed)	fresh breadcrumbs , starch roasted sesame seeds sesame oil , (light brown) sugar	onion , ginger , dried shiitake mini tomato , broccoli	salt , pepper , soy sauce mirin , sake		
		Chinese cabbage pickles			Chinese cabbage , carrot	salt		
		milk	milk					
21	Tue	chicken and egg bowl	chicken , egg , nori	rice , (light brown) sugar	onion , mitsuba (Japanese honeywort)	fish shavings (soup) , salt mirin , soy sauce , sake	678	27.1
		clear soup	wakame (seaweed)		scallion	kombu , fish shavings (soup) salt , soy sauce		
		japanese bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper		
		milk	milk					
22	Wed	kashiwa bread		shortening bread			606	18.7
		potato croquette	pork , egg	vegetable oil , butter potato , wheat flour breadcrumbs	onion	salt , pepper Worchestershire sauce (semi-thick)		
		spring cabbage salad		vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		Fruits (Kiyomi orange)			Kiyomi orange			
		milk	milk					
23	Thu	rice		rice			614	24.4
		potatoes & onion miso soup	wakame (seaweed) , miso	potato	onion	fish shavings (soup)		
		cod with vegetable sauce	cod	wheat flour , starch vegetable oil (light brown) sugar	ginger , carrot , onion , shiitake	soy sauce , mirin		
		marinated spinach			spinach , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
24	Fri	bamboo shoot rice	fried tofu	rice	bamboo shoots	kombu , fish shavings (soup) sake , salt , soy sauce , mirin light soy sauce	641	26.4
		clear soup	tofu		komatsuna	kombu , fish shavings (soup) salt , soy sauce		
		Spanish mackerel teriyaki	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		pickled turnip and cucumber			turnip , cucumber	salt		
		custard pudding w/strawberry	egg , fresh cream , milk	granulated sugar (light brown) sugar (white) sugar	strawberry	vanilla essence		
		milk	milk					
27	Mon	Local Area Japanese Food ★ Ishikawa ★					646	22.2
		rice		rice				
		stuffed lotus root	pork	vegetable oil , starch	lotus root , scallion	soy sauce , salt , baking powder		
		chicken stew	chicken	starch , wheat gluten bread (light brown) sugar	daikon , shiitake , spinach bamboo shoots , carrot shimeji	fish shavings (soup) , sake soy sauce , mirin		
		Fruit (Kawachi-bankan orange)			Kawachi-bankan orange			
		milk	milk					
28	Tue	pepperoncino w/spring cabbage	bacon	vegetable oil , olive oil , spaghetti	garlic , eringi , carrot , onion cabbage , komatsuna , ginger	chili pepper , salt , pepper powdered bay leaf chicken broth	634	22.0
		broccoli salad		vegetable oil	carrot , broccoli , cucumber onion	vinegar , salt , pepper		
		fruit yogurt	yogurt	(light brown) sugar	banana , canned peach canned orange			
		milk	milk					
29	Wed	 Showa Day 						
30	Thu	Selecting your own lunch!					apple juice 608	apple juice 16.8
		rice		rice				
		vegetable soup	bacon		ginger , carrot , onion , cabbage mushroom , parsley	chicken broth , salt powdered bay leaf , pepper		
		fried squid with tartare sauce	squid , egg	vegetable oil , wheat flour fresh breadcrumbs , mayonnaise	onion parsley	salt , pepper		
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper		
		Selected juice (apple juice/orange juice)		apple juice/orange juice		orange juice 608	orange juice 17.5	



Starting April, all students have to wear a mask during lunch preparation. Its not just for hygienic reasons, but also for disease prevention.
Please prepare a new mask together with cleaned lunch mat every week. Students can use any type of masks, disposable type or gauze type. Thank you for your understanding.