




February 2019 Lunch Menu



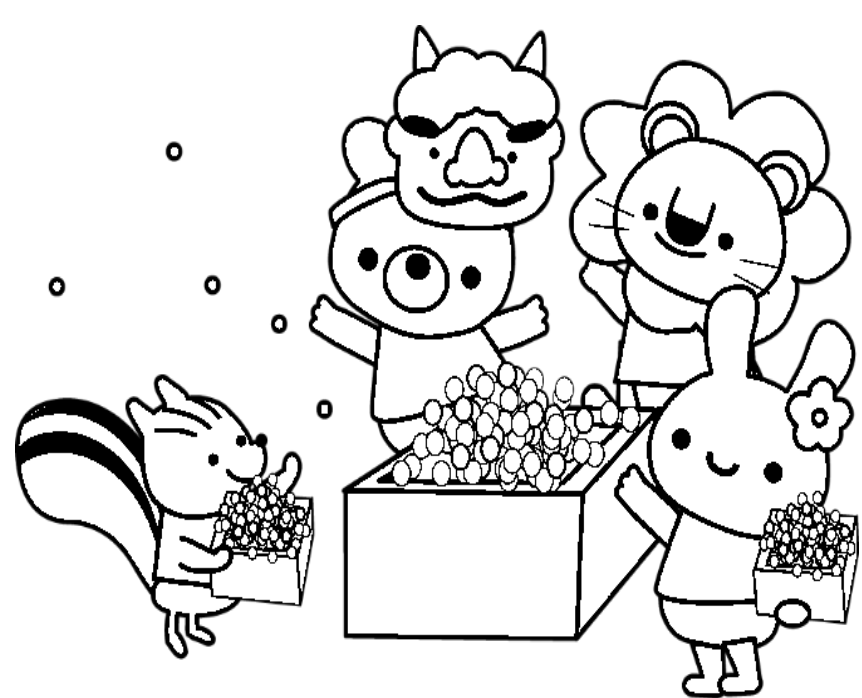
Manner goal : Let's use our chopsticks correctly.
 Nutrition goal : Let's think about the safety of our food.

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	
1	Fri	Japanese cultural food ☆ Setsubun (Feb. 3) ☆						647	22.9
		Ehomaki Sushi	nori, egg, fish floss	rice, (light brown) sugar, vegetable oil	cucumber, kanpyo, dried shiitake	kombu, salt, vinegar, soy sauce			
		Seasonal Clear Soup	boiled fish paste		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce			
		Marinated Vegetables			komatsuna, carrot, Chinese cabbage	soy sauce			
		Aonori Beans	soy bean, nori	vegetable oil, starch, potatoes		salt			
		Milk	milk						
4	Mon	Rice		rice			618	26.4	
		Foil-Baked Merlucciidae	merlucciidae, bacon		paprika, onion, enoki mushroom	salt, pepper, white wine, soy sauce			
		Iron-Rich Salad	hijiki, chirimen jako	(light brown) sugar, vegetable oil, sesame oil, roasted sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Simmered Potatoes	minced chicken	vegetable oil, potatoes, (light brown) sugar, starch		fish shavings (soup), sake, soy sauce			
		Milk	milk						
5	Tue	World Event Food Day ☆ Chinese New Year ☆						666	20.7
		Barley Rice		rice, barley					
		Tofu and Mushroom Soup	tofu	sesame oil	ginger, shimeji mushroom, shiitake, enoki mushroom	chicken broth, salt, pepper, soy sauce, sake			
		Fried Gyoza	minced pork	vegetable oil, sesame oil, dumpling wrappers	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce			
		Spicy Bean Sprouts		sesame oil	carrot, cucumber, bean sprouts	salt, soy sauce, chili oil			
		Milk	milk						
6	Wed	Pizza Toast	bacon, sliced cheese	bread, vegetable oil	whole tomatoes, garlic, onion, boiled mushrooms, bell pepper	salt, pepper, basil, oregano	598	22.3	
		Pot-au-feu	sausage	potatoes	ginger, carrot, onion, celery, cabbage, broccoli, mushrooms	chicken broth, white wine, salt, pepper, bay leaf powder			
		Macaroni Salad		macaroni, mayonnaise	carrot, cucumber, onion, whole corn	vinegar, salt, pepper			
		Fruit (apple)			apple				
		Milk	milk						
7	Thu	Nanban Chicken Udon	chicken, fried tofu	vegetable oil, udon noodles, starch	onion, carrot, dried shiitake, scallion, komatsuna	kombu, fish shavings, sake, mirin, soy sauce, salt, ground red chili pepper	533	21.9	
		Cabbage and Seaweed Marinade	salted seaweed	roasted sesame seeds	cabbage, cucumber, carrot	soy sauce			
		Apple Jelly	agar powder(kanten)	(white) sugar	apple juice, apple				
		Milk	milk						
8	Fri	Okara Chicken 3-Color Rice Bowl	egg, okara (soy pulp), minced chicken	rice, vegetable oil, sesame oil, (light brown) sugar, roasted sesame seeds	onion, ginger, komatsuna	salt, sake, soy sauce	617	24.0	
		Mushroom Soup		taro, konnyaku, starch	carrot, daikon, shiitake, shimeji mushroom, enoki mushroom, scallion	kombu, fish shavings (soup), salt, soy sauce			
		Turnip and Cucumber with Yukari			turnip, cucumber, yukari	salt			
		Milk	milk						
11	Mon	 National Foundation Day 							
12	Tue	Stamina Bowl	pork	rice, vegetable oil, (white) sugar, starch	garlic, ginger, onion, simmered bamboo shoots, bell pepper, paprika	sake, soy sauce, salt, pepper, oyster sauce	627	23.1	
		Tofu and Wakame Soup	tofu, wakame (seaweed)	roasted sesame seeds	ginger, scallion, simmered bamboo shoots	chicken broth, salt, pepper, soy sauce			
		Chinese Sesame Salad with Noodles		udon noodles, vegetable oil, sesame oil, sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, pepper, soy sauce			
		Milk	milk						
13	Wed	Rice		rice			699	23.9	
		Daikon and Fried-Tofu Miso Soup	fried tofu, miso		daikon, scallion	fish shavings (soup)			
		Grilled Mackerel	mackerel	roasted sesame seeds	scallion, ginger, garlic	soy sauce, mirin, sake			
		Kinpira Potatoes		vegetable oil, konnyaku potatoes, (light brown) sugar roasted sesame seeds	burdock root, carrot	mirin, soy sauce, ground red chili pepper			
		Milk	milk						
14	Wed	World Event Food Day ☆ Valentines' Day ☆						589	22.0
		Penne Arabiata	chicken	olive oil, (white) sugar, penne	garlic, onion, shimeji mushroom, tomato	salt, pepper, chili pepper, paprika powder, bay leaf powder, basil, tomato puree, ketchup			
		Genki Salad	ham, nori, fish shavings	(light brown) sugar, vegetable oil, sesame oil	cabbage, cucumber, carrot, whole corn	vinegar, salt, pepper			
		Chocolate Chip Cake	egg, milk	(white) sugar, wheat flour, vegetable oil, chocolate chips		cocoa, baking powder			
		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
15	Fri	Japanese local food ☆ Akita prefecture ☆ ~					598	19.7
		Damakko Nabe	chicken	rice, glutinous rice	ginger, burdock root, Chinese cabbage, carrot, maitake mushroom, scallion, water dropwort	chicken broth, sake, salt, soy sauce, mirin		
		Simmered Dried Daikon	freeze-dried tofu	vegetable oil, konnyaku, (light brown) sugar	carrot, dried daikon, dried shiitake	fish shavings (soup), sake, mirin, soy sauce		
		Fruit (sweet spring)			sweet spring			
18	Mon	Rice		rice			572	23.6
		Yoshino Soup	tofu	starch	carrot, daikon, scallion	kombu, fish shavings (soup), salt, soy sauce		
		Chicken with Saikyo Miso	chicken, Saikyo miso			sake		
		Jakko Salad	chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake		
		Milk	milk					
19	Tue	World Food ☆ China ☆					570	20.0
		Handmade flower bun bread		wheat flour, (white) sugar, vegetable oil		baking powder, dry yeast, salt		
		Chinese Corn Soup	wakame (seaweed)	starch	ginger, onion, carrots, whole corn, creamed corn	chicken broth, salt, pepper, soy sauce		
		Squid and Shrimp in Chilli Sauce	squid, shrimp	vegetable oil, (light brown) sugar, starch	garlic, ginger, scallion, onion	salt, soy sauce, sake, ketchup, Worcestershire sauce, Chinese chili paste		
		Chinese Salad with Vermicelli		vermicelli, vegetable oil, sesame oil	carrots, cabbage, cucumber	vinegar, salt, soy sauce		
20	Wed	Oyakodon Rice Bowl	chicken, egg, nori	rice, (light brown) sugar	onion, mitsuba (Japanese honeywort)	fish shavings (soup), salt, mirin, soy sauce, sake	682	28.2
		Clear Soup with Hanpen	hanpen		komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce		
		Chinese Cabbage with Sesame Miso	miso	(light brown) sugar, roasted sesame seeds	komatsuna, carrot, Chinese cabbage	mirin, soy sauce		
		Milk	milk					
21	Thu	Cream Sauce Spaghetti	chicken, milk	vegetable oil, wheat flour, olive oil, spaghetti	garlic, onion, carrot, ginger, boiled mushrooms, parsley	white wine, chicken broth, salt, pepper, bay leaf powder	697	23.3
		Honey Potato Salad		vegetable oil, potatoes, honey	carrot, cucumber	salt, vinegar, mustard		
		Fruit (dekopon)			dekopon			
		Milk	milk					
22	Fri	Rice		rice			683	26.8
		Potato and Wakame Miso Soup	fried tofu, miso, wakame (seaweed)	potatoes		fish shavings (soup)		
		Deep-Fried Horse Mackerel	horse mackerel, egg	vegetable oil, wheat flour, panko		salt, pepper, Worcestershire sauce (semi-thick)		
		Japanese Bean Sprout Salad		vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, pepper, soy sauce		
		Milk	milk					
25	Mon	Takano Rice	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shiitake, carrot, burdock root, snow peas	fish shavings (soup), sake, mirin, soy sauce	668	31.0
		Fu and Komatsuna Clear Soup		wheat bran	komatsuna, scallion	kombu, fish shavings (soup), salt, soy sauce		
		Thick Japanese Style Omelet	minced chicken, egg	vegetable oil, (light brown) sugar	onion, carrot, dried shiitake, green peas	sake, salt, soy sauce		
		Marinated Cabbage			komatsuna, carrot, cabbage	soy sauce		
		Milk	milk					
26	Tue	Eggplant Dry Curry	minced pork, chickpeas	rice, vegetable oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, nutmeg, bay leaf powder, curry powder, Worcestershire sauce	676	20.6
		Pari Pari Salad		vegetable oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Orange Jelly	agar powder(kanten)	(white) sugar	orange juice			
		Milk	milk					
27	Wed	Teriyaki Chicken Burger	chicken	bread, vegetable oil, (light brown) sugar, starch	cabbage, ginger	salt, sake, soy sauce, mirin	575	24.1
		Minestrone	bacon	vegetable oil, potatoes	garlic, celery, carrot, onion, ginger, tomato, tomato juice, cabbage	chicken broth, salt, tomato puree, bay leaf powder, pepper		
		Pickled Daikon and Cucumber		granulated sugar	cucumber, daikon	white wine, apple vinegar, salt, bay leaf powder		
		Fruit (apple)			apple			
		Milk	milk					
28	Thu	Barley Rice		rice, barley			601	27.6
		Hearty Miso Soup	miso, tofu	konnyaku	carrot, burdock root, komatsuna, scallion	fish shavings (soup)		
		Spanish Mackerel in Onion Sauce	Spanish mackerel	(light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Fried Hijiki and Soy Beans	hijiki, fried tofu, soy bean	vegetable oil, (light brown) sugar	carrot	fish shavings (soup), mirin, soy sauce		
		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**.

Please note that late submission of paperwork will result in no refund. If you are eligible for a refund it will be deposited at the end of the term.

For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.