

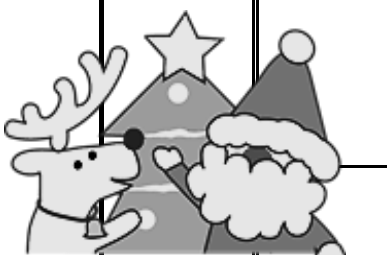
December Lunch Menu

Manner Goal : Let's be careful about how loud we speak and enjoy our lunch
 Nutrition Goal : Let's beat the cold !

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

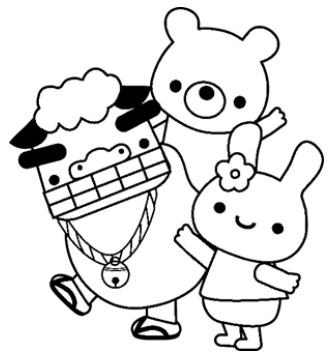
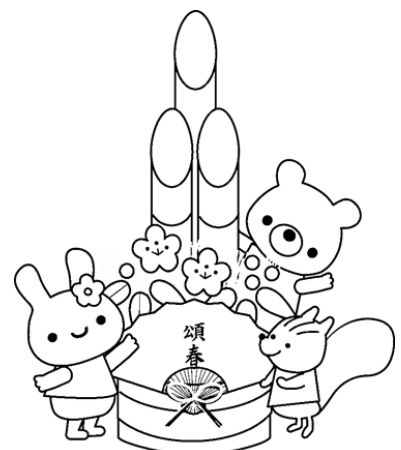
Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
1	Tue	Curry Udon	pork , Sasa fish paste	udon noodle , starch	carrot , onion , scallion komatsuna	fish shavings (soup) , mirin , salt soy sauce , curry powder	561	19.0
		bean sprouts isoae	nori		komatsuna , carrot , bean sprouts	soy sauce		
		Fried sweet potato seasoned with caramel		vegetable oil , sweet potato (light brown) sugar starch syrup roasted sesame seeds		soy sauce		
		milk	milk					
2	Wed	School Lunch with Parents ☆ 1-1 ☆					539	25.5
		bread		bread				
		cabbage rolls	pork , egg , milk	panko , starch	cabbage , onion , carrot	fish shavings (soup) , salt , pepper nutmeg , soy sauce , mirin		
		broccoli salad		vegetable oil	carrot , broccoli cucumber , onion	vinegar , salt , pepper		
		Fruit (orange)			satsuma orange			
milk	milk							
3	Thu	School Lunch with Parents ☆ 1-2 ☆					715	24.0
		barley rice		rice , wheat				
		miso soup w/ daikon	fried tofu , miso		daikon	fish shavings (soup)		
		okara croquette	pork , okara (soy pulp) , egg	vegetable oil , potato wheat flour , panko	onion , carrot , shiitake	salt , pepper Worcestershire sauce (semi-thick)		
		sesame bean sprouts miso	miso	(light brown) sugar white sesame seeds	komatsuna , carrot , bean sprouts	mirin , soy sauce		
milk	milk							
4	Fri	~World Food~(Human Rights Day) ☆ Korea ☆					724	29.1
		bibimbap (Korean rice dish)	pork , egg	rice , sesame oil vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , scallion bean sprouts , komatsuna	soy sauce , Chinese chili paste salt , vinegar		
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , scallion	chicken broth , salt pepper , soy sauce		
		toppogi	chicken	vegetable oil , sesame oil teok , (light brown) sugar	garlic , carrot , cabbage , scallion	Chinese chili paste , soy sauce fish shavings (soup)		
milk	milk							
7	Mon	rice		rice		604	24.0	
		miso soup w/potato and onion	wakame (seaweed) , miso	potato	onion			fish shavings (soup)
		marinated fish	cod	wheat flour , vegetable oil (light brown) sugar , starch	ginger , carrot , onion , shiitake			soy sauce , mirin
		marinated komatsuna			komatsuna , Chinese cabbage bean sprouts			soy sauce
		milk	milk					
8	Tue	hot dog	weiner	bread , vegetable oil	cabbage	513	18.5	
		pot au feu-stew	chicken	vegetable oil , potato	celery , carrot , onion , ginger cabbage			chicken broth , white wine , salt pepper , powdered bay leaf
		vegetable crisps		vegetable oil , potato	carrot , pumpkin , burdock			salt
		Fruit (orange)			satsuma orange			
		milk	milk					
9	Wed	jako and edona fried rice	chirimen jako	rice , sesame oil	Edona pickles	698	25.5	
		spring roll	pork	spring roll wrapper , starch vegetable oil , sesame oil glass noodles	ginger , scallion , bamboo shoots dried shiitake , Chinese chives			sake , salt , pepper , soy sauce
		sesame seasoned chinese cabbage		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage			vinegar , soy sauce , salt
		Xing Ren Dou Fu(Chinese almond jelly)	gelatin powder , milk	(white) sugar				almond essence
		milk	milk					
10	Thu	spaghetti w/ pork	pork	spaghetti , vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , onion bell pepper , enoki mushroom shimeji	624	20.7	
		daikon and hijiki salad	hijiki(seaweed)	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon			salt , soy sauce vinegar , pepper
		baked apple		(white) sugar , butter	apple			cinnamon powder
		milk	milk					
11	Fri	mushroom rice	fried tofu	rice	shiitake , shimeji maitake mushroom	529	25.6	
		Mozuku soup	mozuku(seaweed)		carrot , okra			konbu , fish shavings (soup) salt , soy sauce
		Chan -chan yaki salmon	salmon , miso	(white) sugar , butter	cabbage , onion , carrot			salt , pepper , sake mirin , soy sauce
		pickled turnip			turnip			salt
		milk	milk					
14	Mon	~Let's Eat Local Specialties~ ☆ Hyougo ☆					636	32.1
		Octopus Rice	fried tofu , octopus	rice	burdock , carrot , dried shiitake string bean	konbu , sake , Light soy sauce salt , mirin		
		Somen soup	fried tofu	fine white noodles	onion , carrot , dried shiitake green onions	fish shavings (soup) , konbu soy sauce , Light soy sauce		
		teriyaki fish	Spanish mackerel	vegetable oil , starch (light brown) sugar	yuzu	sake , soy sauce , mirin		
		pickled Chinese cabbage			Chinese cabbage , carrot	salt		
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	Tue	sandwich (tuna / cheese)	tuna , cheese	bread , mayonnaise whole wheat bread	cucumber	salt , pepper , grain mustard	637	28.1
		Pork Beans	pork , bacon , soy bean	vegetable oil , potato	celery , carrot , onion , ginger parsley	red wine , chicken broth , salt pepper , powdered bay leaf tomato puree , ketchup Worcestershire sauce		
		macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion canned corn	vinegar , salt , pepper		
		milk	milk					
16	Wed	soy sauce-flavored rice		rice		konbu , sake , soy sauce	612	23.8
		oden	fried bean curd , fish ball bamboo shoot , hanpen konbu , quail eggs	(light brown) sugar konyaku , potato chikuwabu	daikon	konbu , sake , salt , soy sauce		
		cabbage isoae	nori		cabbage , bean sprouts	soy sauce		
		Fruit (orange)			satsuma orange			
		milk	milk					
17	Thu	tantan men	pork , miso , sweet bean paste	vegetable oil , lard white sesame seeds Chinese noodles	garlic , ginger , carrot , onion Szechuan pickles , bean sprouts scallion , bok-choy	chicken broth , pig bone broth salt , pepper , sake , chili oil	579	23.5
		Chinese cabbage salad		vegetable oil , sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce ,chili oil		
		fruit punch		(white) sugar	kiwi fruit , banana , canned orange canned peach , canned pineapple	white wine		
		milk	milk					
18	Fri	rice		rice			593	21.2
		seasonal sumashi-jiru	fish cake (kamaboko)		mitsuba (Japanese honeywort) carrot	konbu , fish shavings (soup) salt , soy sauce		
		Deep fried tofu with miso sauce	tofu , chicken , miso	vegetable oil , starch (light brown) sugar	onion,carrot	mirin , soy sauce		
		marinated komatsuna	fish shavings		komatsuna,Chinese cabbage	soy sauce		
		milk	milk					
21	Mon	rice		rice			621	26.5
		miso soup w/fried tofu and komatsuna	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		
		vegetable sautee	pork	vegetable oil	cabbage , carrot , bean sprouts bok-choy	sake , salt , pepper , soy sauce		
		milk	milk					
22	Tue	Japan Event Day ☆ Winter Solstice ☆						
		Houtou udon	chicken , fried tofu , miso	vegetable oil , konyaku Hoto noodles	burdock , carrot , daikon pumpkin , scallion	konbu , fish shavings (soup) sake , soy sauce	506	19.5
		pickled cabbage and cucumber			cabbage , cucumber , ginger	salt		
		apple pie		(light brown) sugar spring roll wrapper	apple , raisin			
		milk	milk					
Emperor's Birthday								
24	Thu	barley rice		rice , wheat			590	22.2
		seasonal sumashi-jiru	fish cake (kamaboko)		komatsuna , scallion	konbu , fish shavings (soup) salt , soy sauce		
		Handmade Shumai(pork +squid)	pork , squid	Shumai wrapper starch	onion , bamboo shoots dried shiitake , ginger	salt , soy sauce , sake , pepper		
		harusame salad		glass noodles , vegetable oil sesame oil	carrot , cucumber bean sprouts	vinegar , salt , soy sauce mustard		
		milk	milk					
25	Fri	World Event Food Day ☆ Christmas ☆						
		carrot rice w/shrimp cream	chicken , milk , shrimp	rice , butter , vegetable oil wheat flour	carrot , onion , mushroom ginger , broccoli	white wine , salt , pepper powdered bay leaf , chicken broth	720	23.0
		bell pepper salad		Rice macaroni vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper		
		Christmas dessert	egg , Soy milk , fresh cream	(white) sugar , rice flour (light brown) sugar vegetable oil	strawberry	vanilla essence		
		milk	milk					
								

★Menus may change due to availability of food.

Notice !



~ 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.

★ The third term lunch starts on January 8th. Please bring the lunch mat and the mask.

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
1/8	Fri	Japan Event Day ☆ Nanakusa (January 7) ☆						
		Rice with 7 herbs	fried tofu	rice , vegetable oil sesame oil roasted sesame seeds	Japanese 7 herbs daikon , turnip	konbu , fish shavings (soup) sake , salt , soy sauce	672	31.7
		Korean Style zouni	pork , egg	teok , starch	ginger , dried shiitake , daikon Chinese cabbage , komatsuna	chicken broth , salt , sake pepper , Chinese chili paste		
		meatloaf	chicken , egg , miso	panko , (light brown) sugar poppy	scallion , ginger	mirin		
		Carrot and daikon salad		(white) sugar roasted sesame seeds	carrot , Kyoto carrot , daikon	salt , apple vinegar		
		Fruit (orange)			satsuma orange			
milk	milk							