

## December Lunch Menu

Manner Goal: Let's take turns eating a little of each dish.

Nutrition Goal: Let's beat the cold!

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Date	Day	Menu	Main ingredients and their purposes  For building our bodies For warming bodies For balancing our bodies Others		Others	energy kcal	protein	
		World Food ☆ Russia ☆	I of building our bodies	i or warning bodies	i oi baiarionig our bodies	- Oulers	noal	K
3	Mon	hand-made pirozhki	ground pork	bread flour , (white) sugar vegetable oil vermicelli , starch	onion , bamboo shoot , shiitake	salt , dried yeast , pepper nutmeg , oyster sauce , soy sauce		
Sept.	્રું જેવા	borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , celery , ginger whole tomato , canned beets cabbage	red wine , chicken broth , tomato puree salt , pepper , powdered bay leaf	691	23.6
		Olivier salad	egg	potato , mayonnaise	carrot , onion , cucumber green peas	vinegar , salt , pepper		
		yogurt drink	yogurt drink					
	Tue	rice cooked with soy sauce and sake		rice		sake , soy sauce , kombu		
		oden	tube shaped fish cake hanper fish ball , fried tofu fritter	n (light brown) sugar , konnyaku	daikon	kombu , fish shavings (soup) sake , salt , soy sauce		18.3
4		marinated vegetable w/seaweed	shredded nori		komatsuna , Chinese cabbage bean sprouts	soy sauce	529	
		fruit ( satsuma orange ) milk			satsuma orange			
_		Japanese local food ☆ Yamanash	ni Prefecture <b>☆</b>					
<sup>5</sup>	Wed	Houtou udon	chicken , fried tofu , miso	vegetable oil , konnyaku Houtou udon	burdock , carrot , radish pumpkin , green onion	fish shavings (soup) , kombu soy sauce , sake	1	
		bean sprouts marinated with sesame seeds		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce	564	22.4
	J	mitarashi dango		rice flour , (white) sugar (light brown) sugar , starch		soy sauce		
		milk	milk					
		barley rice		rice , barley				
		wakame seaweed soup	wakame(seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt , pepper , soy sauce	1	
6	Thu	chicken and vegetable	chicken	starch , vegetable oil potato , (light brown) sugar	carrot , onion , bell pepper red bell pepper , yellow bell pepper lotus root , eggplant	soy sauce , vinegar , ketchup	558	19.8
		spicy pickled cucumber and turnip milk	milk	sesame oil	turnip , cucumber	salt , vinegar , soy sauce , chili oil	-	
	Fri		shrimp	rice , butter , vegetable oil	carrot , onion , canned corn mushroom , parsley	salt , pepper , white wine		
7		Vegetable and egg soup	bacon , egg	vegetable oil	celery , onion , ginger , tomato	chicken broth , salt , pepper powdered bay leaf	600	19.2
		French potato salad milk	milk	potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
	Mon		minced pork , miso , tofu	rice , vegetable oil , starch (light brown) sugar , sesame oil	garlic , ginger , carrot , scallion bamboo shoots , Chinese chive	sweet bean paste , Chinese chili paste sake , soy sauce	670	
10		Chinese vermicelli soup		glass noodles , sesame oil	ginger , carrot , bok-choy , scallion	chicken broth , sake , salt pepper , soy sauce		04.5
10		Chinese Sesame Salad with Cabbage		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper	672	24.5
		milk	milk	·				
		rice		rice			+	
		Clear Soup	hanpen		mitsuba (Japanese honeywort) carrot	salt , soy sauce , kombu fish shavings (soup)		
11	Tue	Deep fried tofu with vegetable and ground chicken sauce	tofu , minced chicken	vegetable oil , starch (light brown) sugar	onion , carrot , shiitake , spinach	salt , soy sauce , kombu fish shavings (soup) , sake , mirin	579	20.6
		marinated vetetable w/seaweed	shredded nori		komatsuna , carrot , bean sprouts	soy sauce	1	
		milk	milk		, , , , , , , , , , , , , , , , , , ,			
	Wed	spaghetti with grilled meat	pork	spaghetti , vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , onion , bell pepper enoki mushroom , shimeji , parsley	sake , soy sauce , mirin , salt , pepper		
12		Iron-Rich Salad	hijiki(seaweed) chirimen jako	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , vinegar , pepper	697	23.4
		mystery pyramid	milk , fresh cream , egg	sweet potato , butter (white) sugar , cracker				
		milk	milk					
	Thu	grilled ham & cheese sandwich	ham mixed cheese	bread				
		fried bread crusts with sugar		bread , vegetable oil granulated sugar , (white) sugar				
13		corn soup	chicken	vegetable oil , starch	carrot , onion , ginger , parsley canned cream corn , canned corn	chicken broth , salt , pepper powdered bay leaf	636	22.5
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		tomato & cucumber salad		olive oil	tomato , cabbage , cucumber , onion	vinegar , salt , pepper		

\*Menus may change due to availability of food.



~Dear Parents/Guardians ~
A refund for the 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 will be deducted. We appreciate your cooperation.

Dete	Day	Menu	Main ingredients and their purposes				energy	protein
Date			For building our bodies	For warming bodies	For balancing our bodies	Others	kcal	g
14	Fri	dry curry with eggplant	minced pork , chickpeas	rice , vegetable oil , wheat flour	garlic , ginger , onion , carrot eggplant	tomato puree , salt , curry powder pepper , Worchestershire sauce powdered bay leaf		20.9
		paripari salad		sweet potato , vegetable oil	carrot , broccoli , cucumber , onion	vinegar , salt , pepper	693	
		orange jelly	agar powder(kanten)	(white) sugar	orange juice			
		milk	milk					
17	Mon	rice		rice			687	
		omelette with tuna	tuna , egg	vegetable oil , (light brown) sugar	carrot , onion , shiitake , green peas	salt , sake , soy sauce		
		stir-fried vegitables	pork	vegetable oil	cabbage , carrot bean sprouts , bok-choy	sake , salt , pepper , soy sauce		29.1
		Fried sweet potato with caramel	soy bean , chirimen jako	vegetable oil , (light brown) sugar starch , sweet potato roasted sesame seeds		soy sauce , mirin		
		milk	milk				<u> </u>	
		hot dog	frankfurter	bread , vegetable oil	cabbage	salt , ketchup , Worchestershire sauce	584	20.7
4.0	Tue	pot-au-feu	chicken	vegetable oil , potato	celery , carrot , onion , ginger cabbage	chicken broth , white wine salt , pepper , powdered bay leaf		
18		vegetable chips		potato , vegetable oil	carrot , pumpkin , burdock	salt		
		fruit ( satsuma orange )			satsuma orange			
		milk	milk					
	Wed	miso ramen	pork , miso	Chinese noodles , vegetable oil sesame oil , starch white sesame seeds	garlic , ginger , carrot , onion Chinese cabbage , bean sprouts Chinese chive , dried shiitake scallion , canned corn	chicken broth , mirin , soy sauce sweet bean paste , pepper	554	
19		Japanese salad with cabbage		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	salt , vinegar , soy sauce , pepper		21.6
		fruit ( apple )			apple			
		milk	milk					
		Japan Event Day 🖈 Winter Solst	ice 🖈					
		rice		rice				25.7
	<u>_</u> .	tori–jiru	chicken , miso , tofu	vegetable oil , potato	burdock , carrot , daikon , scallion	fish shavings (soup)	600	
20	Thu	merluza roasted in foil	merluza , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine , soy sauce		
		stewed pumpkin		(light brown) sugar	pumpkin	fish shavings (soup) , salt , soy sauce		
		milk	milk					
21	Fri	World Event Food Day ☆ Christn	nas ☆					
		butter rice with cream sauce	chicken , milk	rice , vegetable oil , wheat flour	carrot , onion , mushroom ginger , broccoli	salt , pepper , powdered bay leaf chicken broth , white wine		
		macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion canned corn , red bell pepper yellow bell pepper	vinegar , salt , pepper	758	19.3
		Joulutorttu		pie crust , powdered sugar	dried prune			
		milk	milk					





The third term lunch starts from January 9th (Wed). Please bring your lunch mat and mask!!!

ir purposes		energy	protein		
ncing our bodies	Others	kcal	g		

Date	Day	Menu	Main ingredients and their purposes					protein
			For building our bodies	For warming bodies	For balancing our bodies	Others	kcal	g
1/7	Mon	Coming of Age Day  On the part of Age Day						
1/8	Tue	First Day Assembly • no lunch						
		~Japan Event Menu ~ ☆ Osechi−ryori ☆						
1/9		rice		rice				
	Wed	zouni	chicken , naruto	tteok , taro	carrot , daikon , dried shiitake komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce , mirin	653	30.5
1/3	VVCd	meatloaf	chicken , tofu , egg , miso	panko , (light brown) sugar	scallion , ginger	mirin	000	00.0
		Carrot and daikon salad		(white) sugar roasted sesame seeds	carrot , daikon	salt , apple vinegar		
		milk	milk					