



October Lunch Menu



2015/9/30

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School Nutritionist: Ms. Koide

Manner Goal : Be careful with your dishes
Nutrition Goal : Let's learn about main dish and side dish

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	Thu	Tokyo Citizen's Day							
2	Fri	~Japanese local food~ ☆ Tokyo ☆						697	26.4
		rice		rice					
		hearty miso soup	miso , tofu	konyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)			
		fried minced flying fish	flying fish , egg	panko , wheat flour vegetable oil	onion , garlic , ginger	ketchup , salt , pepper Worcestershire sauce (semi-thick)			
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						
5	Mon	rice		rice			621	22.3	
		miso soup w/daikon and fried tofu	fried tofu , miso		daikon	fish shavings (soup)			
		rolled egg	ham , egg	vegetable oil (light brown) sugar	onion , bamboo shoots , ginger dried shiitake , scallion	sake , salt , soy sauce			
		kinpira		vegetable oil , konyaku (light brown) sugar white sesame seeds	burdock , carrot , lotus root	mirin , soy sauce ground red chili pepper			
		fruit (pear)			pear				
				milk	milk				
6	Tue	bread		bread			507	26.5	
		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 basil , oregano , soy sauce			
		broccoli salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper			
				milk	milk				
7	Wed	Bento box lunch w/school family						apple 685	apple 24.0
		Loco Moco	pork , tofu egg , miso	rice , panko , sesame oil white sesame seeds (light brown) sugar , starch	onion , ginger , dried shiitake	salt , pepper , soy sauce mirin , sake			
		vegetable saute		vegetable oil , butter	carrot , onion , green peas canned corn	salt , pepper			
		German potato		vegetable oil , potato	onion , bell pepper	salt , pepper			
		mini-tomato			mini-tomato				
		Selected juice (apple juice / grapefruit juice)			apple juice/grapefruit juice				
8	Thu	rice		rice			564	22.8	
		kenchin soup	tofu	vegetable oil , sesame oil taro	burdock , carrot , daikon , scallion	fish shavings (soup) , salt soy sauce			
		grilled salted rice malt chicken	chicken			salted rice malt , sake			
		chirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna , ginger bean sprouts , carrot	vinegar , soy sauce , salt , sake			
				milk	milk				
9	Fri	spaghetti with tomato sauce	bacon	olive oil , (white) sugar spaghetti	garlic , onion , shimeji , tomato	salt , pepper , chili pepper paprika powder , basil powdered bay leaf tomato puree , ketchup	580	21.2	
		coleslaw		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper			
		blueberry yogurt	yogurt	powdered sugar	blueberry , blueberry jam	red wine			
				milk	milk				
12	Mon	Sports Day							
13	Tue	rice		rice			541	24.1	
		grilled squid w/ green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		Chikuzenni stew	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			
		turnip and cucumber pickles			turnip , cucumber yukari shiso (red perilla)	salt			
				milk	milk				
14	Wed	burdock garlic fried rice		rice , olive oil	burdock , garlic , parsley canned corn	salt , soy sauce	576	21.4	
		tofu and mushroom soup	tofu		ginger , shimeji , enoki mushroom	chicken broth , sake , salt pepper , soy sauce			
		chicken apple sauce	chicken	(white) sugar	apple , lemon	white wine , salt , pepper , mirin soy sauce , apple vinegar , red wine			
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper			
				milk	milk				
15	Thu	fried noodles	pork , sakura shrimp , nori	vegetable oil Chinese noodles	onion , carrot , dried shiitake cabbage , bean sprouts	salt , pepper Worcestershire sauce Worcestershire sauce (semi-thick)	609	20.7	
		bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , pepper , soy sauce			
		fruit (persimmon)			persimmon				
				milk	milk				
16	Fri	Dried Baby Sardines Wakame ice	chirimen jako wakame (seaweed)	rice			628	26.3	
		turnip miso soup	fried tofu , miso		turnip , scallion	fish shavings (soup)			
		omlet with dried daikon	chicken , egg	vegetable oil (light brown) sugar	scallion , dried radish	sake , salt , soy sauce			
		marinated cabbag			komatsuna , cabbage , carrot	soy sauce			
				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
19	Mon	rice		rice			665	31.4
		seaweed soup	wakame (seaweed)	white sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt , pepper , soy sauce		
		sweet and sour cod	cod	starch , vegetable oil , (light brown) sugar	carrot , bamboo shoots , onion dried shiitake , bell pepper red bell pepper , yellow bell pepper	soy sauce , vinegar , ketchup		
		Chinese cabbage pickles			Chinese cabbage , carrot	salt		
		fruit (satsuma orange)			satsuma orange			
		milk	milk					
20	Tue	~World Food~ Day of Human Rights ☆ Italy ☆					723	16.0
		Caponata bowl	chicken	rice , vegetable oil	onion , red bell pepper , zucchini shiitake , eggplant , garlic , parsley whole tomatoes , ginger	powdered bay leaf , chicken broth basil , oregano , Tabasco Worcestershire sauce soy sauce , salt , pepper Worcestershire sauce (semi-thick)		
		Noodle Soup	bacon	macaroni	ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf		
		Panna cotta	milk , fresh cream	(white) sugar	canned peach	powdered agar , white wine		
		drinkable yogurt	drinkable yogurt					
21	Wed	miso ramen	pork , miso	Chinese noodles , starch vegetable oil , sesame oil	garlic , ginger , carrot onion , cabbage , Chinese chives dried shiitake , scallion , canned corn	chicken broth , mirin , soy sauce sweet bean paste , pepper	646	21.8
		Chinese cabbage and crispy deep fried tofu salad	fried tofu	vegetable oil (light brown) sugar white sesame seeds	Chinese cabbage , cucumber carrot , ginger	vinegar , salt , soy sauce		
		sweet potato	milk , fresh cream , egg	sweet potato , butter (white) sugar				
		milk	milk					
22	Thu	rice		rice			650	22.5
		miso soup w/nameko and tofu	tofu , miso		nameko mushroom komatsuna , scallion	fish shavings (soup)		
		grilled ginger pork	pork	vegetable oil , starch	ginger , onion	soy sauce , sake		
		potato salad		potato , mayonnaise	carrot , cucumber , canned corn	vinegar , salt , pepper		
		milk	milk					
23	Fri	Eat Japanese Traditional Food ☆ The Thirteenth Night menu (10/25) ☆					672	26.7
		seasoned rice		rice , chestnut , ginkgo nut (light brown) sugar	bamboo shoots , dried shiitake shimeji , carrot	kombu , fish shavings (soup) sake , soy sauce , salt		
		seasonal soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) soy sauce , salt		
		teriyaki fish	opah	white sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake		
		daikon and cucumber pickles			cucumber , daikon , ginger	salt		
		sweet azuki-bean dumplings	azuki-bean	rice flour , (light brown) sugar	pumpkin	salt		
		milk	milk					
26	Mon	~Parent-Child Reading Week Lunch~ inspired by "Meguro no Sanma"***					639	25.5
		rice		rice				
		mushroom Japanese soup		taro , konyaku , starch	shimeji , enoki mushroom shiitake , green onions	kombu , fish shavings (soup) salt , soy sauce		
		grilled sanma(saury)	saury			salt , soy sauce		
		sesame miso Chinese cabbage	miso	(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	mirin , soy sauce		
		milk	milk					
27	Tue	~Parent-Child Reading Week Lunch~ inspired by "Ponpon the Panda"***					569	20.8
		potato salad sandwich	tuna	bread , butter , potato mayonnaise	cabbage , cucumber , carrot canned corn	vinegar , salt , pepper		
		fall cream soup	salmon , milk	vegetable oil , wheat flour	garlic , onion , ginger mushroom , shiitake shimeji , komatsuna	white wine , chicken broth , salt powdered bay leaf , pepper		
		cabbage and tomato salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
		milk	milk					
28	Wed	~Parent-Child Reading Week Lunch~ inspired by "The Witch of the West Is Dead"***					670	26.3
		seafood pilaf	squid , shrimp	rice , butter , vegetable oil	carrot , onion , canned corn mushroom , parsley	salt , pepper , white wine		
		vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt powdered bay leaf , pepper		
		quiche	salmon , egg , milk cheese , fresh cream	butter	garlic , onion , mushroom red bell pepper , spinach	white wine , salt pepper , oregano		
		milk	milk					
29	Thu	~Parent-Child Reading Week Lunch~ inspired by Japanese Fairy Tales***					612	22.0
		Kogitsune Udon	chicken , fried tofu	(light brown) sugar udon noodle	onion , carrot , daikon , komatsuna	kombu , fish shavings (soup) salt , soy sauce , sake , mirin		
		sesame bean sprout salad		(light brown) sugar white sesame seeds	carrot , Chinese chives bean sprouts	soy sauce		
		chestnut sweet potato	milk , egg	sweet potato , (white) sugar butter , candied chestnut wheat flour , vegetable oil vermicelli noodles		salt		
milk	milk							
30	Fri	~World Event Food~ ☆ Halloween ☆					718	18.7
		curry and rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , carrot , onion	red wine , chicken broth , salt powdered bay leaf , ketchup Worcestershire sauce curry powder		
		daikon salad		vegetable oil	cabbage , cucumber , daikon , onion	salt , vinegar , pepper		
		pumpkin pie	fresh cream	pie dough , (light brown) sugar	pumpkin	cinnamon powder , salt		
milk	milk							

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