



# December Lunch Menu

Manner Goal : Let's take turns eating a little of each dish.  
Nutrition Goal : Let's beat the cold!

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

Date	Day	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming bodies	For balancing our bodies	Others	kcal	g	
3	Mon	<b>World Food ☆ Russia ☆</b>						691	23.6
		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			
		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			
		Olivier salad	egg	potato , mayonnaise	carrot , onion , cucumber green peas	vinegar , salt , pepper			
		yogurt drink	yogurt drink						
4	Tue	rice cooked with soy sauce and sake		rice		sake , soy sauce , kombu	529	18.3	
		oden	tube shaped fish cake hanpen fish ball , fried tofu fritter	(light brown) sugar , konnyaku	daikon	kombu , fish shavings (soup) sake , salt , soy sauce			
		marinated vegetable w/seaweed	shredded nori		komatsuna , Chinese cabbage bean sprouts	soy sauce			
		fruit ( satsuma orange )			satsuma orange				
		milk							
5	Wed	<b>Japanese local food ☆ Yamanashi Prefecture☆</b>						564	22.4
		Houtou udon	chicken , fried tofu , miso	vegetable oil , konnyaku Houtou udon	burdock , carrot , radish pumpkin , green onion	fish shavings (soup) , kombu soy sauce , sake			
		bean sprouts marinated with sesame seeds		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce			
		mitarashi dango		rice flour , (white) sugar (light brown) sugar , starch		soy sauce			
		milk	milk						
6	Thu	barley rice		rice , barley			558	19.8	
		wakame seaweed soup	wakame(seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt , pepper , soy sauce			
		chicken and vegetable with sweet and sour thickened sauce	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			
		spicy pickled cucumber and turnip		sesame oil	turnip , cucumber	salt , vinegar , soy sauce , chili oil			
		milk	milk						
7	Fri	Shrimp pilaf	shrimp	rice , butter , vegetable oil	carrot , onion , canned corn mushroom , parsley	salt , pepper , white wine	600	19.2	
		Vegetable and egg soup	bacon , egg	vegetable oil	celery , onion , ginger , tomato	chicken broth , salt , pepper powdered bay leaf			
		French potato salad		potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper			
		milk	milk						
10	Mon	Mabo bowl	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	672	24.5	
		Chinese vermicelli soup		glass noodles , sesame oil	ginger , carrot , bok-choy , scallion	chicken broth , sake , salt pepper , soy sauce			
		Chinese Sesame Salad with Cabbage		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper			
		milk	milk						
11	Tue	rice		rice			579	20.6	
		Clear Soup	hanpen		mitsuba (Japanese honeywort) carrot	salt , soy sauce , kombu fish shavings (soup)			
		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			
		marinated vegetable w/seaweed	shredded nori		komatsuna , carrot , bean sprouts	soy sauce			
		milk	milk						
12	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	697	23.4	
		Iron-Rich Salad	hijiki(seaweed) chirimen joko	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , vinegar , pepper			
		mystery pyramid	milk , fresh cream , egg	sweet potato , butter (white) sugar , cracker					
		milk	milk						
13	Thu	grilled ham & cheese sandwich	ham mixed cheese	bread			636	22.5	
		fried bread crusts with sugar		bread , vegetable oil granulated sugar , (white) sugar					
		corn soup	chicken	vegetable oil , starch	carrot , onion , ginger , parsley canned cream corn , canned corn	chicken broth , salt , pepper powdered bay leaf			
		tomato & cucumber salad		olive oil	tomato , cabbage , cucumber , onion	vinegar , salt , pepper			
		milk	milk						

※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.

