



# December Lunch Menu



Manner Goal: Let's be careful about how loud we speak and enjoy our lunch.

Principal: Mr. Hatano

Nutrition Goal: Let's beat the cold !

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
2	Mon	Transfer Holiday							
3	Tue	barley rice	○		rice, wheat			604	27.6
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna scallion	fish shavings (soup)		
		Teriyaki fish		sablefish	vegetable oil (light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Cabbage with spicy sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
4	Wed	<b>World Food ☆ Russia ☆</b>							
		hand-made pirozhki	○	pork	bread flour, (white) sugar vegetable oil vermicelli, starch	onion, bamboo shoots dried shiitake	salt, dried yeast pepper, nutmeg oyster sauce, soy sauce	691	23.4
		borscht		pork, fresh cream	vegetable oil, potatoes	carrot, onion, celery ginger, whole tomatoes canned beets, cabbage	red wine, chicken broth tomato puree, salt pepper, bay leaf powder		
		Olivier salad		egg	potatoes, mayonnaise	carrot, onion, cucumber green peas	vinegar, salt, pepper		
yogurt drink	yogurt drink								
5	Thu	Kimchi Fried Rice	○	pork, egg	rice, vegetable oil	carrot, kimchi, bean sprouts bell pepper	sake, salt, soy sauce pepper	603	21.9
		wonton soup		pork	wonton wrapper, sesame oil	ginger, carrot, bamboo shoots Chinese cabbage, scallion bean sprouts, komatsuna	chicken broth, sake, salt pepper, soy sauce		
		fruit (persimmon)				persimmon			
6	Fri	<b>Japan Event Day ☆Hari-kuyo☆</b>							
		rice	○		rice			621	24.4
		Clear Soup		hanpen		mitsuba, carrot	fish shavings (soup) kombu, salt, soy sauce		
		Deep fried tofu with vegetable and ground chicken sauce		tofu, chicken	vegetable oil, starch	onion, carrot, shiitake spinach	sake, mirin, salt soy sauce		
Marinated Cabbage with Salted Seaweed	Shio kombu	sesame seeds		cabbage, bean sprouts carrot	soy sauce				
9	Mon	<b>Japanese local food ☆Hokkaido☆</b>							
		mushroom rice	○	fried tofu	rice	shiitake, shimeji maitake mushroom	kombu, sake salt, soy sauce	572	31.3
		tofu and komatsuna Clear Soup		tofu	dried wheat gluten	komatsuna	fish shavings (soup) kombu, salt, soy sauce		
		Salmon Chan Chan Yaki		salmon, miso	(white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake mirin, soy sauce		
Pickled turnip				turnip	salt				
10	Tue	Kogitsune udon	○	chicken, fried tofu	(light brown) sugar udon noodles	onion, carrot, daikon komatsuna	fish shavings (soup) kombu, salt, soy sauce sake, mirin	626	23.8
		bean sprouts marinated with sesame seeds			(light brown) sugar sesame seeds	carrot, bean sprouts	soy sauce		
		mystery Chestnut		milk, egg	sweet potato, (white) sugar butter, Chestnut, wheat flour Somen, vegetable oil				
11	Wed	barley rice	○		rice, wheat			644	29.7
		tofu and komatsuna miso soup		miso, tofu		komatsuna, scallion	fish shavings (soup)		
		Teriyaki fish		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		daikon salad		wakame (seaweed)	vegetable oil, sesame oil sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce pepper		
12	Thu	Garlic toast	○		bread, vegetable oil	garlic, parsley		615	19.4
		Ratatouille		chicken	olive oil, vegetable 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			potatoes, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper		

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

