

April 2019 Lunch Menu



Manner Goal: Learn how to prepare school lunch.

Principal: Mr. Hatano

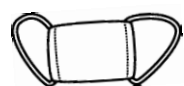
Nutrition Goal: Learn about different kinds of food.

School Nutritionist: Ms. Koide

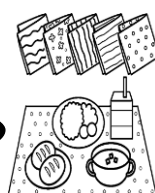
Date	Day	Menu	Milk	Red Food Group □ For building our bodies	Yellow Food Group □ For warming our bodies	Green Food Group □ For balancing our bodies	Other	energy Kcal	protein g
8	Mon	Opening Ceremony • Entrance Ceremony							
9	Tue	No school lunch • 4 period day							
10	Wed	Fried Rice	○	pork, egg	rice, vegetable oil, (light brown) sugar	carrot, dried shiitake, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	595	20.5
		Wonton Soup		ground pork	wonton wrapper, sesame oil	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, soy sauce, sake, salt, pepper		
		Seaweed Salad		seaweed salad mix	vegetable oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper		
11	Thu	Garlic Toast	○		bun, vegetable oil	garlic, parsley		614	19.5
		Ratatouille		chicken	olive oil, fried oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, bay leaf powder		
		French Potato Salad			potato, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper		
12	Fri	Curry Rice	○	chicken	rice, vegetable oil, potato, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, bay leaf powder, ketchup, curry powder, coriander powder, cinnamon powder, garam masala	697	17.6
		Coleslaw			vegetable oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Apple Jelly		agar powder(kanten)	(white) sugar	apple juice			
15	Mon	Rice	○		rice			635	26.1
		Turnip and Komatsuna Miso Soup		fried tofu, miso		turnip, komatsuna, scallion	fish shavings (soup)		
		Tofu Hamburger		ground pork, tofu, egg, miso	panko, roasted sesame seeds, sesame oil, (light brown) sugar, starch	onion, ginger	salt, pepper, soy sauce, mirin, sake		
		Pickled Chinese Cabbage				Chinese cabbage, carrot	salt		
16	Tue	Spaghetti with Meat and Bean Sauce	○	ground pork, soy bean	vegetable oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, water, salt, pepper, nutmeg, ketchup, tomato puree, Worcestershire sauce	686	27.4
		Pari Pari Salad			vegetable oil, wonton wrapper, fried oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Dekopon				dekopon			
17	Wed	Three-Color Rice Bowl	○	egg, chicken	rice, vegetable oil, (light brown) sugar, sesame oil	ginger, komatsuna	salt, vinegar, sake, soy sauce	636	27.5
		Hearty Miso Soup		miso, tofu	garlic	carrot, burdock root, komatsuna, scallion	fish shavings (soup)		
		Marinated Bean Sprouts		nori		komatsuna, carrot, bean sprouts	soy sauce		

☆ There may be changes to the menu due to availability of food.

☆ The first graders start lunch on the 12th. Only milk on the 10th and milk and bread on the 11th.



Do not forget to prepare ♪



All students have to wear a mask during lunch preparation.

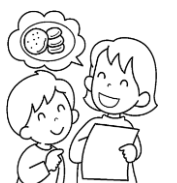
It's not just for hygienic reasons, but also for disease prevention.

Please prepare a new mask together with a cleaned lunch mat every week.

Students can use any type of masks, disposable type or gauze type. Thank you for your understanding.

What is today's school lunch?

★ We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.



Talk with your child about the contents of the meal and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same breakfast or dinner.

Date	Day	Menu	Milk	Red Food Group□ For building our bodies	Yellow Food Group□ For warming our bodies	Green Food Group□ For balancing our bodies	Other	energy Kcal	protein g	
18	Thu	Kashiwa Bread	○		Kashiwa bread			619	19.4	
		Potato Croquette		ground pork, egg	vegetable oil, butter, potato, wheat flour, panko, fried oil	onion	salt, pepper, Worcestershire sauce (semi-thick)			
		Spring Cabbage Salad			vegetable oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
		Tomato Soup		bacon	vegetable oil	celery, cabbage, ginger, whole tomato	chicken broth, salt, bay leaf powder, pepper			
19	Fri	Rice	○		rice			621	26.5	
		Deep-Fried Tofu and Komatsuna Miso Soup		fried tofu, miso		komatsuna, scallion	fish shavings (soup)			
		Tuna Omelette		tuna, egg	vegetable oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce			
		Stir Fry		pork	vegetable oil	cabbage, carrot, bean sprouts, bok-choy	sake, salt, pepper, soy sauce			
22	Mon	World Food Day ☆ Italy ☆							676	16.1
		Caponata Rice-Bowl	×	chicken	rice, vegetable oil	onion, red bell pepper, zucchini, shiitake, eggplant, garlic, canned whole tomato, ginger, parsley	bay leaf powder, chicken broth, dried basil, oregano, tabasco, Worcestershire sauce, soy sauce, Worcestershire sauce (semi-thick), salt, pepper			
		Alphabet Soup			macaroni	ginger, carrot, onion, boiled mushrooms, cabbage	chicken broth, salt, bay leaf powder, pepper			
		Panna Cotta		milk, fresh cream	(white) sugar	canned peach	agar			
		Yoghurt Drink		yoghurt drink						
23	Tue	Yakisoba	○	pork, nori	vegetable oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, Worcestershire sauce, Worcestershire	583	19.9	
		Iron-Rich Salad		hijiki, chirimen jakko	(light brown) sugar, vegetable oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Fruit Punch			(white) sugar	canned mandarin, canned peach, canned pineapple	white wine			
24	Wed	Rice	○		rice			619	24.7	
		Potato and Onion Miso Soup		wakame (seaweed), miso	potato	onion	fish shavings (soup)			
		Cod with Vegetable Sauce		cod	wheat flour, starch, fried oil, (light brown) sugar	ginger, carrot, onion, shiitake	soy sauce, mirin			
		Spinach with Soy Sauce				spinach, Chinese cabbage, bean sprouts	soy sauce			
25	Thu	Sandwich (Tuna / Cheese)	○	tuna, sliced cheese	bread, mayonnaise, wheat germ bread	cucumber	salt, pepper, grain mustard	586	22.9	
		Pot-au-feu		weiner	vegetable oil, potato	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
		Paprika Salad			vegetable oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
26	Fri	Japanese Food Day ☆ Shizuoka ☆							686	21.2
		Soy bean and Shrimp Tempura Rice-Bowl	○	egg, soy bean, sakura shrimp	rice, fried oil, wheat flour, corn starch, (light brown) sugar	onion, mitsuba (Japanese honeywort)	kombu fish shavings (soup), salt, soy sauce			
		Suruga Soup		sardine, miso	starch	carrot, daikon, komatsuna, ginger	kombu, fish shavings (soup), salt, soy sauce, sake			
Dango	soy bean flour	rice flour, (white) sugar, granulated sugar			matcha, salt					
29	Mon	Showa Day								
30	Tue	Coronation Day Holiday								

School lunch kitchen members !

School nutritionist: Ms. Koide

【Kitchen staff provided by Fuji Industry】

School lunch cooks : Ito • Asano

• Igarashi • Touhuku • Koyama • Wada

• Higashida • Kazama • Matsuura



~ Dear Parents /Guardians ~

The account transfer date of this year's school lunch fee is from Wednesday ,May 15.

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**. If there is a **change in the absence period, please be sure to inform your homeroom teacher**.