



October Lunch Menu

September 28th, 2018

Manner Goal : Learn about staple foods • main dish • side dish
 Nutrition Goal: Learn how to hold dishes correctly

Higashimachi ES Principal: Yoji 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	Tokyo Citizen's Day							
2	Tue	salmon and mushroom pilaf	salmon	rice, vegetable oil, butter	shimeji mushrooms, boiled mushrooms, onions, parsley	salt, soy sauce, white wine	633	20.9	
		vegetable soup	bacon		ginger, carrots, onions, mushrooms, cabbage	chicken broth, salt, bay leaf powder, pepper			
		macaroni salad		macaroni, mayonnaise	carrots, cucumber, onions, whole corn	vinegar, salt, pepper			
		milk	milk						
3	Wed	rice		rice		647	24.7		
		Dosanko soup	pork, miso, wakame	potatoes, butter	carrots, whole corn, spring onion			fish shaving (soup)	
		fried chicken with green onion sauce	chicken	vegetable oil, starch, flour, sugar (light brown), roasted sesame seeds	ginger, spring onion, garlic, ajiso			soy sauce, sake, vinegar	
		pickled cabbage			cabbage, carrots			salt	
		mini tomato			mini tomato				
		milk	milk						
4	Thu	bean sprout ramen	pork	Chinese noodles, vegetable oil, sesame oil	garlic, ginger, spring onion, cabbage, bean sprouts, Chinese chives, dried shitake	chicken broth, soy sauce, salt, pepper	565	19.3	
		Chinese cabbage salad		vegetable oil, sesame oil	carrots, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
		fruit (pear)			nashi pear				
		milk	milk						
5	Fri	sanma rice	sanma (pacific saury)	rice, vegetable oil, starch, sugar (light brown), roasted sesame seeds	ginger	salt, soy sauce	628	20.9	
		miso soup with daikon and komatsuna	fried tofu, miso		daikon, komatsuna, spring onion	fish shaving (soup)			
		cabbage with salt konbu	salted konbu	roasted sesame seeds	cabbage, bean sprouts, carrots	soy sauce			
		fruit (mandarin)			mandarin				
		milk	milk						
8	Mon	Health and Sports Day							
9	Tue	tofu rice bowl	pork, deep-fried bean curd, miso	rice, vegetable oil, sugar starch	onions, bean shoots, dried shitake, carrots, cabbage, bok choy, ginger	soy sauce, sake, broad bean chili paste, chicken broth	634	23.0	
		Chinese sesame cabbage salad		vegetable oil, sesame oil, sesame seeds	carrots, Chinese cabbage, cucumber	vinegar, salt, pepper, soy sauce			
		fruit (persimmon)			persimmon				
		milk	milk						
10	Wed	meat and bean spaghetti	minced pork, soy beans	vegetable oil, flour, olive oil, spaghetti	garlic, ginger, onions, carrots, tomato juice, parsley	red wine, salt, pepper, nutmeg, ketchup, tomato puree, Worcestershire sauce	698	28.3	
		Korokoro salad		potatoes, vegetable oil	red paprika, yellow paprika, cabbage, cucumber, whole corn, onions	vinegar, salt, pepper			
		blueberry yogurt	plain yogurt	sugar	blueberries, blueberry jam	red wine			
		milk	milk						
11	Thu	rice		rice		533	24.4		
		miso soup with tofu and seaweed	miso, tofu, wakame		spring onion			fish shaving (soup)	
		squid with green onion sauce	squid	sugar (light brown)	ginger, spring onion, garlic			sake, soy sauce, vinegar	
		Japanese bean sprout salad		vegetable oil, sesame oil, pickled sesame	cabbage, cucumber, bean sprouts			vinegar, salt, pepper, soy sauce	
		milk	milk						
12	Fri	Japanese local food ☆ Tottori prefecture ☆						620	24.4
		rice		rice					
		stamina natto	natto, minced chicken	sesame oil, sugar (light brown)	ginger, garlic, spring onion	soy sauce, sake, tabasco			
		miso soup with fried tofu and komatsuna	fried tofu, miso		komatsuna, spring onion	fish shaving (soup)			
		simmered Chikuzen	chicken	vegetable oil, konyakku, sugar (light brown)	burdock roots, carrots, bean sprouts, lotus root, daikon, dried shitake, green beans	fish shaving (soup), sake, salt, soy sauce			
		milk	milk						
15	Mon	Menu to support the 6th graders for the Inter-School Sports Day (10/16)						691	29.6
		chicken cutlet bowl	chicken, egg	rice, sugar (light brown), vegetable oil, flour, bread crumbs	onions, mitsuba	fish shaving (soup), mirin, salt, soy sauce, pepper			
		hearty miso soup	miso, tofu	konyakku	carrots, burdock roots, komatsuna, spring onion	fish shaving (soup)			
		yukari cabbage and cucumber pickles			cucumber, cabbage, yukari	salt			
		fruit (persimmon)			persimmon				
16	Tue	cheese toast	sliced cheese	bread		620	23.7		
		pot-au-feu	sausage, bacon	vegetable oil, potatoes	garlic, ginger, onions, carrots, cabbage			chicken broth, white wine, salt, pepper, bay leaf powder	
		coleslaw		vegetable oil, sugar (light brown)	carrots, cabbage, cucumber			vinegar, salt, pepper	
		milk	milk						
17	Wed	World Food ☆ South Korea ☆						614	21.8
		rice		rice					
		seaweed soup	wakame	roasted sesame seeds	ginger, spring onion	chicken broth, salt, pepper, soy sauce			
		spicy chicken	chicken	sugar, tteok-bokki, vegetable oil, starch, roasted sesame seeds	ginger, garlic, Chinese cabbage kimchi, carrots, cabbage, spring onion, Chinese chives	sake, soy sauce, pepper, gochujang			
		bean sprout and komatsuna namuru		sesame oil	komatsuna, carrots, bean sprouts	soy sauce, chili oil			
		yogurt drink	yogurt drink						

☆Menus may change due to availability of food.

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
18	Thu	yakisoba	pork	vegetable oil, Chinese noodles, sesame oil	carrots, onions, cabbage, bean sprouts, Chinese chives, shiitake	sake, salt, pepper soy sauce, oyster sauce	527	19.6
		Jako salad	chirimen-jako	sesame oil, sugar (light brown)	mizuna, komatsuna, bean sprouts, carrots, ginger	vinegar, salt, pepper, soy sauce, sake		
		fruit (apple)			apple			
		milk	milk					
19	Fri	Japanese event food ☆ The Thirteenth Night menu ☆					663	25.0
		rice		rice				
		seasonal soup	kamaboko		komatsuna, spring onion	konbu, fish shaving (soup), salt, soy sauce		
		fried mandai (sunfish)	mandai (sunfish)	roasted sesame seeds	ginger, spring onion, garlic	soy sauce, mirin, sake		
		daikon and cucumber pickles			cucumber, daikon, ginger	salt		
		sweet azuki-bean dumplings	adzuki bean	rice flour, sugar (light brown)	pumpkin	salt		
milk	milk							
22	Mon	Parent-Child Reading Week ☆ inspired by 'Tsukiyono Cabbage-kun' ☆					626	22.8
		barley rice		rice, barley				
		miso soup with eggplant and onion	miso		eggplant, onions	fish shaving (soup)		
		okara cabbage cutlet	minced pork, okara, egg	vegetable oil, flour, bread crumbs	onions, cabbage	salt, pepper, Worcester sauce		
		bean sprouts with sesame miso	miso	sugar (light brown), pickled sesame	komatsuna, carrots, bean sprouts	mirin, soy sauce		
milk	milk							
23	Tue	Parent-Child Reading Week ☆ inspired by 'Don't Forget the Bacon' and 'Oshaberina Tamagoyaki' ☆					625	18.6
		shrimp pilaf	shrimp	rice, vegetable oil	carrots, onions, whole corn boiled mushrooms, parsley	salt, pepper, white wine		
		bacon and vegetable chowder	bacon, milk	vegetable oil, potatoes, flour	onions, carrots, ginger	chicken broth, salt, pepper, bay leaf powder		
		okashina egg	agar powder	sugar	canned apricots, apple juice			
milk	milk							
24	Wed	Parent-Child Reading Week ☆ inspired by 'Gon, the Little Fox' and 'Momotaro the Peach Boy' ☆					597	23.7
		kitsune udon	chicken, fried tofu	sugar (light brown), udon noodle	onions, carrots, daikon, komatsuna	kombu, fish shaving (soup), salt, soy sauce, mirin		
		Chinese cabbage isoe	shredded nori		komatsuna, Chinese cabbage, bean sprouts	soy sauce		
		kibi dango	kinako (soy bean powder)	glutinous rice, sugar (light brown)		salt		
milk	milk							
25	Thu	Parent-Child Reading Week ☆ inspired by 'Heidi' and 'Danshi Bento-bu Yasai de Shōbu da!' ☆					543	19.3
		Heidi's white bread		flour, sugar, vegetable oil		salt, dry yeast		
		ratatouille	bacon, milk	olive oil, vegetable oil	garlic, onions, celery, zucchini, eggplant, green pepper, yellow and red bell pepper	white wine, salt, pepper, oregano, nutmeg, bay leaf powder		
		cabbage and corn salad		vegetable oil	carrots, cabbage, cucumber, whole corn, onions	vinegar, salt, pepper		
milk	milk							
26	Fri	Parent-Child Reading Week ☆ inspired by 'The Family of Fourteen Fix Breakfast' and 'Salada de Genki' ☆					632	26.5
		rice		rice				
		mushroom soup		konyakku, starch	carrots, daikon, shiitake, shimeji and enoki mushrooms, spring onion	kombu, fish shaving (soup), salt, soy sauce		
		baked omelette	minced chicken, egg	vegetable oil, sugar (light brown)	onions, carrots, dried shitake, peas	sake, salt, soy sauce		
		Ri-chan salad	ham, kombu, bonito flakes	sugar (light brown), vegetable oil, sesame oil	cabbage, cucumber, carrots, whole corn	vinegar, salt, pepper		
milk	milk							
29	Mon	Parent-Child Reading Week ☆ inspired by 'Meguro no Sanma' ☆					645	25.4
		rice		rice				
		pork and vegetable miso soup	pork, miso, tofu	vegetable oil, potatoes	burdock root, carrots, daikon, spring onion	fish shaving (soup)		
		grilled sanma	sanma (pacific saury)			salt, soy sauce		
		Chinese cabbage with sesame miso	miso	sugar (light brown), pickled sesame	komatsuna, Chinese cabbage, carrots	soy sauce, mirin		
milk	milk							
30	Tue	Parent-Child Reading Week ☆ inspired by 'The Mountain of Flowers' ☆					628	24.7
		barley rice		rice, barley				
		seasonal clear soup	kamaboko (fish cake)		komatsuna, spring onion	fish shaving (soup)		
		hanasaki shumai (steamed dumpling)	minced pork	shumai wrappers	onions, bean shoots, dried shitake, ginger	salt, soy sauce		
		bean sprouts hitashi			komatsuna, carrots, bean sprouts	soy sauce		
milk	milk							
31	Wed	World Food ☆ Halloween ☆ and Parent-Child Reading Week ☆ inspired by 'The Family of 14 Grow a Pumpkin' ☆					642	27.4
		garlic bread		bread, vegetable oil	garlic, parsley			
		vegetable soup	chicken		ginger, carrots, onions, cabbage	chicken broth, salt, pepper, bay leaf powder		
		pumpkin gratin	minced chicken, cheese	vegetable oil, macaroni, flour	pumpkin, garlic, celery, onions, mushrooms, tomatoes, tomato juice, carrots	salt, pepper		
		broccoli salad		vegetable oil	carrots, cabbage, broccoli, cucumber, onions	vinegar, salt, pepper		
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.

