



May Lunch Menu

2015/4/30

Manner Goal : Eat with the correct dish arrangement
 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	Fri	~Local Area Japanese Food • Japanese Traditional Event Food ~ ★ Shizuoka Prefecture • 88th day from the beginning of spring menu ★					685	22.3
		deep fried soy beans & sakura shrimp rice bowl	egg, soy bean sakura shrimp	rice, vegetable oil wheat flour, corn starch (light brown) sugar	onion mitsuba (Japanese honeywort)	kombu, fish shavings (soup) salt, soy sauce		
		suruga-style soup	sardine, miso	taro, starch	carrot, daikon komatsuna, ginger	kombu, fish shavings (soup) salt, soy sauce, sake		
		matcha dango	soybean flour	rice flour, (white) sugar granulated sugar		matcha, salt		
		milk	milk					
3	Sun	Constitution Day						
4	Mon	Greenery day						
5	Tue	Children's Day						
6	Wed	Holiday in lieu						
7	Thu	~Japanese Traditional Event Food ~ ★Boy's Festival (Tango-no-sekku) ★					601	19.3
		chinese rice wrapped in bamboo leaf	pork, Chinese dried shrimp	sesame oil(light brown) sugar, glutinous rice	bamboo shoots, carrot dried shitake	sake, salt, oyster sauce soy sauce		
		seasonal clear soup	fish cake (kamaboko)		komatsuna, scallion	kombu, fish shavings (soup) salt, soy sauce		
		vermicelli salad		glass noodles, vegetable oil sesame oil sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, pepper soy sauce		
		fruit (juicy fruit orange)			juicy fruit orange			
		milk	milk					
8	Fri	School Field Trip (Rinshi-no-mori Park)						
10	Sun	Mother's Day						
11	Mon	chicken & burdock pilaf	chicken	rice, wheat, vegetable oil	burdock, eringi, carrot green peas	sake, salt, pepper, soy sauce	617	19.4
		egg & tomato soup	bacon, egg	vegetable oil	celery, onion, ginger, tomato	chicken broth, salt powdered bay leaf dried basil, pepper		
		French potato salad		potato, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper		
		milk	milk					
12	Tue	rice		rice			603	31.0
		miso soup w/enoki and komatsuna	miso, fried tofu		enoki mushroom, komatsuna	fish shavings (soup)		
		grilled squid w/ green onion sauce	squid	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		stewed koya tofu & vegetables	freeze-dried tofu	konyaku (light brown) sugar	carrot, daikon, burdock dried shitake, string bean	salt, soy sauce		
		milk	milk					
13	Wed	kenchin udon noodles	pork, fried tofu	vegetable oil, taro udon noodle	burdock, carrot, daikon scallion	mirin, salt, soy sauce	626	21.8
		marinated vegetables with seaweed	nori		komatsuna, Chinese cabbage bean sprouts	soy sauce		
		steamed cake	egg, milk	(white) sugar, wheat flour butter		baking powder, vanilla essence		
		milk	milk					
14	Thu	stir-fried pork & cabbage rice bowl	pork, miso	rice, vegetable oil (light brown) sugar, starch	garlic, cabbage, bell pepper red bell pepper, scallion eringi	sweet bean paste, sake, salt chinese chili paste soy sauce, pepper	619	26.5
		chinese soup w/tofu and egg	egg, tofu	sesame oil	ginger, carrot, bean sprouts komatsuna, scallion	chicken broth, sake, salt pepper, soy sauce		
		fruit (Amanatsu orange)			amanatsu orange			
		milk	milk					
15	Fri	rice		rice			605	23.7
		satsuki soup	wakame (seaweed)		bamboo shoots	kombu, fish shavings (soup) salt, soy sauce		
		cooked red rockfish	red rockfish	vegetable oil, konnyaku (light brown) sugar, starch roasted sesame seeds	burdock, daikon, carrot ginger, string bean	sake, soy sauce		
		marinated vegetables with seaweed	nori		komatsuna, carrot bean sprouts	soy sauce		
		milk	milk					

★Menus may change due to availability of food.



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.

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			
18	Mon	rice		rice			611	30.6	
		miso soup w/potato and wakame-seaweed	miso , wakame (seaweed)	potato		fish shavings (soup)			
		vegetables rolled in meat w/Japanese sauce	pork	(light brown) sugar , starch	string bean , carrot , ginger	salt , pepper , soy sauce , mirin			
		bean sprouts dressed with mustard			komatsuna , carrot bean sprouts	mustard , soy sauce			
		milk	milk						
19	Tue	 pea rice		rice	green peas	sake , salt	612	30.5	
		pork miso soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion				
		teriyaki fish	salmon	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		marinated spinach w/sesame		(light brown) sugar white sesame seeds	spinach , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
20	Wed	grilled ham & cheese sandwich	ham , cheese	bread			623	22.1	
		sugared fried crust		bread , vegetable oil (white) sugar granulated sugar					
		corn soup	chicken	vegetable oil , starch	carrot , onion , parsley canned cream corn ginger , canned corn	chicken broth , salt powdered bay leaf pepper			
		tomato & cucumber salad		olive oil	tomato , cabbage cucumber , onion	vinegar , salt , pepper			
		milk	milk						
21	Thu	bean sprouts noodles	pork	chinese noodles vegetable oil , sesame oil	garlic , ginger , scallion bean sprouts , Chinese chive dried shiitake	chicken broth , soy sauce salt , pepper	600	21.7	
		chinese style cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper			
		fruit punch		(white) sugar	kiwi fruit , canned orange canned peach , banana canned pineapple	white wine			
		milk	milk						
22	Fri	rice		rice			614	26.2	
		miso soup w/nameko and tofu	tofu , miso		nameko mushroom komatsuna , scallion	fish shavings (soup)			
		rolled egg	ham , egg	vegetable oil (light brown) sugar	onion , bamboo shoots dried shiitake , scallion ginger	sake , salt , soy sauce			
		fried hijiki & soy bean	hijiki (seaweed) fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce			
		milk	milk						
25	Mon	rice		rice			566	24.8	
		miso soup w/daikon and komatsuna	fried tofu , miso		daikon , komatsuna , scallion	fish shavings (soup)			
		grilled Merlucciidae	merlucciidae , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine soy sauce			
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper			
		milk	milk						
26	Tue	~World Food~ Day of Human Rights ☆ China ☆						570	23.0
		handmade pork mantou	pork	sesame oil , wheat flour (white) sugar vegetable oil	bamboo shoots dried shiitake , onion	salt , pepper , soy sauce baking powder , dried yeast			
		chinese-style egg soup	egg	starch	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , soy sauce sake , salt , pepper			
		chinese style bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber bean sprouts	vinegar , salt , soy sauce pepper			
		Joie-yogurt	Joie-yogurt						
27	Wed	pasta w/bean-meat sauce	pork , soy bean , cheese	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , onion carrot , tomato juice parsley	red wine , salt , pepper nutmeg , ketchup tomato puree worcestershire sauce	705	28.1	
		crunchy salad		vegetable oil wonton wrappers	carrot , cabbage , cucumber onion	vinegar , salt , pepper			
		fruit (kawachi-bankan orange)			kawachi-bankan orange				
		milk	milk						
28	Thu	fried rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , dried shiitake scallion , green peas	sake , salt , soy sauce pepper , vinegar	611	22.7	
		wonton soup	pork	wonton wrappers sesame oil	ginger , carrot , scallion chinese cabbage bean sprouts , komatsuna	chicken broth , soy sauce sake , salt , pepper			
		seaweed salad	dried seaweed	vegetable oil	cucumber , daikon canned corn , onion	vinegar , salt , pepper soy sauce			
		milk	milk						
29	Fri	Pre Sports Day ☆ Cheer Up Menu • Select your own lunch ! ☆						698	23.7
		chicken cutlet curry	chicken , egg	rice , vegetable oil wheat flour , breadcrumbs	onion , carrot , ginger , garlic	curry powder , salt powdered bay leaf , ketchup worcestershire sauce			
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage , carrot onion	vinegar , salt , pepper soy sauce			
		dressing Select jelly (orange jelly / grape jelly)	agar powder(kanten)	(white) sugar	orange juice , grape juice				
		milk	milk						

