

February 2016 Lunch Menu

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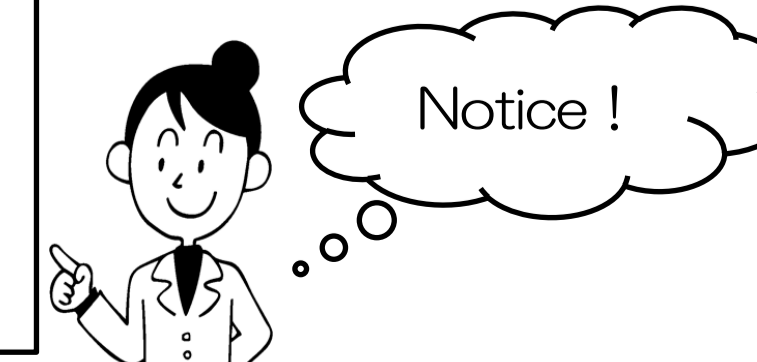
Manner Goal : Let's use our chopsticks properly!
Nutrition Goal : Let's think about the safety of our food.

Date	Day	Menu	Main ingredients and their purposes				energy kcal	protein g
			For building our bodies	For warming our bodies	For balancing our bodies	Others		
1	Mon	barley rice		rice , wheat			678	24.9
		tofu and mushrooms chinese soup	tofu	sesame oil	ginger , shimeji , shiitake enoki mushroom	chicken broth , sake , salt pepper , soy sauce		
		steamed meatballs and rice	pork , egg	sesame oil , glutinous rice finer rice powder	carrot , onion dried shiitake , ginger	salt , soy sauce , sake curry powder		
		harusame salad		glass noodles , vegetable oil sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		milk	milk					
2	Tue	Gratin Bread	chicken , milk , cheese	bread , butter , wheat flour	onion , carrot , mushroom	chicken broth , salt , pepper	518	20.3
		Minestrone	bacon	vegetable oil , potato	garlic , celery , carrot onion , ginger , tomato tomato juice , cabbage	chicken broth , tomato puree salt , powdered bay leaf dried basil , pepper		
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper		
		fruit (ponkan orange)			ponkan orange			
		milk	milk					
3	Wed	~ Japanese cultural food ~ ☆ Setsubun ☆						
		Ehomaki Sushi	nori , egg fish floss (yuk sung)	rice , (light brown) sugar vegetable oil	cucumber , kanpyo dried shiitake	kombu , salt , vinegar soy sauce	658	23.7
		seasonal sumashi-jiru	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		seasoned fried soybean, jako and potato	soy bean , chirimen jako	(light brown) sugar , starch vegetable oil , potato roasted sesame seeds		soy sauce		
		marinated cabbage			komatsuna carrot , cabbage	soy sauce		
milk	milk							
4	Thu	bean sprouts noodles	pork	Chinese noodles vegetable oil , sesame oil	garlic , ginger , scallion , cabbage bean sprouts , Chinese chives dried shiitake	chicken broth , soy sauce salt , pepper	506	20.9
		Chinese cabbage salad		vegetable oil , sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce , chili oil		
		fruit (apple)			apple			
		milk	milk					
5	Fri	rice		rice			594	25.6
		dried fish toppings	chirimen jako , fish shavings nori	roasted sesame seeds	yukari shiso (red perilla)			
		Chinese cabbage rolls	pork , egg , milk	panko , starch	Chinese cabbage , onion , carrot	fish shavings (soup) , salt , pepper nutmeg , soy sauce , mirin		
		Spicy bean sprouts			komatsuna , carrot , bean sprouts	mustard , soy sauce		
		milk	milk					
8	Mon	pork kimchi rice bowl	pork , miso	rice , vegetable oil (white) sugar roasted sesame seeds	kimchi , scallion , garlic ginger , Chinese chives carrot , bean sprouts	sake , soy sauce Chinese chili paste	661	26.3
		Chinese corn soup	chicken , egg	starch , sesame oil	ginger , onion , carrot , parsley bcanned corn , canned cream corn	chicken broth , salt pepper , soy sauce		
		harusame salad		glass noodles , vegetable oil sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce , chili oil		
		milk	milk					
9	Tue	rice		rice			534	24.5
		miso soup w/tofu and wakame	miso , tofu wakame (seaweed)		scallion	fish shavings (soup)		
		squid w/green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		bean sprout salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper		
		milk	milk					
10	Wed	bread		bread			611	19.7
		vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf		
		potato croquette	pork , egg	vegetable oil , butter potato , wheat flour , panko	onion	salt , pepper Worcestershire sauce (semi- thick)		
		vegetable saute		vegetable oil , butter	carrot , onion , green peas canned corn	salt , pepper		
		milk	milk					
11	Thu	National Foundation Day						
12	Fri	~World Event Food Day~ ☆ Valentine Lunch ☆						
		spaghetti w/bean-meat sauce	pork , soy bean , cheese	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , onion , carrot tomato juice , parsley	red wine , salt , pepper , nutmeg ketchup , tomato puree Worcestershire sauce	700	24.5
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		Chocolate chip cake	egg , milk	(white) sugar , wheat flour butter , chocolate chips		cocoa , baking powder		
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 of ¥30 will be deducted. We appreciate your cooperation.



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	Mon	barley rice		rice , wheat			647	20.3
		Sweet and sour pork and tofu	pork , freeze-dried tofu	(light brown) sugar , starch vegetable oil , potato	onion , dried shiitake carrot , bell pepper	soy sauce , vinegar , sake , salt		
		Spicy vegetables		sesame oil	bean sprouts, cucumber , carrot	salt , vinegar , soy sauce , chili oil		
		fruit (apple)			apple			
		milk	milk					
16	Fri	~World Food~(Human Rights Day) ☆ India ☆					603	26.9
		naan		naan				
		Indian curry	chicken , yogurt	vegetable oil	garlic , ginger , onion carrot , apple , cauliflower	salt , pepper , chicken broth tomato puree , curry powder garam masala , powdered bay leaf		
		garbanzo salad	chickpeas , pinto bean cheese	vegetable oil	carrot , cucumber	vinegar , salt , pepper garlic powder		
		fruit yogurt	yogurt	(white) sugar	banana , apple , canned peach canned orange			
milk	milk							
17	Wed	salmon cutlet bowl	salmon , egg	rice , vegetable oil wheat flour , panko	cabbage	salt , pepper Worcestershire sauce (semi- thick)	676	30.7
		hearty miso soup	miso , tofu	konyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)		
		daikon salad	wakame (seaweed)	vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , daikon	salt , vinegar , soy sauce , pepper		
		milk	milk					
18	Thu	udon noodles with meat	pork , tube shaped fish cake	udon noodle	carrot , green onions	kombu , fish shavings (soup) mirin , salt , soy sauce	620	23.7
		Takoyaki	shrimp , hanpen , octopus egg , fish shavings , nori	vegetable oil , wheat flour starch	cabbage , bamboo shoots scallion , ginger	salt , soy sauce , sake Worcestershire sauce (semi-thick) Worcestershire sauce		
		pickled turnip			turnip	salt		
		fruit (Citrus reticulata Siranui)			Citrus reticulata Siranui			
		milk	milk					
19	Fri	yukari rice		rice	yukari shiso (red perilla)		613	25.6
		tuna omelette	tuna , egg	vegetable oil (light brown) sugar	carrot , onion , green peas	salt , sake , soy sauce		
		cabbage isoe	nori		cabbage , bean sprouts	soy sauce		
		Simmered fried bean curd and vegetable	fried bean curd	vegetable oil , konyaku (light brown) sugar	burdock , carrot , bamboo shoots string bean	fish shavings (soup) , sake salt , soy sauce		
		milk	milk					
22	Mon	ground chicken and fried tofu rice bowl Genba don	chicken , fried tofu	rice , vegetable oil (light brown) sugar , starch	ginger , onion , carrot burdock , shimeji , green soybean	fish shavings (soup) , sake , salt soy sauce , mirin	622	24.6
		sumashi-jiru w / hanpen	hanpen		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		marinated bean sprouts			komatsuna , carrot , bean sprouts	soy sauce		
		milk	milk					
23	Tue	bread		bread			557	23.0
		potato cream soup	milk	vegetable oil , potato butter , wheat flour	garlic , carrot , onion ginger , parsley	chicken broth , salt , pepper powdered bay leaf		
		grilled chicken with marmalade	chicken	marmalade	garlic , ginger	soy sauce , white wine		
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
24	Wed	rice		rice			646	33.8
		hearty miso soup	pork , miso	vegetable oil , sweet potato konyaku	burdock , carrot , daikon , scallion	fish shavings (soup)		
		pork vegetable wrap with Japanese sauce	pork	(light brown) sugar , starch	enoki mushroom , carrot , ginger	salt , pepper , soy sauce , mirin		
		Chinese cabbage with sesame dressing		(light brown) sugar white sesame seeds	carrot , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
25	Thu	stir fried noodles w/starchy vegetable sauce	pork , shrimp , squid	Chinese noodles vegetable oil (light brown) sugar , starch	onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	chicken broth , salt , pepper , sake soy sauce , vinegar	612	23.3
		Chinese broccoli & cabbage salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce		
		Almond Jelly	agar powder(kanten) , milk	(white) sugar	canned orange , canned pineapple	almond essence		
		milk	milk					
26	Fri	~ Farewell Lunch for Grade 6 ~					627	27.4
		Celebratory Red Bean Rice	red beans	rice , glutinous rice		sesame seeds & salt		
		fried chicken	chicken	vegetable oil , wheat flour starch	ginger	soy sauce , sake		
		grilled fish with herbs	Spanish mackerel	roasted sesame seeds	scallion , ginger , garlic	soy sauce , sake , mirin		
		stewed vegetables	fried tofu fritter	(light brown) sugar , konyaku	carrot	fish shavings (soup) , soy sauce		
		rolled omelet	egg	(light brown) sugar		fish shavings (soup) soy sauce , salt		
		cherry tomatoes			mini tomato			
roasted barley tea				roasted barley tea				
29	Mon	~Japanese local food~ ☆ Akita Prefecture ☆					598	19.7
		Damakko Hot Pot	chicken	rice , glutinous rice	ginger , burdock , carrot maitake mushroom scallion , Japanese parsley	chicken broth , sake , salt soy sauce , mirin		
		Simmered Kiriboshi Daikon	freeze-dried tofu	vegetable oil , konyaku (light brown) sugar	carrot , dried radish dried shiitake	fish shavings (soup) , sake mirin , soy sauce		
		fruit (Kiyomi orange)			Kiyomi orange			
milk	milk							