



SEPTEMBER LUNCH MENU



2015/9/1

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

Manner Goal : Eat and finish school lunch within the assigned time.
Nutrition Goal : Eat three meals (breakfast, lunch & dinner) every day.

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	Tue	☆ Disaster Preparedness Day Menu ☆					627	27.3
		rice		rice				
		suiton soup	pork, egg	salad oil, rice flour wheat flour	carrot, daikon, scallion Chinese cabbage, komatsuna	konbu, 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	salad oil, (light brown) sugar	carrot	fish shavings (soup), mirin soy sauce		
		milk	milk					
2	Wed	Cold Chinese noodles	chicken, fried tofu, egg	Chinese noodles, salad oil sesame oil, (light brown) sugar white sesame seeds	ginger, carrot, dried shiitake cucumber, bean sprouts	fish shavings (soup), soy sauce vinegar, sake, mustard, salt	583	23.7
		fried qing gin cai		salad oil, sesame oil	carrot, onion, bok-choy	sake, salt, pepper, soy sauce		
		fruit (frozen orange)			frozen orange			
		milk	milk					
3	Thu	bread		bread			653	28.4
		vegetable soup	bacon	potato	ginger, carrot, onion parsley, mushroom, cabbage	chicken broth, salt powdered bay leaf		
		grilled chicken and cheese	chicken, cheese			white wine, salt, pepper		
		tomato salad		salad oil, (light brown) sugar	tomato, onion	vinegar, salt, pepper, basil		
		milk	milk					
4	Fri	Sichuan style eggplants on rice	pork, miso	rice, salad oil, sesame oil (light brown) sugar, starch	eggplant, garlic, ginger, carrot bamboo shoots, scallion Chinese chives	sake, soy sauce Chinese chili paste	613	20.5
		Japanese bean sprout salad		salad oil, sesame oil white sesame seeds	cabbage, cucumber bean sprouts	vinegar, salt, soy sauce pepper		
		sweet azuki-bean jelly	agar powder(kanten) pureed sweet bean jam	(white) sugar				
		milk	milk					
7	Mon	barley rice		rice, barley			584	27.2
		dried fish toppings	chirimen jako fish shavings, nori	roasted sesame seeds	yukari shiso (red perilla)			
		kenchin soup	tofu	salad oil, sesame oil, taro	burdock, carrot, daikon scallion	konbu , fish shavings (soup) salt , soy sauce		
		Dried daikon omelette	chicken, egg	salad oil, (light brown) sugar	scallion, dried radish	sake, salt, soy sauce		
		Chinese cabbage dressed with mustard			komatsuna, carrot Chinese cabbage	mustard, soy sauce		
		milk	milk					
8	Tue	stir fried noodles w/vegetable sauce	pork, squid, shrimp	salad oil , Chinese noodles (light brown) sugar , starch	carrot , onion , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	salt , pepper, sake soy sauce, chili oil	670	25.6
		Chinese broccoli & cabbage salad		salad 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					
9	Wed	~Eat Japanese Traditional Food~ ☆ celebrating the arrival of fall (chrysanthemum flower) ☆					564	28.0
		chrysanthemum flower rice	chicken	rice, glutinous rice, salad oil	carrot, chrysanthemum flower dried shiitake	konbu, salt, soy sauce sake, mirin		
		clear soup	tofu, fish cake (kamaboko)		komatsuna	konbu, fish shavings (soup) salt, soy sauce		
		grilled Spanish mackerel w/miso	Spanish mackerel Saikyo miso			sake		
		pickled cabbage w/yukari			cabbage , yukari shiso (red perilla)	salt		
		milk	milk					
10	Thu	hot dog	frankfurter	bread, salad oil	cabbage	salt, ketchup	557	20.6
		pot au feu-stew	chicken	salad oil, potato	celery, carrot, onion ginger, cabbage	chicken broth, white wine, salt pepper, powdered bay leaf		
		vegetable crisps		potato	carrot, pumpkin, burdock	salt		
		milk	milk					
11	Fri	rice		rice			543	26.4
		Miso soup w/radish and wakame-seaweed	miso, wakame (seaweed)		daikon, scallion	fish shavings (soup)		
		grilled fish	Merlucciidae, bacon		red bell pepper, onion enoki mushroom	salt, pepper, white wine soy sauce		
		marinated cabbage w/salted seaweed	salted konbu	roasted sesame seeds	cabbage, bean sprouts, carrot	soy sauce		
		milk	milk					
14	Mon	rice		rice			630	20.8
		Chinese soup w/tofu & mushroom	tofu		ginger, shimeji, shiitake enoki mushroom	chicken broth, sake, salt pepper, soy sauce		
		fried dumpling	pork	salad oil, gyoza wrapper sesame oil	garlic, ginger, Chinese cabbage scallion , Chinese chives	salt, pepper, soy sauce		
		bean sprouts & komatsuna namul		sesame oil	komatsuna, carrot, bean sprouts	soy sauce, chili oil		
		milk	milk					

★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
15	Tue	~Food from Minato~ ☆ shiba daradara festival (ginger festival) ☆					592	26.8
		ginger rice		rice, roasted sesame seeds	ginger	konbu, sake, salt, soy sauce		
		Teriyaki fish	salmon	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		White radish & hijiki salad	hijiki(seaweed)	(light brown) sugar salad oil, sesame oil white sesame seeds	cabbage, cucumber, daikon	salt, pepper, soy sauce, vinegar		
		fruit (pear)			pear			
		milk	milk					
		Fish Burger	Patagonian grenadier, egg	bread, salad oil wheat flour, pankko	cabbage	salt, pepper, ketchup worcestershire sauce	693	27.3
		minestrone	bacon	salad oil, potato macaroni	garlic, celery, carrot onion, ginger, tomato tomato juice , cabbage	chicken broth, salt tomato puree powdered bay leaf		
		broccoli green salad		salad oil	broccoli, cabbage cucumber, onion	vinegar, salt, pepper		
		french fries		salad oil, potato		salt		
		milk	milk					
17	Thu	eggplant dried curry	pork, chickpeas cheese	rice, salad oil, wheat flour	garlic, ginger, onion carrot, eggplant	tomato puree, salt, nutmeg powdered bay leaf, curry powder worcestershire sauce	628	21.2
		turnip salad		salad oil	cabbage, turnip, cucumber onion	vinegar, salt, pepper		
		fruit yogurt	yogurt	powdered sugar	banana, canned peach canned orange			
		milk	milk					
18	Fri	~Eat Japanese Traditional Food~ ☆ the first day of the equinox week.(9/20) ☆					583	22.3
		Kakitama Udon Noodles	pork, fried tofu, egg	salad oil, udon noodle	carrot, scallion	mirin, salt, soy sauce		
		Japanese style cabbage salad		salad oil, sesame oil white sesame seeds	carrot, komatsuna, cabbage	vinegar, salt, soy sauce, pepper		
		ohagi	adzuki bean, soy bean flour	glutinous rice, rice (white) sugar		salt		
		milk	milk					
24	Thu	bacon bread	bacon	bread flour, (white) sugar salad oil		salt, dried yeast	663	21.7
		biscuit bread	egg	bread, salad oil, wheat flour (light brown) sugar almond powder				
		tomato stew	pork	salad oil , potato (light brown) sugar wheat flour	onion, carrot, celery, ginger whole tomatoes, tomato juice cabbage	red wine, chicken broth, salt tomato puree, pepper powdered bay leaf		
		three-color pickles		granulated sugar	carrot, cucumber, turnip	white wine, apple vinegar, salt powdered bay leaf		
		milk	milk					
25	Fri	~Eat Japanese Traditional Food~ ☆ moon viewing(sweet dumplings) (9/27) ☆					sweet soy 669	sweet soy 22.3
		rice		rice				
		seasonal soup	fish cake (kamaboko)		komatsuna, scallion	konbu, fish shavings (soup) salt, soy sauce		
		fried chicken w/green onion sauce	chicken	salad oil, starch, wheat flour (light brown) sugar roasted sesame seeds	ginger, scallion, garlic, perilla	soy sauce, sake, vinegar		
		pickled daikon & cucumber			cucumber, daikon, ginger	salt		
		Selected dessert rice dumplings with sweet soybean flour/ sweet soy glaze	soy bean flour	rice flour, (white) sugar (light brown) sugar, starch		soy sauce, mirin		
		milk	milk			sweet soybean 693	sweet soybean 24.0	
28	Mon	~World Food~ Day of Human Rights ☆ Singapore ☆					666	24.1
		Hainanese chicken rice	chicken	rice, sesame oil (light brown) sugar	onion, garlic, ginger tomato, cucumber	soy sauce, sake Chinese chili paste		
		Singapore Fried Noodle	shrimp	salad oil, rice vermicelli	carrot, onion, bean sprouts cabbage, Chinese chives	salt, pepper, curry powder soy sauce		
		milk jelly blueberry sauce	agar powder(kanten) , milk	(white) sugar	blueberry jam	red wine		
		drinkable yogurt	drinkable yogurt					
29	Tue	mushroom spaghetti	bacon	salad oil, starch olive oil, spaghetti	garlic, ginger, onion carrot, shimeji eringi mushroom	sake, salt, pepper soy sauce	537	19.1
		cabbage salad w/carrot dressing		salad oil	tomato, cucumber, cabbage onion, carrot	salt, vinegar, pepper		
		fruit (grape)			grape			
		milk	milk					
30	Wed	~Japanese local food~ ☆ Nagano Prefecture ☆					697	22.7
		kimutaku rice	bacon	rice, salad oil	kimchi, pickled daikon	soy sauce		
		tonjiru soup	pork, miso, tofu	salad oil, potato	burdock, carrot, daikon, scallion	fish shavings (soup)		
		oyaki	fish shavings	wheat flour, salad oil sesame oil	pickled nozawana			
		milk	milk					

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~Dear Parents~

A refund for the lunch 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 !

