



# July Lunch Menu



Higashimachi ES Principal: Mr. Hatano  
School Nutritionist: Ms. Koide

Manner Goal : Clean up your dishes properly after you eat  
Nutrition Goal : Let's eat to beat the heat

Date	Day	Menu	Main ingredients and their purposes				energy	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	protein g
1	Wed	pork kimchee fried rice	pork , egg	rice , vegetable oil	carrot , bean sprouts bell pepper kimchi (Chinese cabbage)	sake , salt , soy sauce , pepper	648	21.8
		Chinese soup	tofu	sesame oil	ginger , dried shiitake , carrot bamboo shoots , komatsuna Chinese cabbage , scallion	chicken broth , salt , pepper soy sauce		
		Chinese noodle salad		glass noodles , vegetable oil sesame oil roasted sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce		
		fruit ( frozen orange )			frozen orange			
		milk	milk					
2	Thu	toasted garlic bread		bread margarine	garlic , parsley		576	19.8
		borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , ginger whole tomatoes , parsley tomato juice , cabbage	red wine , chicken broth tomato puree , salt , pepper powdered bay leaf		
		pickles		granulated sugar	carrot , cucumber , turnip	white wine , apple vinegar salt , powdered bay leaf		
		fruit ( cherry )			cherry			
		milk	milk					
3	Fri	teriyaki chicken rice bowl	chicken , nori	rice , vegetable oil (light brown) sugar , starch	ginger , scallion	sake , soy sauce , salt , mirin	646	27.3
		clear soup with enoki mushroom and tofu	tofu		enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce		
		marinated bean sprouts w/ sesame		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce		
		corn			corn	salt		
		milk	milk					
6	Mon	rice		rice			645	27.2
		miso soup w/onion and wakame-seaweed	miso , wakame (seaweed)		onion , enoki mushroom	fish shavings (soup)		
		teriyaki fish	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		crispy salad		vegetable oil , wonton wrapper	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		fruit ( frozen orange )			frozen orange			
		milk	milk					
7	Tue	~ Japanese cultural food ~ ☆ Tanabata Fest. ☆ there are many hidden stars in a menu because of tanabata. how many stars can you find?					630	18.9
		Tanabata vermicelli noodles	fish cake (kamaboko)	vermicelli noodles	carrot , dried shiitake scallion , okra	kombu , fish shavings (soup) soy sauce , mirin , salt		
		tenpura (fish cake/eggplant/pumpkin)	tube shaped fish cake	vegetable oil , wheat flour	eggplant , pumpkin	salt , pepper		
		white gourd ground chicken ankake	chicken	starch	white gourd	fish shavings (soup) , sake mirin , salt , soy sauce		
		tanabata punch		(white) sugar , rice flour	canned orange , banana canned pineapple , kiwi fruit canned peach	white wine		
		milk	milk					
8	Wed	rice w/ hijiki and peas	fried tofu , soy bean , hijiki(seaweed)	rice , glutinous rice vegetable oil (light brown) sugar	carrot	kombu , sake , salt soy sauce , mirin	687	28.0
		hearty miso soup	miso , tofu	konyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)		
		grilled cutlass fish	cutlass fish			salt		
		pickled daikon & cucumber			cucumber , daikon	salt		
		milk	milk					
9	Thu	whole wheat bread		whole wheat bread			633	34.0
		corn cream soup	bacon , milk	vegetable oil , wheat flour	garlic , carrot , onion ginger , canned corn canned cream corn	chicken broth , salt , pepper powdered bay leaf		
		breaded fried salmon	salmon	olive oil , panko	garlic , parsley	salt , pepper , white wine dried basil , oregano powder soy sauce		
		broccoli and cabbage salad		vegetable oil	carrot , broccoli cabbage , onion	vinegar , salt , pepper		
		milk	milk					

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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
10	Fri	rice		rice			636	24.0
		glass noodles soup		glass noodles , sesame oil	ginger , cloud ear mushroom bamboo shoots komatsuna , scallion	chicken broth , sake , salt pepper , soy sauce		
		sauteed tofu	pork , fried bean curd miso	vegetable oil , (white) sugar starch	onion , bamboo shoots dried shiitake , carrot cabbage , bok-choy , ginger	soy sauce , sake Chinese chili paste chicken broth		
		Chinese cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , Chinese cabbage , cucumber	vinegar , salt , soy sauce pepper		
		milk	milk					
13	Mon	~Japanese local food~ ☆ Okinawa Prefecture ☆					667	29.0
		Taco rice	pork , soy bean , cheese	rice , vegetable oil	garlic , ginger , onion , carrot cabbage , mini tomato	red wine , paprika powder Worchestershire sauce , pepper tabasco , soy sauce , ketchup		
		aosa-seaweed soup	aosa-seaweed		scallion	fish shavings (soup) , sake , salt		
		Goya Chanpuru	bacon , tofu , egg	vegetable oil	onion , carrot , goya	soy sauce , salt		
		milk	milk					
14	Tue	Cold deep-fried tofu noodle	sasakamaboko fried tofu , egg	udon noodle (light brown) sugar	scallion , komatsuna	kombu , fish shavings (soup) mirin , salt , soy sauce	601	28.2
		chirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna bean sprouts , carrot , ginger	vinegar , soy sauce , salt , sake		
		fruit (watermelon)			watermelon			
		milk	milk					
15	Wed	~World Food~ Day of Human Rights ☆ Iraq ☆					620	24.7
		Pita bread		Pita bread				
		Falafel with yogurt sauce	yogurt , chickpeas , egg	wheat flour , panko	lemon , cabbage onion , parsley , tomato	garlic powder , thyme powder salt , pepper , turmeric powder curry powder		
		lentil soup	lentils		carrot , onion , komatsuna whole tomatoes , ginger	salt , pepper , chicken broth		
		couscous salad		couscous , olive oil	red bell pepper , tomato cucumber , onion yellow bell pepper	vinegar , salt , pepper coriander powder		
drinkable yogurt	drinkable yogurt							
16	Thu	barley rice		rice , wheat			660	26.0
		Chinese tofu soup	tofu	sesame oil	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce		
		Qingiaorousi (Fried pork and green pepper)	pork	vegetable oil , starch (light brown) sugar	onion , cabbage , ginger bamboo shoots , garlic bell pepper , red bell pepper	sake , oyster sauce soy sauce , salt pepper , chicken broth		
		Chinese dried noodle & sesame salad		dried thick noodles vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		milk	milk					
17	Fri	curry with summer vegetable	chicken	rice , vegetable oil wheat flour	garlic , ginger , onion carrot , bell pepper , tomato eggplant , pumpkin	chicken broth , red wine salt , curry powder powdered bay leaf , ketchup	yogurt 711	yogurt 19.8
		Caesar salad	cream cheese , bacon cheese	vegetable oil , crouton (light brown) sugar	cabbage , cucumber , carrot garlic , onion	vinegar , salt , pepper , mustard	jelly 693	jelly 17.3
		Selected dessert (fruits yogurt+fruits jelly)	yogurt , agar powder(kanten)	powdered sugar (white) sugar	banana , canned peach canned orange canned pineapple , apple juice			
		milk	milk					

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~Dear Parents/Guardians~

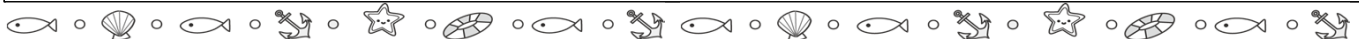
A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row.

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.

☆ The second term lunch starts on September 1st. Please bring the lunch mat and the mask.

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	
9/1	Tue	Disaster Preparedness Day Menu						650	31.5
		rice		rice					
		suiton soup	pork , egg	vegetable oil , rice flour wheat flour	carrot , daikon , scallion komatsuna , Chinese cabbage	kombu , fish shavings (soup) sake , salt , soy sauce			
		grilled Spanish mackerel w / green onion sauce	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce			
milk	milk								