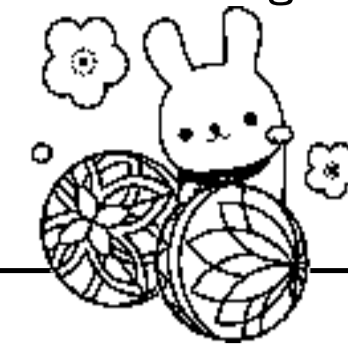


January lunch menu

Manner Goal : Let's eat with a good posture!
 Nutrition Goal : Let's learn about traditional Japanese 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
8	Fri	~Special Menu~ ☆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	623	28.1
		Korean Style zouni	pork , egg	tteok , 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 seeds	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							
11	Mon	Coming of Age Day						
12	Tue	~Special Menu~ ☆Breaking the Mochi (January 11) ☆						
		Kitsune Udon and mochi	pork , fried tofu	udon noodle , rice cake (light brown) sugar	scallion , komatsuna , kanpyo	konbu , fish shavings (soup) mirin , salt , soy sauce	645	26.5
		simmered beans	konbu , soy bean tube shaped fish cake	(light brown) sugar , konyaku	burdock , carrot	soy sauce		
		komatsuna with sesame dressing		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce		
milk	milk							
13	Wed	salmon and mushroom pilaf	salmon	rice , vegetable oil , butter	shimeji , mushroom onion , parsley	salt , white wine , soy sauce	605	22.2
		tomato soup	bacon	vegetable oil , potato	carrot , cabbage , ginger whole tomatoes	chicken broth , salt powdered bay leaf dried basil , pepper		
		crispy salad	chirimen jako	vegetable oil , wonton wrapper	carrot , cabbage , cucumber , onion	vinegar , salt , pepper , sake		
		milk	milk					
14	Thu	rice		rice			604	21.6
		simmered chicken sukiyaki	chicken , grilled tofu	vegetable oil (light brown) sugar noodles made from koyaku	onion , Chinese cabbage scallion , eringi	konbu , fish shavings (soup) sake , mirin , soy sauce		
		furofuki daikon	miso	(light brown) sugar	daikon	konbu , fish shavings (soup) salt , soy sauce , mirin , sake		
		Fruit (orange)			satsuma orange			
		milk	milk					
15	Fri	teriyaki hamburger	pork , tofu , egg , miso	bread , vegetable oil , panko roasted sesame seeds sesame oil , starch (light brown) sugar	cabbage , onion , ginger dried shiitake	salt , pepper , soy sauce mirin , sake	606	22.3
		ABC Noodle Soup	bacon	macaroni	ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf		
		french fries		vegetable oil , potato		salt		
		Fruit (apple)			apple			
		milk	milk					
18	Mon	Qingjiaorou Rice Bowl (Fried pork and green pepper)	pork	rice , vegetable oil (white) sugar , starch	garlic , ginger , onion bamboo shoots , bell pepper red bell pepper	chicken broth , sake soy sauce , salt pepper , oyster sauce	638	24.1
		Chinese soup w/tofu and wakame seaweed	tofu , wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots , scallion	chicken broth , salt pepper , soy sauce		
		Chinese dried noodle & sesame salad		udon noodle , vegetable oil sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		milk	milk					
19	Tue	soup spaghetti	chicken , scallop	vegetable oil , olive oil spaghetti	garlic , carrot , onion shimeji , bell pepper , ginger	salt , pepper , chicken broth white wine , chili pepper powdered bay leaf	611	23.1
		French pumpkin salad		vegetable oil	pumpkin , carrot cucumber , onion	vinegar , salt , pepper		
		Fruit (apple)			apple			
		milk	milk					
20	Wed	rice		rice			647	24.8
		enchin-jiru	tofu	vegetable oil sesame oil , taro	burdock , carrot , daikon scallion	konbu , fish shavings (soup) salt , soy sauce		
		Fried fish (cod & shishamo smelt)	cod , shishamo smelt	vegetable oil , starch		salt , pepper		
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) , soy bean tube shaped fish cake	vegetable oil (light brown) sugar	carrot	mirin , soy sauce		
		milk	milk					

★Menus may change due to availability of food.

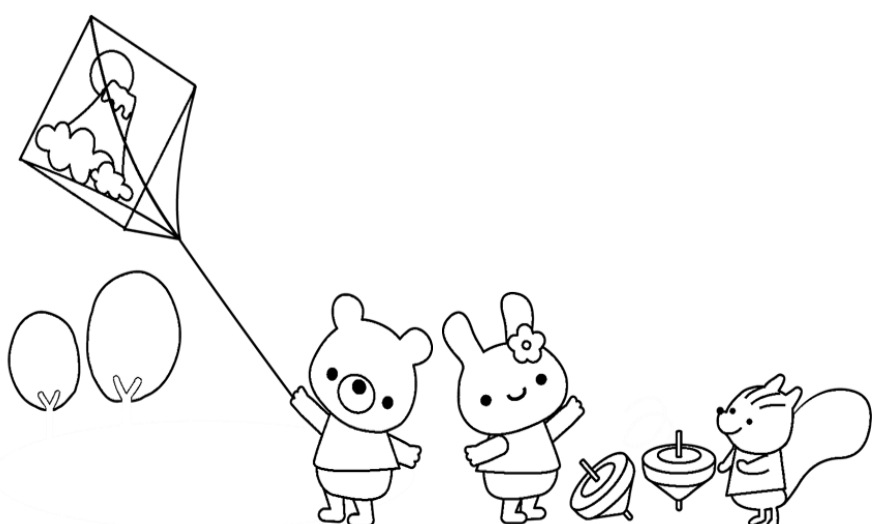
~ Dear Parents /Guardians ~

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row.

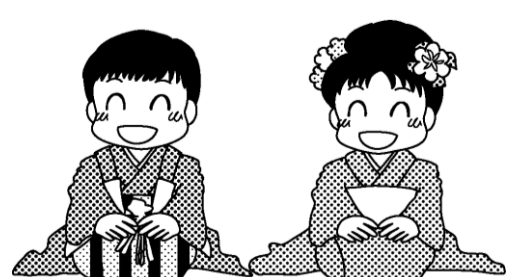
To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance.

For any long absence and transferring school, a handling charge of ¥30 will be deducted. We appreciate your cooperation.

Notice !



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
21	Thu	~World Food~ (Human Rights Day) ☆ Russia ☆					632	21.4
		hand-made pirozhki	pork	bread flour , (white) sugar vegetable oil , glass noodles starch	onion , bamboo shoots dried shiitake	salt , dried yeast , pepper soy sauce , nutmeg oyster sauce		
		borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , ginger whole tomatoes , tomato juice cabbage , parsley	red wine , chicken broth , salt tomato puree , ketchup powdered bay leaf , pepper		
		pickles		granulated sugar	carrot , cucumber , turnip	white wine , apple vinegar , salt powdered bay leaf		
		drinkable yogurt	drinkable yogurt					
22	Fri	Let's eat Local Specialities ☆ Tottori prefecture ☆					620	24.4
		rice		rice				
		miso soup w/fried tofu and komatsuna	fried tofu , miso		komatsuna , scallion	fish shavings (soup)		
		stamina natto	natto , chicken	sesame oil , (light brown) sugar	ginger , garlic , scallion	soy sauce , sake , Tabasco		
		stewed vegetables	chicken	vegetable oil , konyaku (light brown) sugar	burdock , carrot , bamboo shoots lotus root , daikon , dried shiitake string bean	fish shavings (soup) , sake salt , soy sauce		
milk	milk							
25	Mon	School Lunch Week (1/24-1/30)					636	32.1
		rice ball (wakame ▪ umeboshi)	wakame (seaweed) , nori	rice	umeboshi	konbu , sake , Light soy sauce salt , mirin		
		ton-jiru soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion	fish shavings (soup)		
		grilled salmon	salmon			salt		
		cucumber salad with sesame dressing		roasted sesame seeds sesame oil	cucumber	soy sauce , salt		
milk	milk							
26	Tue	School Lunch Week (1/24-1/30)					616	23.3
		Chinese Rice Bowl	pork , squid shrimp , quail eggs	rice , vegetable oil , starch	ginger , onion , carrot bamboo shoots , dried shiitake cloud ear mushroom Chinese cabbage , bok-choy scallion , pea pods	soy sauce , sake chicken broth , salt pepper , oyster sauce		
		wakame seaweed soup	wakame (seaweed)		ginger , bamboo shoots , scallion	chicken broth , salt pepper , soy sauce		
		Chinese salad w/ bean sprouts		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce pepper		
		Fruit (orange)			satsuma orange			
milk	milk							
27	Wed	School Lunch Week (1/24-1/30)					610	25.1
		Soft noodles & curry sauce	tofu , pork , miso	udon noodle , vegetable oil (light brown) sugar starch , sesame oil	garlic , ginger , carrot onion , green peas	fish shavings (soup) , sake soy sauce , curry powder		
		Chinese cabbage pickles	salt konbu		Chinese cabbage , carrot			
		Fruit (apple)			apple			
		milk	milk					
28	Thu	School Lunch Week (1/24-1/30)					654	21.5
		rice		rice				
		hot and sour soup	egg	starch	ginger , carrot dried shiitake , scallion	chicken broth , sake , salt pepper , soy sauce , vinegar Chinese chili paste		
		fried dumpling	pork	vegetable oil , gyoza wrapper sesame oil	garlic , ginger , Chinese cabbage scallion , Chinese chives	salt , pepper , soy sauce		
		bean sprouts & komatsuna namul		sesame oil	komatsuna , carrot , bean sprouts	soy sauce , chili oil		
milk	milk							
29	Fri	School Lunch Week (1/24-1/30)					659	19.2
		toasted garlic bread		bread vegetable oil	garlic , parsley			
		cream stew	chicken , bacon , milk	vegetable oil , potato wheat flour	onion , carrot , ginger , cabbage	white wine , chicken broth salt , pepper powdered bay leaf		
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper		
		mini age-pan (deep-fried bread)		bread , vegetable oil (white) sugar granulated sugar				
milk	milk							



Happy New Year !!!



★Menus may change due to availability of food.

