



# JUNE LUNCH MENU

2015/5/29

Manner Goal : Keep dishes and desks clean.  
Nutrition Goal : Chew food well to make strong teeth.



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
1	Mon	Holiday in lieu of Sports Day						
2	Tue	★ School Family Bento Box Lunch ★					677	21.9
		fried rice wrapped in a thin omelet	egg	rice , vegetable oil	onion , carrot , mushroom canned corn , parsley	salt , paprika powder , pepper tomato puree , ketchup		
		fried chicken	chicken	starch	ginger	soy sauce , sake		
		deep fried breaded prawn	shrimp , egg	wheat flour , breadcrumbs		salt , pepper Worcestershire sauce (semi-thick)		
		German potato	bacon	vegetable oil , potato	onion , bell pepper	salt , pepper		
		trimmings			broccoli , mini tomato	salt		
roasted barley tea				roasted barley tea				
3	Wed	stir fried noodles w/starchy vegetable sauce	pork , shrimp squid , quail eggs	Chinese noodles , starch (light brown) sugar	onion , carrot , bamboo shoots pea pods , dried shiitake Chinese cabbage , bean sprouts	chicken broth , sake , salt pepper , soy sauce , vinegar	650	26.5
		Chinese broccoli & cabbage salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce		
		almond pudding	agar powder(kanten) , milk	(white) sugar	canned orange , canned pineapple	almond essence		
		milk	milk					
4	Thu	~Dental Awareness Day~ ★Let's Chew Well Menu★					632	22.4
		koya rice	chicken freeze-dried tofu	rice , glutinous rice koyaku , (light brown) sugar	dried shiitake , carrot burdock , pea pods	fish shavings (soup) , sake mirin , soy sauce		
		ofu & komatsuna clear soup		dried wheat gluten	komatsuna , scallion	fish shavings (soup) , salt soy sauce		
		fried pond smelt	pond smelt	wheat flour , vegetable oil		salt , pepper		
		fried Patagonian grenadier	Patagonian grenadier	wheat flour , vegetable oil		salt , pepper		
		Japanese radish & hijiki salad	hijiki(seaweed)	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar , pepper		
milk	milk							
5	Fri	rice		rice			590	28.6
		kenchin soup	tofu	vegetable oil , sesame oil taro	burdock , carrot , daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		grilled fish w/Saikyo miso paste	Spanish mackerel Saikyo miso			sake		
		marinated spinach			spinach , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
8	Mon	rice		rice			613	25.3
		daikon and fried tofu miso soup	fried tofu , miso		daikon	fish shavings (soup)		
		flavored grilled chicken	chicken	roasted sesame seeds	scallion , ginger , garlic	soy sauce , sake , mirin		
		marinated komatsuna w/ sesame vinegar		(light brown) sugar white sesame seeds	komatsuna , Chinese cabbage bean sprouts	vinegar , soy sauce , salt		
		milk	milk					
9	Tue	kogitsune udon noodle	chicken , fried tofu	(light brown) sugar udon noodle	onion , carrot , daikon , komatsuna	kombu , fish shavings (soup) salt , soy sauce , sake , mirin	603	22.0
		cabbage dressed with mustard			komatsuna , carrot , cabbage	mustard , soy sauce		
		potato rice cake	nori	potato , starch , butter		salt , soy sauce		
		fruit (cherry )			cherry			
		milk	milk					
10	Wed	rice		rice			600	27.5
		grilled squid w / green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		stewed vegetables	chicken	vegetable oil , konyaku taro , (light brown) sugar	burdock , carrot , bamboo shoots lotus root , daikon , dried shiitake string bean	fish shavings (soup) , sake salt , soy sauce		
		marinated cabbage w/salted seaweed	salted kombu(seaweed)	roasted sesame seeds	cabbage , bean sprouts , carrot	soy sauce		
milk	milk							
11	Thu	homemade bread with tuna and mayonnaise	tuna	bread flour , (white) sugar vegetable oil , mayonnaise	onion , canned corn	dried yeast , salt , pepper	621	20.3
		minestrone	bacon	vegetable oil , potato macaroni	garlic , celery , carrot onion , ginger , tomato tomato juice , cabbage	chicken broth , salt tomato puree , powdered bay leaf		
		broccoli green salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper		
		fruit (melon)			melon			
		milk	milk					
12	Fri	Sichuan style daikon on rice	pork , soy bean miso	rice , vegetable oil , starch (light brown) sugar , sesame oil	garlic , ginger , daikon , carrot bamboo shoots , scallion Chinese chives	chicken broth , soy sauce Chinese chili paste , sake sweet bean paste	691	29.2
		vegetable & pork soup	pork , egg , tofu	sesame oil	ginger , carrot , Chinese cabbage scallion , komatsuna	chicken broth , salt pepper , soy sauce		
		Chinese noodle salad		glass noodles , vegetable oil sesame oil	carrot , cucumber , bean sprouts	vinegar , salt , soy sauce , mustard		
		milk	milk					

★Menus may change due to availability of food.

~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.  
For any long absence and transferring school, a handling charge of ¥30 will be deducted. We appreciate your cooperation.

Notice !



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
15	Mon	rice		rice			665	31.4
		Chinese soup	tofu	sesame oil	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce		
		stir fried shrimp w/egg	chicken , shrimp , egg	vegetable oil , starch (light brown) sugar	bamboo shoots , dried shiitake scallion , green peas	sake , salt , soy sauce , vinegar		
		Chinese salad w/ bean sprouts		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper		
		milk	milk					
16	Tue	<b>Day of Dietary Education ★ "Mago-wa Yasashii" menu ★</b>				656	28.5	
		mushroom rice	fried tofu	rice	shimeji , enoki mushroom shiitake , maitake mushroom			kombu , sake , salt , soy sauce
		heartly miso soup	miso , tofu wakame (seaweed)	konyaku	carrot , burdock , komatsuna scallion			fish shavings (soup)
		grilled salted rice malt chicken	chicken					salted rice malt , sake
		seasoned fried soybean, jako and potato	soy bean , chirimen jako	(light brown) sugar , starch vegetable oil , potato roasted sesame seeds				soy sauce , mirin
milk	milk							
17	Wed	spaghetti Neapolitan	pork , bacon , cheese	vegetable oil , spaghetti	garlic , onion , carrot , parsley mushroom , bell pepper	salt , pepper , tomato puree ketchup	596	23.4
		asparagus green salad		vegetable oil	asparagus , cabbage cucumber , onion	vinegar , salt , pepper		
		fruit (kawachi-bankan orange)			kawachi-bankan orange			
		milk	milk					
18	Thu	<b>~World Food~Day of Human Rights ★ Korea ★</b>				668	24.7	
		barley rice		rice , wheat				
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion			chicken broth , salt pepper , soy sauce
		chicken dak galbi	chicken	(white) sugar , tteok starch , vegetable oil roasted sesame seeds	ginger , garlic , kimchi carrot , cabbage , scallion Chinese chives			sake , soy sauce gochujang , pepper
		bean sprouts & komatsuna namul		sesame oil	komatsuna , carrot , bean sprouts			soy sauce , chili oil
milk	milk							
19	Fri	cheese on toast	cheese	bread			663	25.4
		pot au feu-stew	sausage , bacon	vegetable oil , potato	celery , carrot , onion ginger , cabbage	chicken broth , white wine salt , pepper		
		coleslaw		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
22	Mon	rice		rice			619	25.5
		turnip and komatsuna miso soup	fried tofu , miso		turnip , komatsuna , scallion	fish shavings (soup)		
		teriyaki fish	yellowtail	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		dried radish salad		(light brown) sugar , sesame oil , roasted sesame seeds	dried radish , cucumber , carrot bean sprouts	soy sauce , vinegar ground red chili pepper		
		milk	milk					
23	Tue	cold meat sauce chinese noodles	pork , miso , sweet bean paste	Chinese noodles , sesame oil vegetable oil , starch (light brown) sugar	cucumber , garlic , ginger carrot , bamboo shoots dried shiitake , scallion	Chinese chili paste , mirin sake , salt , soy sauce	610	24.2
		Japanese radish salad		vegetable oil , sesame oil	cabbage , cucumber , daikon	salt , vinegar , soy sauce , pepper		
		hydrangea jelly	agar powder(kanten)	(white) sugar	grape juice , perilla juice	white wine		
		milk	milk					
24	Wed	<b>~Local Area Japanese Food~ ☆Kumamoto Prefecture☆</b>				672	20.4	
		takana fried rice	egg	rice , sesame oil roasted sesame seeds	pickled takana			sake , salt , soy sauce , mirin
		taipien	pork , shrimp , squid	vegetable oil , glass noodles sesame oil	ginger , carrot , Chinese cabbage bamboo shoots , pea pods cloud ear mushroom			chicken broth , sake oyster sauce
		ikinari dango (desert)	pureed sweet bean jam	rice flour , wheat flour (white) sugar , sweet potato				salt
milk	milk							
25	Thu	<b>Selecting Your Own Luncho!</b>				brown sugar 589	brown sugar 28.1	
		selected bread (brown sugar bread/raisin bread)		brown sugar bread raisin bread				
		noodle soup	bacon	vegetable oil dried thick noodles	onion , carrot , ginger , cabbage			chicken broth , salt , pepper powdered bay leaf
		salmon meuniere	salmon	wheat flour , vegetable oil butter				salt , pepper , white wine
		honey potato salad		vegetable oil , potato honey	carrot , cucumber			salt , vinegar , mustard
milk	milk							
26	Fri	rice		rice			689	20.5
		beaten egg chinese soup	egg	starch	ginger , carrot , dried shiitake bamboo shoots , scallion pea pods	chicken broth , sake , salt pepper , soy sauce		
		fried dumpling	pork	vegetable oil , gyoza wrapper sesame oil	garlic , ginger , Chinese cabbage scallion , Chinese chives	salt , pepper , soy sauce		
		chinese harusame salad		glass noodles , vegetable oil sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce , chili oil		
		milk	milk					
29	Mon	rice		rice			609	27.1
		dosanko soup	pork , miso wakame (seaweed)	potato , butter	carrot , canned corn , scallion	fish shavings (soup)		
		grilled fish with herbs	opah	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake		
		spicy konyaku		sesame oil , konyaku (light brown) sugar		salt , soy sauce ground red chili pepper		
		milk	milk					
30	Tue	cold chinese noodles	chicken , egg	Chinese noodles , vegetable oil sesame oil , sesame seed paste (light brown) sugar	ginger , carrot , dried shiitake cucumber , bean sprouts	chicken broth , soy sauce vinegar , sake , salt	628	26.8
		fried Chinese spinach	shrimp	vegetable oil , sesame oil	carrot , onion , bok-choy	sake , salt , pepper , soy sauce		
		fruit ( red and yellow watermelon )			watermelon			
		milk	milk					

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