



# March 2019 Lunch Menu



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

Manner Goal : Let's be aware of the volume of our voices as we enjoy our lunch.  
Nutrition Goal : Let's eat a balanced meal to build a strong body.

| 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 | <b>Japanese Cultural Food ☆ Hinamatsuri ☆</b>    |                                     |  |  |   | 629    | 22.4    |
|      |     | Chirashi Sushi                                   | egg, grilled sea eel, fish floss    | rice, (light brown) sugar, vegetable oil                               | carrot, dried shiitake, kanpyo, lotus root, pea pods   | kombu, fish shavings (soup), sake, vinegar, salt, soy sauce |        |         |
|      |     | Sumashi Soup                                     | steamed fish paste                  |  | komatsuna, scallion  | kombu, fish shavings (soup), salt, soy sauce                |        |         |
|      |     | Marinated Canola Blossoms                        | fish shavings                       |  | canola blossom, Chinese cabbage  | soy sauce   |        |         |
|      |     | Hinamatsuri Dessert                              | agar powder, milk                   | sugar  | strawberry   | matcha  |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 4    | Mon | Barley Rice                                      |                                     | rice, wheat  |  |   | 657    | 26.1    |
|      |     | Tofu and Nameko Mushroom Miso Soup               | tofu, miso                          |  | nameko mushroom, komatsuna, scallion   | fish shavings (soup)  |        |         |
|      |     | Fried Blue Grenadier                             | blue grenadier, egg                 | vegetable oil, wheat flour, panko                                      |  | salt, pepper  |        |         |
|      |     | Japanese Salad with Daikon and Hijiki            | hijiki(seaweed)                     | (light brown) sugar, vegetable oil, sesame oil, white sesame seeds     | cabbage, cucumber, daikon  | salt, soy sauce, vinegar, pepper                            |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 5    | Tue | Bread  |                                     | bread  |  |   | 629    | 24.3    |
|      |     | Vegetable Chowder Soup                           | milk                                | vegetable oil, potatoes, wheat flour                                   | onion, carrot, ginger, canned corn   | chicken broth, salt, pepper, bay leaf powder                |        |         |
|      |     | Grilled Chicken with Marmalade                   | chicken                             |  | garlic, ginger, marmalade  | soy sauce, white wine                                       |        |         |
|      |     | Macaroni Salad                                   |                                     | macaroni, (white) sugar, vegetable oil                                 | cabbage, carrot, cucumber, canned corn   | vinegar, salt, pepper                                       |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 6    | Wed | Mixed Rice with Chicken and Vegetables           | chicken, fried tofu                 | rice, glutinous rice, vegetable oil                                    | carrot, burdock, dried shiitake  | kombu, salt, soy sauce, sake, mirin                         | 588    | 21.3    |
|      |     | Turnip and Komatsuna Miso soup                   | fried tofu, miso                    |  | turnip, komatsuna  | fish shavings (soup)  |        |         |
|      |     | Stewed Vegetables and Wakame                     | chicken, wakame (seaweed)           | konnyaku, (light brown) sugar  | carrot, bamboo shoots, string beans  | fish shavings (soup), mirin, salt, soy sauce                |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 7    | Thu | Miso Ramen                                       | pork, miso                          | Chinese noodles, starch, vegetable oil, sesame oil, white sesame seeds | garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, canned corn | chicken broth, mirin, soy sauce, pepper                     | 620    | 22.6    |
|      |     | Japanese Cabbage Salad                           | wakame (seaweed)                    | vegetable oil, sesame oil, roasted sesame seeds                        | carrot, cabbage, cucumber  | vinegar, salt, pepper, soy sauce                            |        |         |
|      |     | Milk Jelly and Fruit Punch                       | agar powder(kanten), milk           | (white) sugar  | canned orange, canned pineapple  |   |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 8    | Fri | Rice   |                                     | rice   |  |   | 536    | 21.6    |
|      |     | Jako Furikake                                    | chirimen jakko, fish shavings, nori | roasted sesame seeds   | yukari shiso (red perilla)   |   |        |         |
|      |     | Simmered Pork and Tofu                           | pork, tofu                          | vegetable oil, konnyaku, (light brown) sugar                           | carrot, onion, pea pods  | fish shavings (soup), sake, salt, soy sauce                 |        |         |
|      |     | Marinated Chinese Cabbage with Sesame            |                                     | (light brown) sugar, white sesame seeds                                | carrot, Chinese cabbage, bean sprouts  | soy sauce   |        |         |
|      |     | Fruit (Dekopon)                                  |                                     |  | dekopon  |   |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |
| 11   | Mon | <b>Japanese Local Food ☆ Miyagi Prefecture ☆</b> |                                     |  |  |   | 638    | 23.2    |
|      |     | Fried Wheat Gluten Rice Bowl                     | egg                                 | rice, (light brown) sugar, wheat-gluten bread                          | onion, mitsuba   | fish shavings (soup), salt, mirin, soy sauce, sake          |        |         |
|      |     | Hatto Soup                                       | tofu, fried tofu                    | flour, rice flour  | burdock, carrot, daikon, scallion, komatsuna   | kombu, fish shavings (soup), sake, salt, soy sauce          |        |         |
|      |     | Turnip and Cucumber with Yukari                  |                                     |  | turnip, cucumber, yukari shiso (red perilla)   | salt  |        |         |
|      |     | Milk   | milk                                |  |  |   |        |         |

☆Menus may change due to availability of food.

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|------|-----|---|---------------------------------------|--|---|--|--------|---------|------|
|      |     |   | For building our bodies               | For warming our bodies   | For balancing our bodies  | Others   | kcal   | g       |      |
| 12   | Tue | Rice  |                                       | rice   |   |  | 619    | 24.2    |      |
|      |     | Hearty Miso Soup                              | miso, tofu                            | konnyaku   | carrot, burdock, komatsuna, scallion  | fish shavings (soup)   |        |         |      |
|      |     | Mackerel in Scallion Sauce                    | mackerel                              | (light brown) sugar  | ginger, scallion, garlic  | sake, soy sauce, vinegar   |        |         |      |
|      |     | Bean Sprouts with Mustard Sauce               |                                       |  | komatsuna, carrot, bean sprouts   | mustard, soy sauce   |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 13   | Wed | <b>World Food ☆ Korea ☆</b>                   |                                       |  |   |  |        | 613     | 24.4 |
|      |     | Bibimbap                                      | pork, egg                             | rice, sesame oil, (light brown) sugar, roasted sesame seeds, vegetable oil | garlic, ginger, scallion, bean sprouts, komatsuna                                     | soy sauce, Chinese chili paste, salt, vinegar, hot pepper paste      |        |         |      |
|      |     | Seaweed Soup                                  | wakame (seaweed)                      | roasted sesame seeds   | ginger, scallion  | chicken broth, salt, pepper, soy sauce                               |        |         |      |
|      |     | Toppogi                                       | chicken                               | vegetable oil, sesame oil, toppogi, (light brown) sugar                    | garlic, carrot, cabbage, scallion   | Chinese chili paste, soy sauce, hot pepper paste                     |        |         |      |
|      |     | Drinkable yogurt                              | drinkable yogurt                      |  |   |  |        |         |      |
| 14   | Thu | Gomoku Ankake Yakisoba                        | pork, squid, shrimp                   | vegetable oil, starch, Chinese noodles, (light brown) sugar                | carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, pea pods | salt, pepper, sake, soy sauce, chili oil, vinegar                    | 584    | 25.9    |      |
|      |     | Chinese Broccoli and Cabbage Salad            |                                       | vegetable oil, sesame oil  | broccoli, cabbage, cucumber   | vinegar, salt, soy sauce   |        |         |      |
|      |     | Fruit (Apple)                                 |                                       |  | apple   |  |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 15   | Fri | <b>World Food ☆ St Patrick's Day (3/17) ☆</b> |                                       |  |   |  |        | 645     | 18.2 |
|      |     | Carrot Rice with Chicken Cream                | chicken, milk                         | rice, vegetable oil, flour   | onion, carrot, komatsuna, ginger, mushroom  | white wine, chicken broth, salt, pepper, powdered bay leaf           |        |         |      |
|      |     | Coleslaw with Mustard Dressing                |                                       | vegetable oil, (light brown) sugar   | carrot, cabbage, cucumber, onion  | vinegar, salt, pepper, mustard                                       |        |         |      |
|      |     | Orange Jelly                                  | agar powder                           | (white) sugar  | canned orange, orange juice   |  |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 18   | Mon | Udon with Kakiage                             | egg, dried sakura shrimp              | udon noodle, flour, vegetable oil  | dried shiitake, scallion, onion, shungiku   | kombu, fish shavings (soup), mirin, salt, soy sauce                  | 639    | 19.8    |      |
|      |     | Marinated Komatsuna with Sesame               |                                       | (light brown) sugar, white sesame seeds                                    | komatsuna, carrot, Chinese cabbage  | soy sauce  |        |         |      |
|      |     | Adzuki Bean Mochi                             | pureed sweet bean jam, soy bean flour | glutinous rice, rice, (white) sugar  |   | salt   |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 19   | Tue | Handmade Bread with Tuna and Mayonnaise       | tuna                                  | bread flour, mayonnaise, (white) sugar, vegetable oil                      | onion, canned corn  | salt, dried yeast, pepper  | 661    | 19.5    |      |
|      |     | Minestrone                                    | bacon                                 | vegetable oil, macaroni  | garlic, onion, carrot, celery, cabbage, whole tomatoes, ginger, tomato juice          | red wine, chicken broth, pepper, tomato puree, salt, bay leaf powder |        |         |      |
|      |     | Vegetable Chips                               |                                       | potatoes, vegetable oil  | carrot, pumpkin, burdock  | salt   |        |         |      |
|      |     | Fruit (Amanatsu)                              |                                       |  | amanatsu  |  |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 20   | Wed | Celebration Rice with Red Beans               | black-eyed pea                        | rice, glutinous rice, black sesame   |   | salt   | 574    | 25.9    |      |
|      |     | Sumashi Soup                                  | naruto                                |  | komatsuna, carrot   | kombu, fish shavings (soup), salt, soy sauce                         |        |         |      |
|      |     | Spanish Mackerel with Saikyo Miso             | Spanish mackerel, Saikyo Miso         |  |   | sake   |        |         |      |
|      |     | Chinese Cabbage Isoae                         | nori                                  |  | komatsuna, Chinese cabbage, bean sprouts  | soy sauce  |        |         |      |
|      |     | Milk  | milk                                  |  |   |  |        |         |      |
| 21   | Thu | Spring Equinox Day                            |                                       |  |   |  |        |         |      |
| 22   | Fri | Graduation Ceremony                           |                                       |  |   |  |        |         |      |
| 25   | Mon | Closing Ceremony                              |                                       |  |   |  |        |         |      |

~ Dear Parents /Guardians ~

A refund for the lunch 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.