

# November Lunch Menu





October 31, 2018

Manner Goal : Let's eat lunch with appreciation!  
 Nutrition Goal : Let's try to eat food we dislike.

Higashimachi ES Principal Yoji Hatano  
 School Nutritionist Ayako Koide

Date	Day	Menu	Main Ingredients and their Nutrients				energy	protein	
			For Building our Bodies	For Warming our Bodies	For Balancing our Bodies	Other	kcal	g	
1	Thu	<b>Parent-Child Reading Week ☆ From 「Nine Stories」 「Ruru and Lala's Sweet Potatoes」 ☆</b>						651	19.3
		Tomato Spaghetti	bacon	olive oil, sugar, spaghetti	garlic, onion, shimeji mushroom tomato	salt, pepper, spicy red pepper paprika, bay leaf powder, basil tomato puree, ketchup			
		Coleslaw		salad oil, light brown sugar	carrot, cabbage, cucumber	vinegar, salt, pepper			
		Sweet Potato	milk, fresh cream, egg	sweet potato, butter, sugar					
		Milk	milk						
2	Fri	<b>Parent-Child Reading Week ☆ From 「Lunch Leader」 「Fruitjelly de hakkiri yuki」 ☆</b>						702	18.8
		Curry Rice	chicken	rice, vegetable oil potatoes, flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt bay leaf powder, ketchup curry powder, coriander garam masala			
		Iron-Rich Salad	hijiki (seaweed) chirimen jaku	(light brown) sugar vegetable oil, sesame oil white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper, sake			
		Fruit Jelly	agar powder (kanten)	(white) sugar	apple juice, canned mandarins canned pineapple				
		Milk	milk						
3	Sat	<b>Culture Day</b>							
5	Mon	Chestnut Rice		rice, glutinous rice chestnut, black sesame		Japanese wine, salt	634	25.2	
		Sumashi Soup	steamed fish paste		komatsuna, scallion	kombu broth, chicken broth salt, soy sauce			
		Yellowtail Teriyaki	yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Chinese Cabbage with Mustard Sauce			komatsuna, carrot Chinese cabbage	mustard, soy sauce			
		Milk	milk						
6	Tue	Sandwich (Tuna / Cheese)	tuna, sliced cheese	bread, whole wheat bread mayonaise	cucumber	salt, pepper, grain mustard	603	22.1	
		Cream Soup with Mushrooms	bacon, milk	vegetable oil, flour	garlic, onion, ginger boiled mushrooms shiitake, shimeji, parsley	chicken broth, salt, pepper bay leaf powder			
		Pumpkin Salad	fresh cream	butter	pumpkin, carrot, cucumber whole corn	salt, pepper, paprika			
		Milk	milk						
7	Wed	Rice		rice			590	29.1	
		Hearty Miso Soup	miso, tofu	konnyaku	carrot, burdock root komatsuna, scallion	chicken broth			
		Spanish Mackerel in Onion Sauce	Spanish mackerel	(light brown) sugar	ginger, scallion, garlic	Japanese wine, soy sauce, vinegar			
		Marinated Bean Sprouts	shredded nori		komatsuna, carrot, bean sprouts	soy sauce			
		Milk	milk						
8	Thu	<b>Healthy Teeth Day (11/8) ☆ Chewing Menu ☆</b>						551	23.0
		Kakitama Udon	pork, fried tofu, egg	vegetable oil udon noodles	carrot, scallion	kombu broth, mirin, salt, soy sauce thickened chicken broth			
		Burdock Root Salad		vegetable oil, sesame oil roasted sesame seeds	carrot, burdock root green beans	vinegar, salt, soy sauce			
		Seaweed Beans	soybean, seaweed	vegetable oil, starch potatoes		salt			
		Milk	milk						
9	Fri	Rice Balls (wakame, red perilla)	wakame, yakinori	rice	yukari shiso (red perilla)		604	27.0	
		Chanko Soup	chicken, fried tofu, cod	vegetable oil, sesame oil konnyaku	burdock root, carrot, daikon dried shiitake, shimeji Chinese cabbage, scallion	kombu broth, chicken broth salt, soy sauce, sake			
		Marinated Cabbage			cabbage, carrot	salt			
		Fruit (mandarin)			mandarin				
		Milk	milk						
12	Mon	Rice		rice			616	20.3	
		Tofu and Mushroom Soup	tofu		ginger, shimeji, shiitake enoki mushroom	chicken broth, salt, pepper Japanese wine, soy sauce			
		Fried Gyoza	minced pork	vegetable oil, sesame oil dumpling wrappers	garlic, ginger, Chinese cabbage scallion, chives	salt, pepper, soy sauce			
		Namul of Bean Sprouts and Komatsuna		sesame oil	komatsuna, carrot, bean sprouts	soy sauce, chili oil			
		milk	milk						
13	Tue	Mayonaisse Corn Toast	mixed cheese	bread, mayonaise	onion, whole corn	pepper	638	21.7	
		Chicken Tomato Stew	chicken	vegetable oil, potatoes (light brown) sugar, flour	onion, carrot, celery, ginger whole tomato, tomato juice cabbage	red wine, chicken broth tomato puree, salt, pepper bay leaf powder			
		Sweet Potato and Broccoli Salad		sweet potato vegetable oil	carrot, broccoli, cucumber onion	vinegar, salt, pepper			
		Milk	milk						
14	Wed	<b>Event Menu ☆ School Anniversary ☆</b>						693	27.6
		Sea Bream Rice	sea bream	rice, (light brown) sugar	ginger, green onion	kombu broth, sake, mirin, soy sauce			
		Clear Soup	naruto		komatsuna, carrot	kombu broth, fish shavings (soup) salt, soy sauce			
		Special Tofu	minced chicken, tofu, egg	vegetable oil (light brown) sugar, starch	carrot, bamboo shoot dried shiitake, ginger	salt, soy sauce, mirin			
		Red and White Namasu		(white) sugar roasted sesame seeds	carrot, daikon	salt, apple vinegar			
		Fruit Punch		(white) sugar, rice flour	canned mandarins canned peaches, canned beets				
		Milk	milk						

☆ Menus may change due to availability of food.

Date	Day	Menu	Main Ingredients and their Nutrients				energy	protein
			For Building our Bodies	For Warming our Bodies	For Balancing our Bodies	Other	kcal	g
15	Thu	Tantanmen	minced pork	Chinese noodles, vegetable oil sesame oil, (white) sugar white sesame seeds	garlic, ginger, scallion carrot, dried shiitake, chives bean sprouts	Chinese chili paste, salt, pepper sweet bean paste, chicken broth soy sauce, chili oil	656	25.1
		Chinese Sesame Salad with Chinese Cabbage		vegetable oil, sesame oil white sesame seeds	carrot, Chinese cabbage cucumber	vinegar, salt, soy sauce, pepper		
		Fruit (apple)			apple			
		Milk	milk					
16	Fri	Barley Rice		rice, barley			581	24.1
		Yoshino Soup	tofu	taro, starch	carrot, daikon, scallion	kombu broth, fish shavings (soup) salt, soy sauce		
		Scombrops Gilberti Teriyaki	Scombrops Gilberti (fish)	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Spicy Seasoned Cabbage			komatsuna, carrot, cabbage	mustard, soy sauce		
Milk	milk							
19	Mon	Rice		rice			619	25.6
		Tofu Hamburger	minced pork, tofu egg, miso	panko, roasted sesame seeds sesame oil, (light brown) sugar starch	onion, ginger, dried shiitake	salt, pepper, soy sauce, mirin, sake		
		Turnip and Cucumber			turnip, cucumber yukari shiso (red perilla)	salt		
		Daikon with Yuzu Miso Sauce	miso	(light brown) sugar, starch	daikon, yuzu	chicken broth, salt, soy sauce mirin, sake		
Milk	milk							
20	Tue	Kimchi Fried Rice	pork, egg	rice, vegetable oil	carrot, Chinese cabbage kimchi bean sprouts, green pepper	Japanese wine, salt, pepper soy sauce	659	25.5
		Wanton Soup	minced pork	wonton wrapper, sesame oil	ginger, carrot, bamboo shoot Chinese cabbage, bean sprouts scallion, komatsuna	chicken broth, salt, pepper soy sauce, sake		
		Fruit (persimmon)			persimmon			
		Milk	milk					
21	Wed	Pork Bun	minced pork	sesame oil, all-purpose flour (white) sugar, vegetable oil	bamboo shoot, dried shiitake onion	salt, pepper, soy sauce baking powder, dry yeast	706	27.9
		Chinese Egg Soup	egg	starch	ginger, carrot, scallion	chicken broth, sake, salt pepper, soy sauce		
		Chinese Vermicelli Sesame Salad		vermicelli, vegetable oil sesame oil white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper		
		Milk	milk					
22	Thu	<b>Japanese Food Day (11/24)</b>					637	22.7
		Rice		rice				
		Kenchin Soup	tofu	vegetable oil, sesame oil, taro	burdock root, carrot, daikon scallion	kombu broth, fish shavings (soup) salt, soy sauce		
		Simmered Miso Saba	saba mackerel, miso	(light brown) sugar, starch	ginger	Japanese wine, soy sauce		
		Pickled Cabbage and Cucumber			cabbage, cucumber	salt		
Milk	milk							
23	Fri	 <b>Labor Thanksgiving Day</b> 						
26	Mon	Rice		rice			650	22.5
		Tofu and Nameko Mushroom Miso Soup	tofu, miso		nameko mushroom, komatsuna scallion	chicken broth		
		Stir fried pork ginger	pork	vegetable oil, starch	ginger, onion	soy sauce, sake		
		Potato Salad		potatoes, mayonaise	carrot, cucumber whole grain corn	vinegar, salt, pepper		
Milk	milk							
27	Thu	<b>World Food ☆ Mexico ☆</b>					616	24.4
		Taco	minced pork, soy bean assorted cheese	tortilla, vegetable oil	garlic, ginger, onion, carrot cabbage, mini tomato	red wine, paprika, ketchup Worcester sauce, pepper tabasco, soy sauce		
		Chick Pea Soup	chick peas		carrot, onion, komatsuna whole tomato, ginger	salt, pepper, chicken broth		
		Banana Chimichanga		vegetable oil, eggroll wrapper powdered sugar	banana			
Yoghurt Drink	yoghurt drink							
28	Wed	<b>Japanese local food ☆ Kumamoto Prefecture ☆</b>					672	20.4
		Takana Fried Rice	egg	rice, sesame oil roasted sesame seeds	takana pickles	Japanese wine, salt, soy sauce, mirin		
		Taipien	pork, shrimp, squid	vegetable oil, vermicelli sesame oil	ginger, carrot, Chinese cabbage bamboo shoot, string bean cloud ear mushroom	chicken broth, sake, oyster sauce salt, pepper, soy sauce		
		Ikinari Dango	skinless bean paste	rice flour, flour, (white) sugar sweet potato	onion, carrot, shiitake mushroom	salt		
Milk	milk							
29	Thu	Chinese Fried Noodles	pork	vegetable oil, Chinese noodles (light brown) sugar, starch	onion, carrot, bamboo shoot dried shiitake, Chinese cabbage bean sprouts, snow peas	salt, pepper, soy sauce, vinegar	556	20.5
		Broccoli and Cabbage Salad		vegetable oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce		
		Fruit ( apple )			apple			
		Milk	milk					
30	Fri	Three-Color Rice Bowl	egg, minced chicken	rice, vegetable oil, sesame oil (light brown) sugar	ginger, komatsuna	salt, vinegar, sake, soy sauce	676	26.1
		Root Vegetable Soup	miso	vegetable oil, sweet potato konnyaku	burdock root, carrot, daikon scallion	chicken broth		
		Chinese Cabbage with Sesame		(light brown) sugar white sesame seeds	carrot, Chinese cabbage bean sprouts	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.