



November Lunch Menu



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

Manner Goal : Let's be grateful for the food we eat.
Nutrition Goal : Let's try to eat the foods we don't like.

Date	Day	Menu	Main ingredients and their purposes				energy kcal	protein g	
			For building our bodies	For warming our bodies	For balancing our bodies	Others			
2	Mon	~Parent-Child Reading Week Lunch~ inspired by "THE RICEBALL ROLL"						607	25.5
		rice ball (yukari + wakame)	wakame (seaweed) , nori	rice	yukari shiso (red perilla)				
		tonjiru soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion	fish shavings (soup)			
		cabbage pickles			cabbage , carrot	salt			
		fruit (satsuma orange)			satsuma orange				
		milk	milk						
3	Tue	Culture Day							
4	Wed	~Parent-Child Reading Week Lunch~ inspired by "MOMOTARO The Peach Boy"						537	20.4
		kenchin udon noodles	pork , fried tofu	vegetable oil , taro (white) sugar , udon noodle	onion , carrot , daikon komatsuna	kombu , fish shavings (soup) salt , soy sauce , mirin			
		boiled Chinese cabbage w/ nori	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce			
		kibi dango	soy bean flour	glutinous rice , millet (light brown) sugar		salt			
		milk	milk						
5	Thu	~Parent-Child Reading Week Lunch~ inspired by "Komatta-san no croquette"						677	19.1
		rice		rice					
		miso soup w/ turnip and komatsuna	fried tofu , miso		turnip , scallion	fish shavings (soup)			
		tuna croquette	tuna , egg	vegetable oil , potato wheat flour , panko	onion , carrot	salt , curry powder Worcestershire sauce (semi-thick)			
		cabbage salad		vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper			
milk	milk								
6	Fri	~Parent-Child Reading Week Lunch~ inspired by "Lulu and Lala's Sparkling Jelly"						647	22.6
		chicken and egg bowl	chicken , egg , nori	rice , (light brown) sugar	onion mitsuba (Japanese honeywort)	kombu , fish shavings (soup) salt , soy sauce , sake , mirin			
		bean sprouts dressed with mustard			komatsuna , carrot , bean sprouts	soy sauce , mustard			
		Lulu and Lala's Sparkling Jelly	agar powder(kanten)	(white) sugar	grape juice , perilla juice canned pineapple	white wine , cider			
		milk	milk						
9	Mon	barley rice		rice , wheat					
		miso soup w/ eggplant and onion	miso		eggplant , onion	fish shavings (soup)			
		grilled squid	squid	(light brown) sugar	ginger , scallion	soy sauce , sake , vinegar ground red chili pepper			
		Simmered Kiriboshi-daikon	fried tofu	vegetable oil (light brown) sugar	carrot , dried radish dried shiitake	fish shavings (soup) , salt soy sauce			
		milk	milk						
10	Tue	honey-lemon toast		bread , butter , honey	lemon				
		chicken tomato stew	chicken , fresh cream	vegetable oil , potato wheat flour	carrot , onion , cabbage ginger , tomato	chicken broth , salt , pepper tomato puree , ketchup powdered bay leaf			
		apple & Chinese cabbage salad		vegetable oil , (white) sugar	apple , Chinese cabbage , cucumber	apple vinegar , salt , pepper			
		milk	milk						
11	Wed	~Let's Eat Local Specialties~ ☆ Nagasaki ☆						594	22.5
		Nagasaki Chanpon	pork , squid , shrimp naruto	Chinese noodles , lard sesame oil , vegetable oil (light brown) sugar	scallion , carrot , bean sprouts cabbage , ginger	salt , pepper , soy sauce sake , chicken broth Worcestershire sauce			
		komatsuna with sesame seeds		(light brown) sugar roasted sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce			
		steamed cake	egg , fresh cream	wheat flour , vegetable oil (light brown) sugar		baking powder			
		milk	milk						
12	Thu	School Anniversary Menu (11/14)						566	25.0
		Celebratory Red Bean Rice	red beans	rice , glutinous rice		sesame seeds mixed with salt			
		sumashi-jiru	naruto		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		grilled Spanish mackerel w/miso	Spanish mackerel Saikyo miso			sake			
		pickled turnip & cucumber			turnip , cucumber	salt			
milk	milk								
13	Fri	School Performance for students						512	21.9
		chicken and shrimp doria	chicken , shrimp milk , fresh cream cheese	rice , butter , vegetable oil wheat flour	celery , onion , ginger mushroom	salt , tomato puree , white wine pepper , chicken broth			
		broccoli and cabbage salad		vegetable oil	carrot , broccoli cabbage , canned corn	soy sauce , salt , pepper			
		fruit (satsuma orange)			satsuma orange				
milk	milk								
14	Sat	School Performance For Parents • School Anniversary Day							

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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	
16	Mon	rice		rice			577	21.9	
		miso soup w/ potato and wakame	miso , wakame (seaweed)	potato		fish shavings (soup)			
		teriyaki chicken	chicken	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		chirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna , ginger bean sprouts , carrot	vinegar , soy sauce , salt , sake			
		milk	milk						
17	Tue	~World Food~(Human Rights Day) ☆ China ☆						535	19.0
		Hand-made Mandarin rolls		wheat flour (white) sugar , vegetable oil		baking powder , dried yeast , salt			
		Chinese corn soup	egg	starch	ginger , onion , carrot , parsley canned corn , canned cream corn	chicken broth , salt , pepper soy sauce			
		squid and shrimp in chili sauce	squid , shrimp	vegetable oil , starch (light brown) sugar	garlic , ginger , scallion , onion	salt , soy sauce , sake ketchup , paprika powder Chinese chili paste Worcestershire sauce			
		harusame salad		glass noodles vegetable oil , sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce			
		drinkable yogurt	drinkable yogurt						
18	Wed	okara (soy pulp) & minced chicken rice bowl	egg , okara (soy pulp) chicken	rice , vegetable oil (light brown) sugar roasted sesame seeds	onion , ginger	salt , sake , soy sauce	573	23.8	
		mushroom Japanese soup		taro , konyaku , starch	carrot , daikon , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce			
		marinated komatsuna			komatsuna , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
19	Thu	fried noodles (yakisoba)	pork , shrimp	vegetable oil , sesame oil Chinese noodles	carrot , onion , cabbage , shiitake bean sprouts , Chinese chives	sake , salt , pepper , soy sauce oyster sauce	555	20.5	
		seaweed salad	seaweed imitation crab	vegetable oil , sesame oil white sesame seeds	daikon , cucumber	vinegar , salt , soy sauce , pepper			
		fruit (apple)			apple				
		milk	milk						
20	Fri	barley rice		rice , wheat			566	28.3	
		hearty miso soup	miso , tofu	konyaku	carrot , burdock , komatsuna , scallion	fish shavings (soup)			
		pork vegetable wrap with Japanese sauce	pork	(light brown) sugar , starch	enoki mushroom , carrot , ginger	salt , pepper , soy sauce , mirin			
		bean sprout salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper			
		milk	milk						
23	Mon	 Labour Day 							
24	Tue	yukari rice		rice	yukari shiso (red perilla)		554	20.2	
		stuffed freeze-dried tofu	freeze-dried tofu chicken , egg	(light brown) sugar	bean sprouts , dried shiitake , carrot	fish shavings (soup) , salt soy sauce , sake , mirin			
		marinated Chinese cabbage w/ sesame		(light brown) sugar white sesame seeds	carrot , Chinese cabbage , komatsuna	soy sauce			
		fruit (satsuma orange)			satsuma orange				
		milk	milk						
25	Wed	bread		bread			617	26.9	
		potato and vegetable soup		potato	ginger , carrot , onion	chicken broth , salt , pepper powdered bay leaf			
		chicken piccata	chicken , egg	wheat flour	parsley	salt , pepper , white wine ketchup			
		coleslaw		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper			
		milk	milk						
26	Thu	rice		rice			541	22.1	
		Chinese soup	pork , tofu	sesame oil	ginger , carrot , bamboo shoots scallion , enoki mushroom tsa tsai , komatsuna	chicken broth , sake , salt pepper , soy sauce			
		stir-fried pork and cabbage	pork , miso	vegetable oil , starch (light brown) sugar	garlic , cabbage , bell pepper red bell pepper , scallion , eringi	sweet bean paste , sake Chinese chili paste , salt soy sauce , pepper			
		spicy pickled cucumber		sesame oil	cucumber	salt , vinegar , soy sauce , chili oil			
		milk	milk						
27	Fri	Grilled saury bowl	saury	rice , vegetable oil , starch (light brown) sugar roasted sesame seeds	ginger	salt , soy sauce	648	21.4	
		miso soup w/daikon and komatsuna	fried tofu , miso		daikon , komatsuna , scallion	fish shavings (soup)			
		seasoned fried soybean and sweet potato	soy bean , chirimen jako	(light brown) sugar , starch vegetable oil , sweet potato roasted sesame seeds		soy sauce , mirin			
		milk	milk						
30	Mon	Ma bo bowl	pork , miso , tofu	rice , vegetable oil , starch (light brown) sugar sesame oil	garlic , ginger , carrot , scallion bamboo shoots , Chinese chives	Chinese chili paste , sake soy sauce , sweet bean paste	597	21.8	
		wakame soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt pepper , soy sauce			
		chinese style cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						

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