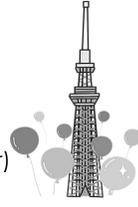




# September Lunch Menu

Manner Goal : Let's put our food in the right place on our trays.  
 Nutrition Goal : Eat three meals every day. (breakfast, lunch & dinner)



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	
3	Mon	<b>Disaster Preparedness Day Menu ( 9/1 )</b>						644	27.5
		barley rice		rice, wheat					
		suiton soup	pork, egg	vegetable oil, rice flour, wheat flour	carrot, daikon, Chinese cabbage, scallion, komatsuna	kombu, fish shavings (soup), sake, salt, soy sauce			
		Spanish mackerel with green onion sauce	Spanish mackerel	(light brown) sugar	ginger, scallion, garlic	soy sauce, sake, vinegar			
		sautéed hijiki seaweed and soy beans	hijiki(seaweed), fried tofu, soy bean	vegetable oil, (light brown) sugar	carrot	fish shavings (soup), mirin, soy sauce			
		milk	milk						
4	Tue	eggplant dry curry	minced pork, chick peas, powdered cheese	rice, vegetable oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, powdered bay leaf, nutmeg, curry powder, Worcestershire sauce	554	18.4	
		turnip salad		vegetable oil	turnip, cabbage, cucumber, onion	vinegar, salt, pepper			
		fruit (nashi pear)			nashi pear				
		milk	milk						
5	Wed	bread		bread			642	21.6	
		vegetable soup	bacon		ginger, carrot, onion, mushroom, cabbage	chicken broth, salt, pepper, powdered bay leaf			
		potato croquette	tuna, egg	vegetable oil, potato, wheat flour, breadcrumbs	onion	salt, pepper, Worcestershire sauce (semi-thick)			
		sautéed vegetables		vegetable oil	carrot, onion, green peas, canned corn	salt, pepper			
		milk	milk						
6	Thu	<b>Eating Japanese Traditional Food ☆ Chrysanthemum Festival ( 9/9 ) ☆</b>						547	28.1
		chrysanthemum flower rice	chicken	rice, glutinous rice, vegetable oil	carrot, chrysanthemum, dried shiitake	kombu, mirin, sake, salt, soy sauce			
		seasonal clear soup	boiled fish paste		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce			
		grilled salmon	salmon			sake			
		pickled cabbage w/yukari			cabbage, yukari shiso (red perilla)	salt			
		milk	milk						
7	Fri	Cold Chinese noodles	chicken, fried tofu, egg	Chinese noodles, vegetable oil, sesame oil, (light brown) sugar, white sesame seeds	ginger, carrot, dried shiitake, cucumber, bean sprouts	fish shavings (soup), soy sauce, vinegar, mustard, sake, salt	555	21.7	
		seaweeds salad	seaweed	vegetable oil	cucumber, daikon, canned corn, onion	vinegar, salt, soy sauce, pepper			
		fruit (frozen mandarin)			frozen mandarin				
		milk	milk						
10	Mon	<b>Japanese local food ☆ Minato City ☆ Shiba Daradara Festival (ginger festival) ( 9/11~9/21 )</b>						573	23.6
		ginger rice		rice, roasted sesame seeds	ginger	kombu, sake, salt, soy sauce			
		kenchin soup	tofu	vegetable oil, sesame oil	burdock, carrot, daikon, scallion	kombu, fish shavings (soup), salt, soy sauce			
		grilled chicken with Saikyo miso	chicken, Saikyo miso			sake, soy sauce			
		bean sprouts isoae	nori		komatsuna, carrot, bean sprouts	soy sauce			
		milk	milk						
11	Tue	<b>☆ Menu suggested by student school lunch committee ☆</b>						530	26.1
		Nagasaki champon	pork, squid, shrimp, naruto	Chinese noodles, vegetable oil, sesame oil, brown sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, soy sauce, chicken broth, Worcestershire sauce			
		vermicelli Chinese salad		vermicelli noodles, vegetable oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		fruit (frozen apple)			frozen apple				
		milk	milk						
12	Wed	<b>☆ Menu suggested by student school lunch committee ☆</b>						686	23.9
		barley rice		rice, wheat					
		potato and komatsuna miso soup	fried tofu, miso	potato	komatsuna	fish shavings (soup)			
		grilled mackerel	mackerel	roasted sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake			
		Japanese salad with daikon and hijiki	hijiki(seaweed)	(light brown) sugar, vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper			
		milk	milk						
13	Thu	<b>☆ Menu suggested by student school lunch committee ☆</b>						566	19.2
		fried curry bread	minced pork, chick peas	bread flour, white sugar, breadcrumbs, vegetable oil	carrot, onion	salt, dry yeast, curry powder, ketchup, Worcestershire sauce			
		vegetable soup	bacon		ginger, carrot, onion, mushroom, cabbage, parsley	chicken broth, salt, pepper, powdered bay leaf			
		vegetable salad		vegetable oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
		fruit (frozen mandarin)			frozen mandarin				
		milk	milk						

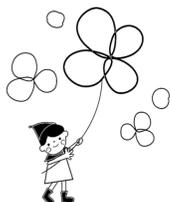
☆Menus may change due to availability of food.



All students have to wear a mask during lunch preparation. It's not just 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 masks, disposable type 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	
14	Fri	<b>★ Menu suggested by student school lunch committee ★</b>						639	22.1
		rice		rice					
		corn soup		vegetable oil, starch	carrot, onion, ginger, cream corn, canned corn, parsley	chicken broth, salt, pepper, powdered bay leaf			
		tofu hamburger	minced pork, tofu, egg, miso	breadcrumbs, roasted sesame seeds, sesame oil, (light brown) sugar, starch	onion, ginger, dried shiitake	salt, pepper, soy sauce, mirin, sake			
		paripari salad		vegetable oil, wonton wrappers	carrot, cabbage, cucumber, red pepper, onion	vinegar, salt, pepper			
		milk	milk						
17	Mon	 Respect for the Aged Day 							
18	Tue	fried rice	pork, egg	rice, vegetable oil, (light brown) sugar	carrot, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	620	24.9	
		gomoku soup	pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage, scallion, komatsuna	chicken broth, salt, pepper, soy sauce			
		bansansu salad		vermicelli noodles, vegetable oil, sesame oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce, mustard			
		milk	milk						
19	Wed	rice		rice			567	28.5	
		turnip and fried tofu miso soup	fried tofu, miso		turnip, scallion	fish shavings (soup)			
		furikake	chirimen jaiko, bonito flakes	roasted sesame seeds	turnip leaves				
		crumbed mackerel	mackerel	olive oil, breadcrumbs	garlic, parsley	salt, pepper, white wine, basil, oregano, soy sauce			
		pickled cabbage and carrot			cabbage, carrot, ginger	salt			
		milk	milk						
20	Thu	<b>Japanese event food ★ Equinocial week ★</b>						624	24.5
		kakidama udon	pork, fried tofu, egg	vegetable oil, udon	carrot, scallion	kombu, fish shavings (soup), mirin, salt, soy sauce			
		Japanese cabbage salad		vegetable oil, sesame oil, white sesame seeds	carrot, komatsuna, cabbage	vinegar, salt, soy sauce, pepper			
		ohagi	red bean paste, kinako	glutinous rice, rice, white sugar		salt			
		milk	milk						
21	Fri	<b>Japanese event food ★ 'Tsukimi' ( 9/24 ) ★</b>						651	19.1
		shrimp and vegetable rice bowl	shrimp	rice, vegetable oil, wheat flour, (light brown) sugar	onion, pumpkin, shungiku, canned corn	fish shavings (soup), salt, soy sauce			
		seasonal sumashi soup	boiled fish paste		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce			
		pickled daikon and cucumber			cucumber, daikon, ginger	salt			
		mitarashi dango		rice flour, white sugar, (light brown) sugar, starch		soy sauce			
		milk	milk						
24	Mon	 Day off in lieu of Autumnal Equinox Day 							
25	Tue	spaghetti Napolitan	bacon	vegetable oil, spaghetti	garlic, onion, carrot, mushroom, green pepper	salt, pepper, tomato puree ketchup, Worcestershire sauce	688	22.2	
		potato honey salad		potato, vegetable oil, honey	carrot, cucumber	salt, vinegar, mustard			
		steamed cake	egg, milk	white sugar, wheat flour	angelica powder	baking powder			
		milk	milk						
26	Wed	barley rice		rice, wheat			598	24.7	
		onion and wakame miso soup	miso, wakame		onion	fish shavings (soup)			
		omelet with dried daikon	minced chicken, egg	vegetable oil, brown sugar	scallion, dried daikon	sake, salt, soy sauce			
		Chinese cabbage with mustard			komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
				milk	milk				
27	Thu	<b>World Food ★ Canada ★</b>						585	18.1
		maple toast		bread, vegetable oil, maple syrup					
		salmon cream stew	salmon, milk	vegetable oil, potato, wheat flour	onion, carrot, ginger, cabbage	white wine, chicken broth, salt, pepper, powdered bay leaf			
		coleslaw		vegetable oil, brown sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, mustard			
		drinkable yogurt	drinkable yogurt						
28	Fri	<b>Japanese local food ★ Tokyo Citizen's Day ( 10/1 ) ★</b>						643	24.7
		rice		rice					
		mushroom soup		taro, konnyaku, starch	carrot, daikon, shiitake, shimeji, enoki, scallion	kombu, fish shavings (soup), salt, soy sauce			
		fried minced flying fish	flying fish, egg	vegetable oil, breadcrumbs, wheat flour	onion, garlic, ginger	ketchup, salt, pepper, Worcestershire sauce (semi-thick)			
		paripari salad with Chinese cabbage and deep fried tofu	fried tofu	vegetable oil, (light brown) sugar, roasted sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
		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.

