



January lunch menu

Manner Goal : Let's eat with a good posture!
 Nutrition Goal : Let's learn about traditional Japanese food!



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 our bodies	For balancing our bodies	Others	kcal	g	
8	Tue	First Day Assembly • no lunch							
9	Wed	Japan Event Menu ☆ Osechi-ryori ☆						686	30.2
		Suzushiro rice	fried tofu	rice , vegetable oil sesame oil , roasted sesame seeds	daikon	kombu , fish shavings (soup) sake , salt , soy sauce			
		zouni	chicken , naruto	tteok , taro	carrot , daikon , dried shiitake komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce , mirin			
		meatloaf	minced chicken tofu , egg , miso	panko (light brown) sugar	scallion , ginger	mirin			
		Red and White Namasu		(white) sugar roasted sesame seeds	carrot , daikon	salt , apple vinegar			
		fruit (Hayaka orange)			Hayaka orange				
10	Thu	rice		rice vegetable oil			571	25.1	
		satsuma-jiru	pork , miso	sweet potato , kaniyaku	carrot , burdock , daikon scallion	fish shavings (soup)			
		grilled Spanish mackerel	Spanish mackerel			salt			
		turnip and cucumber pickles w/yukari			turnip , cucumber yukari shiso (red perilla)	salt			
		Milk	milk						
11	Fri	Japan Event Menu ☆ Breaking the Mochi ☆						647	24.7
		Kogitsune Udon	chicken , fried tofu	(light brown) sugar udon noodles	onion , carrot , daikon komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce , mirin			
		marinated komatsuna w/sesame seeds		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce			
		O-shiruko (Sweet bean soup)	Azuki Bean	(light brown) sugar rice flour , (white) sugar		salt			
		Milk	milk						
14	Mon	Coming of Age Day							
15	Tue	World Food ☆ Ghana ☆						657	18.9
		Jollof rice	chicken	rice , vegetable oil	ginger , whole tomatoes onion , garlic , bell pepper	chicken broth , tomato puree salt , pepper , curry powder Chili powder			
		Ghana Salad	egg , tuna	mayonnaise	carrot , cabbage , cucumber	vinegar , salt , pepper			
		Chocolate chip cake	egg , milk	(white) sugar , wheat flour butter , chocolate chips		cocoa , baking powder			
		drinkable yogurt	drinkable yogurt						
16	Wed	rice		rice			613	24.4	
		Potato and Wakame(seaweed) Miso Soup	fried tofu , miso wakame (seaweed)	potato		fish shavings (soup)			
		chicken teriyaki	chicken	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna bean sprouts , carrot , ginger	vinegar , salt , pepper soy sauce			
		Milk	milk						
17	Thu	Fried Noodles	pork , sakura shrimp nori	vegetable oil Chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper Worchestershire sauce Worchestershire sauce (semi-thick)	507	19.1	
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	chicken broth , salt pepper , soy sauce			
		fruit (apple)			apple				
		Milk	milk						
18	Fri	fried rice	pork , egg	rice , vegetable oil (light brown) sugar	carrot , scallion , green peas	sake , salt , soy sauce pepper , vinegar	618	24.8	
		Chinese soup	pork , egg , tofu	sesame oil	ginger , carrot , komatsuna Chinese cabbage , scallion	chicken broth , salt pepper , soy sauce			
		Chinese Vermicelli Sesame Salad		vermicelli , vegetable oil sesame oil	carrot , cucumber bean sprouts	vinegar , salt , soy sauce mustard			
		Milk	milk						
21	Mon	Chirimen jako and Umeboshi rice	chirimen jako	rice	umeboshi		621	25.5	
		Turnip and Fried tofu Miso Soup	fried tofu , miso		turnip , scallion	fish shavings (soup)			
		omelet	ham , egg	vegetable oil (light brown) sugar	onion , bamboo shoots dried shiitake , scallion , ginger	sake , salt , soy sauce			
		Chinese cabbage hitashi			komatsuna , carrot Chinese cabbage	soy sauce			
		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
22	Tue	Curry Rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , carrot , onion	red wine , chicken broth , salt bay leaf powder , ketchup curry powder , garam masala	685	17.2
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage carrot , onion	vinegar , salt , pepper soy sauce		
		Fruit Jelly	agar powder(kanten)	(white) sugar	apple juice , canned orange canned pineapple			
		Milk	milk					
23	Wed	Sandwich (Tuna / Cheese)	tuna , sliced cheese	mayonnaise , bread whole wheat bread	cucumber	salt , pepper , grain mustard	565	21.7
		Mushroom cream soup	bacon , milk	vegetable oil wheat flour	garlic , onion , ginger shiitake , mushroom shimeji , parsley	chicken broth , salt pepper , bay leaf powder		
		Korokoro salad		potato , vegetable oil	red bell pepper , cabbage yellow bell pepper , onion cucumber , canned corn	vinegar , salt , pepper		
		Milk	milk					
24	Thu	School Lunch Week (1/24-1/30)					649	36.8
		Rice Balls (wakame, red perilla)	wakame (seaweed) chirimen jako , nori	rice	yukari shiso (red perilla)			
		pork and vegetable Miso Soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot daikon , scallion	fish shavings (soup)		
		grilled salmon	salmon			salt		
		cucumber pickles w/sesame dressing		roasted sesame seeds sesame oil	cucumber	soy sauce , salt		
		Milk	milk					
25	Fri	School Lunch Week (1/24-1/30)					654	25.3
		spaghetti w/bean-meat sauce	minced pork , soy bean	vegetable oil , olive oil wheat flour , spaghetti	garlic , ginger , onion , carrot tomato juice , parsley	red wine , salt , pepper nutmeg , ketchup tomato puree Worchestershire sauce		
		French potato salad		potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
		fruit (navel orange)			navel orange			
		Milk	milk					
28	Mon	Japanese local food ☆ Aomori Prefecture☆					624	26.3
		十和田バラ焼き丼	pork	rice , starch	Apple jam , garlic , ginger onion , carrot , red bell pepper Chinese cabbage	soy sauce , mirin , sake gochujang , salt		
		せんべい汁	chicken	Shirataki Noodles Nanbu Senbei	ginger , burdock , carrot dried shiitake , scallion	chicken broth , salt soy sauce , mirin thin soy sauce		
		fruit (apple)			apple			
		Milk	milk					
29	Tue	School Lunch Week (1/24-1/30)					640	18.7
		toasted garlic bread		bread vegetable oil	garlic , parsley			
		Ratatouille	chicken	olive oil , vegetable oil	garlic , onion , bell pepper eggplant , zucchini , celery yellow bell pepper red bell pepper	white wine , salt , pepper nutmeg , oregano bay leaf powder		
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage cucumber , onion	vinegar , salt , pepper grain mustard		
		mini age-pan (deep-fried bread)		bread , vegetable oil (white) sugar granulated sugar				
Milk	milk							
30	Wed	School Lunch Week (1/24-1/30)					597	28.5
		barley rice		rice , wheat				
		kenchin soup	tofu	vegetable oil sesame oil	burdock , carrot daikon , scallion	fish shavings (soup) , kombu salt , soy sauce		
		deep fried whale meat	whale meat	vegetable oil , starch	ginger	soy sauce , sake		
		fried hijiki & soy bean	hijiki(seaweed) fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce		
		Milk	milk					
31	Thu	Japanese-style shoyu ramen	pork	Chinese noodles vegetable oil (light brown) sugar	garlic , bamboo shoots scallion , Chinese chive bean sprouts	kombu , fish shavings (soup) salt , pepper , soy sauce sake , garlic powder	521	21.7
		Chinese style cabbage salad		vegetable oil sesame oil	carrot , cabbage cucumber	vinegar , salt , soy sauce chili oil		
		fruit (Hassaku orange)			Hassaku orange			
		Milk	milk					

~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.