



November Lunch Menu

2019/10/31

Manner Goal: Let's be grateful for the food we eat.

Principal: Mr. Hatano

Nutrition Goal: Let's try to eat the foods we don't like.

School Nutritionist: Ms. Koide

Day	Date	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	
1	Fri	rice ball	○	wakame (seaweed) chirimen jakko, nori	rice	yukari shiso (red perilla)		648	31.3	
		Chanko soup		chicken, fried bean curd	vegetable oil, sesame oil, konnyaku	burdock, carrot, daikon, shimeji dried shiitake, Chinese cabbage scallion	kombu, salt, soy sauce fish shavings (soup)			
		pickled cabbage				cabbage, carrot	salt			
		fruit (satsuma orange)				satsuma orange				
4	Mon	Culture day transfer holiday								
5	Tue	Parent-Child Reading Week			udon noodle, vegetable oil wheat flour	scallion, komatsuna, carrot onion, shungiku	kombu, salt, soy sauce fish shavings (soup), mirin	628	18.4	
		kakiage udon	○			komatsuna, Chinese cabbage bean sprouts	soy sauce			
		Chinese cabbage isaoe		nori						
sweet potato	milk, fresh cream, egg	sweet potato, butter, (white) sugar								
6	Wed	Parent-Child Reading Week			rice, wheat			645	25.2	
		barley rice	○			daikon	fish shavings (soup)			
		daikon and fried tofu miso soup		fried tofu, miso		onion, bamboo shoots dried shiitake, ginger	salt, soy sauce			
		hanasaki shumai (steamed dumpling)		pork	shumai wrappers					
pickled daikon and cucumber				cucumber, daikon	salt					
7	Thu	Parent-Child Reading Week			bread, mayonnaise whole wheat bread	cucumber	salt, pepper grain mustard	684	25.0	
		sandwich (tuna / cheese)	○	tuna, cheese		onion, carrot, ginger, cabbage	white wine, chicken broth salt, pepper bay leaf powder			
		cream stew		chicken, bacon, milk	vegetable oil, potato wheat flour					
		turnip salad			vegetable oil	cabbage, turnip cucumber, onion	vinegar, salt, pepper			
8	Fri	Parent-Child Reading Week			rice, butter, vegetable oil	carrot, onion, canned corn mushroom, parsley	salt, white wine, pepper	638	19.3	
		seafood pilaf	○	squid, shrimp		garlic, celery, carrot, onion ginger, tomato, cabbage tomato juice	chicken broth, salt, pepper tomato puree			
		minestrone		bacon	vegetable oil, potato, macaroni					
Bam and Kero's Doughnut	tofu, soy bean flour	vegetable oil, (white) sugar wheat flour, powdered sugar			baking powder					
11	Mon	Parent-Child Reading Week			rice, wheat			632	31.8	
		barley rice	○			burdock, carrot, daikon, scallion	fish shavings (soup)			
		chicken and vegetable miso soup		chicken, miso, tofu	vegetable oil, potato		salt			
		grilled salmon		salmon						
simmered dried daikon	fried tofu	vegetable oil, (light brown) sugar		carrot, dried radish, dried shiitake	fish shavings (soup) salt, soy sauce					
12	Tue	Parent-Child Reading Week			Chinese noodles, vegetable oil sesame oil, starch white sesame seeds	garlic, ginger, carrot, onion canned corn, Chinese cabbage bean sprouts, Chinese chive dried shiitake, scallion	chicken broth, mirin soy sauce, pepper	579	24.5	
		miso ramen	○	pork, miso		carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper			
		Japanese cabbage salad			vegetable oil, sesame oil white sesame seeds					
fruit (persimmon)				persimmon						
13	Wed	Japanese event food ★School Anniversary (11/14) ★								
		sea bream rice	○	sea bream	rice, (light brown) sugar	ginger, green onions	kombu, sake mirin, soy sauce	660	27.7	
		fried tofu mixed with vegetables		chicken, tofu, egg	vegetable oil, (light brown) sugar starch	carrot, bamboo shoots dried shiitake, ginger	salt, soy sauce, mirin			
		red and white namasu			(white) sugar, white sesame seeds	carrot, daikon	salt, apple vinegar			
		clear soup		naruto		komatsuna, carrot	kombu, salt fish shavings (soup)			
special punch		(white) sugar, rice flour		canned beets, canned orange canned peach						
14	Thu	Parent-Child Reading Week			rice, butter, vegetable oil wheat flour	celery, onion, ginger mushroom	salt, tomato puree white wine, pepper chicken broth	630	22.7	
		chicken doria	○	chicken, milk, cheese		carrot, cabbage, cucumber canned corn, onion	vinegar, salt, pepper			
		cabbage and corn salad			vegetable oil					
fruit (apple)				apple						
15	Fri	Parent-Child Reading Week			rice			637	26.0	
		rice	○			onion, ginger, dried shiitake	salt, pepper, soy sauce mirin, sake			
		tofu hamburger		pork, tofu egg, miso	panko, white sesame seeds sesame oil, vegetable oil (light brown) sugar, starch					
		yukari turnip and cucumber pickles				turnip, cucumber yukari shiso (red perilla)	salt			
daikon with yuzu miso sauce	miso	(light brown) sugar		daikon, yuzu	fish shavings (soup), salt soy sauce, mirin, sake					
18	Mon	Parent-Child Reading Week			rice, vegetable oil, starch	ginger, onion, carrot, scallion dried shiitake, cloud ear mushroom Chinese cabbage, bok-choy bamboo shoots, snow pea	soy sauce, sake chicken broth, salt pepper, oyster sauce	673	22.9	
		Chu-kadon (Chinese rice bowl)	○	pork, squid, shrimp quail eggs		carrot, cabbage, cucumber	vinegar, salt soy sauce, chili oil			
		Chinese salad with vermicelli			vermicelli, vegetable oil, sesame oil					
milk jelly	agar powder(kanten), milk	(white) sugar								

Day	Date	Menu	Milk	Red Food Group	Yellow Food Group	Green Food Group	Other	energy	protein
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Day	Date	Menu	Drink	For building our bodies	For warming our bodies	For balancing our bodies	Others	Kcal	g	
Japanese local food ★Saitama prefecture★										
19	Tue	Okirikomi	○	chicken, fried tofu	vegetable oil, (white) sugar udon noodle	burdock, carrot, daikon, shimeji dried shiitake, scallion	kombu, mirin, salt fish shavings (soup)	617	20.7	
		bean sprouts with mustard sauce					komatsuna, carrot, bean sprouts			mustard, soy sauce
		miso potato		miso	vegetable oil, potato starch, (white) sugar					mirin
20	Wed	rice	○		rice			652	28.4	
		Yoshino soup		kombu, tofu	taro, starch	carrot, daikon, scallion	fish shavings (soup) salt, soy sauce			
		rolled egg		chicken, egg	vegetable oil, (light brown) sugar	onion, carrot, dried shiitake green peas	sake, salt, soy sauce			
		Ri-chan salad		ham, salt kelp, fish shavings	(light brown) sugar, vegetable oil sesame oil	cabbage, cucumber, carrot canned corn	vinegar, salt, pepper			
21	Thu	honey lemon toast	○		bread, butter, honey	lemon		624	26.0	
		stewed chicken in tomato		chicken, fresh cream	vegetable oil, potato wheat flour	carrot, onion, cabbage ginger, tomato	chicken broth, tomato puree ketchup, salt			
		boiled egg and tuna salad		egg, tuna	mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
Japanese Food Day (11/24)										
22	Fri	hijiki rice with soybeans	○	fried tofu, soy bean hijiki(seaweed)	rice, glutinous rice, vegetable oil (light brown) sugar	carrot	kombu, sake, salt soy sauce, mirin	654	29.1	
		kenchin soup		kombu, tofu	vegetable oil, sesame oil, taro	burdock, carrot, daikon shiitake, scallion	fish shavings (soup) salt, soy sauce			
		simmered miso saba		mackerel, miso	(light brown) sugar	ginger	sake, soy sauce			
		pickled cabbage and cucumber				cabbage, cucumber	salt			
23	Sat	Labor Thanksgiving Day								
25	Mon	rice	○		rice			651	26.8	
		tofu and nameko miso soup		tofu, miso		nameko mushroom, komatsuna, scallion	fish shavings (soup)			
		teriyaki chicken		chicken	vegetable oil, (light brown) sugar starch	ginger	soy sauce, sake, mirin			
		French potato salad			potato, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper salt, pepper			
26	Tue	fried noodles	○	pork, nori	vegetable oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	Worchestershire sauce Worchestershire sauce	548	20.3	
		hijiki and jako Salad		hijiki(seaweed) chirimen jakko	(light brown) sugar, vegetable oil sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper, sake			
		fruit (pear)				pear				
27	Wed	rice	○		rice			648	27.6	
		pork and vegetable miso soup		pork, miso, tofu	vegetable oil, potato	burdock, carrot, daikon, scallion	fish shavings (soup)			
		grilled saury		saury			salt, soy sauce			
		Chinese cabbage with sesame miso		miso	(light brown) sugar white sesame seeds	komatsuna, carrot Chinese cabbage	mirin, soy sauce			
World Food ★New Zealand★										
28	Thu	cheese dog	○	cheese	bread			592	26.3	
		alphabet soup		bacon	macaroni	ginger, carrot, onion mushroom, cabbage	chicken broth, salt pepper, bay leaf powder			
		fish and chips		Patagonian grenadier, egg	vegetable oil, wheat flour, potato		salt, pepper sparkling water			
		coleslaw salad (mustard dressing)			vegetable oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper grain mustard			
		drinkable yogurt		drinkable yogurt						
29	Fri	mabo tofu bowl	○	pork, miso, tofu	rice, vegetable oil, sesame oil (light brown) sugar, starch	garlic, ginger, carrot, scallion bamboo shoots, Chinese chive	Chinese chili paste sake, soy sauce sweet bean paste	646	24.4	
		Chinese style egg soup		egg	starch	ginger, carrot, dried shiitake bamboo shoots, scallion	chicken broth, sake, salt pepper, soy sauce			
		Chinese sesame salad with cabbage			vegetable oil, sesame oil sesame seed paste	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper			
30	Sat	tomato spaghetti	○	bacon	olive oil, (white) sugar, spaghetti	garlic, onion, shimeji, tomato	salt, pepper, chili pepper paprika powder, ketchup bay leaf powder, basil tomato puree	545	18.0	
		paprika salad			vegetable oil	red bell pepper, yellow bell pepper cabbage, cucumber, onion	vinegar, salt, pepper			
		orange jelly		agar powder(kanten)	(white) sugar	orange juice				

★There may be changes to the menu due to the availability of food. Thank for your understanding.

School lunch Fees

This year the school lunch is not being charged as a monthly fee, but the fee is per meal for the month. Every month is different per grade. We will let you know the charges on the menu. The fees for December will be withdrawn November 11th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,956	¥4,956	¥5,418	¥5,418	¥5,880	¥5,600

~ 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. If there is a change in the absence period, please be sure to inform your homeroom teacher. For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.