

March Lunch Menu



Manner goal : Let's use our manners and enjoy lunch.

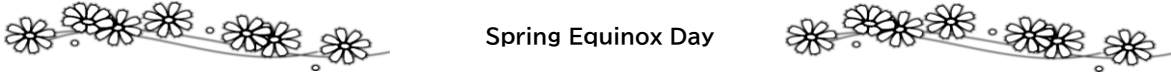
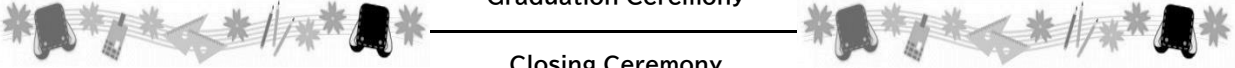
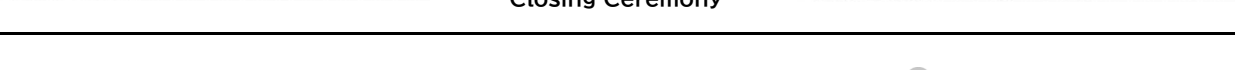
Higashimachi ES Principal: Mr. Hatano

Nutrition goal : Let's eat a balanced meal and build a strong body.

School Nutritionist: Ms. Koide

Date	Day	Menu	Milk	For building our bodies	For warming our bodies	For balancing our bodies	Others	energy	protein	
								kcal	g	
2	Mon	Japanese Cultural Food ☆ Hinamatsuri 3/3 ☆							629	22.4
		chirashi sushi		Conger eel, egg fish floss (yuk sung)	rice, (light brown) sugar vegetable oil	carrot, dried shiitake, kanpyo lotus root, pea pods	kombu, vinegar, salt fish shavings (soup) soy sauce			
		sumashi soup		steamed fish paste		komatsuna, scallion	kombu fish shavings (soup) salt, soy sauce			
		marinated canola blossoms		fish shavings		canola blossom Chinese cabbage	soy sauce			
		Hinamatsuri dessert		agar powder(kanten), milk	(white) sugar	strawberry	matcha			
		barley tea				barley tea				
3	Tue	Celebration Rice with Red Beans		cowpea	rice, glutinous rice black sesame		salt	574	25.7	
		sumashi soup	○	naruto		komatsuna, carrot	kombu, salt fish shavings (soup)			
		Spanish mackerel with Saikyo miso		Spanish mackerel Saikyo miso			sake			
		Chinese cabbage isoae		nori		komatsuna, Chinese cabbage bean sprouts	soy sauce			
4	Wed	gomoku ankake yakisoba		pork	vegetable oil, Chinese noodles (light brown) sugar, starch	carrot, onion, bamboo shoots dried shiitake Chinese cabbage, bean sprouts	salt, pepper, soy sauce chili oil, vinegar	594	21.7	
		broccoli and cabbage Chinese salad	○		vegetable oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		fruit (Amanatsu orange)				Amanatsu orange				
5	Thu	eggplant dry curry		pork, chickpeas	rice, vegetable oil, wheat flour	garlic, ginger, onion, carrot eggplant	tomato puree, salt bay leaf powder, nutmeg curry powder Worcestershire sauce	682	19.8	
		potato salad	○		potatoes, vegetable oil	carrot, cucumber, onion	vinegar, salt, pepper			
		apple jelly		agar powder(kanten)	(white) sugar	apple juice				
6	Fri	barley rice			rice, wheat			632	27.3	
		wakame seaweed soup	○	wakame (seaweed)	roasted sesame seeds	bamboo shoots, scallion	fish shavings (soup), salt pepper, soy sauce			
		shrimp omelet		shrimp, egg	vegetable oil, starch (light brown) sugar	bamboo shoots, dried shiitake scallion, green peas	sake, salt, soy sauce vinegar			
		Chinese salad with vermicelli			vermicelli, vegetable oil sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce chili oil			
9	Mon	rice			rice			644	25.7	
		tofu and nameko mushroom miso soup		tofu, miso		nameko mushroom, komatsuna scallion	fish shavings (soup)			
		deep fried hoki	○	Patagonian grenadier, egg	vegetable oil, wheat flour panko		salt, pepper, Worcestershire sauce (semi-thick)			
		daikon and hijiki salad		hijiki(seaweed)	(light brown) sugar vegetable oil, sesame oil roasted sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper			
10	Tue	meat udon		pork fish cake	(white) sugar, udon noodles	carrot, daikon, scallion komatsuna	kombu fish shavings (soup) soy sauce, mirin, salt	527	24.4	
		spicy seasoned bean sprouts	○			komatsuna, carrot bean sprouts	mustard, soy sauce			
		seasoned fried soybean jako and sweet potato		soy bean, chirimen jakko	(light brown) sugar vegetable oil, starch sweet potato roasted sesame seeds		soy sauce, mirin			
11	Wed	Japanese Local Food ☆ Miyagi Prefecture ☆							644	23.6
		fried wheat gluten rice bowl		egg	rice, (light brown) sugar wheat bran	onion mitsuba (Japanese honeywort)	fish shavings (soup) salt, mirin soy sauce, sake			
		Hatto soup	○	tofu, fried tofu	wheat flour, rice flour	burdock, carrot, daikon scallion, komatsuna	kombu, fish shavings (soup) sake, salt, soy sauce			
		turnip and cucumber with yukari				turnip, cucumber yukari shiso (red perilla)	salt			

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

Date	Day	Menu	Milk	For building our bodies	For warming our bodies	For balancing our bodies	Others	energy kcal	protein g	
12	Thu	Ma bo bowl	○	pork, miso, tofu	rice, vegetable oil (light brown) sugar starch, sesame oil	garlic, ginger, carrot bamboo shoots, scallion Chinese chive	Chinese chili paste sake, soy sauce sweet bean paste	671	24.4	
		harusame noodle soup		vermicelli, sesame oil	ginger, carrot, bok-choy scallion	chicken broth, sake salt, pepper, soy sauce				
		Chinese sesame salad		vegetable oil, sesame oil roasted sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper				
13	Fri	☆ World Food ☆ Hungary ☆								
		goulash	○	pork	rice, vegetable oil, potatoes wheat flour	garlic, ginger, onion carrot, red bell pepper mushroom, whole tomatoes	red wine, chicken broth salt, pepper tomato puree, ketchup Worcestershire sauce bay leaf powder paprika powder	626	17.3	
		green salad		vegetable oil	broccoli, cabbage, cucumber onion	vinegar, salt, pepper				
		fruit (apple)			apple					
drinkable yogurt	drinkable yogurt									
16	Mon	barley rice	○		rice, wheat			626	24.7	
		potato and wakame miso soup		fried tofu, miso wakame (seaweed)	potatoes		fish shavings (soup)			
		grilled teriyaki chicken		chicken	vegetable oil (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		jakko salad		chirimen jakko	sesame oil (light brown) sugar	mizuna, komatsuna bean sprouts, carrot ginger	vinegar, soy sauce salt, sake			
17	Tue	mushroom spaghetti	○	bacon, nori	vegetable oil, starch olive oil, spaghetti	garlic, ginger, onion carrot, shimeji, eringi mushroom	sake, salt, pepper soy sauce	719	23.6	
		coleslaw with mustard dressing			vegetable oil (light brown) sugar	carrot, cabbage, cucumber onion	vinegar, salt, pepper grain mustard			
		matcha cake		egg, milk	(white) sugar, wheat flour vegetable oil, Amanatto(Azuki)		matcha, baking powder			
18	Wed	handmade bread with tuna and mayonnaise	○	tuna	bread flour, (white) sugar vegetable oil mayonnaise(Non-egg)	onion, canned corn	salt, dried yeast, pepper	660	20.1	
		ABC Soup		bacon	macaroni	ginger, carrot, onion mushroom, cabbage	chicken broth, salt bay leaf powder pepper			
		Caesar salad		cream cheese, bacon cheese	vegetable oil, crouton (light brown) sugar	cabbage, cucumber, carrot garlic, onion	vinegar, salt, pepper mustard			
		fruit (Dekopon)				Citrus reticulata Siranui				
19	Thu	Japanese Cultural Food ☆ Ohigan ☆								
		okara chicken rice bowl	○	egg, okara (soy pulp) chicken	rice, vegetable oil (light brown) sugar roasted sesame seeds	onion, ginger	salt, sake, soy sauce	750	26.8	
		cabbage isoae		nori		cabbage, bean sprouts	soy sauce			
azuki bean mochi	skinless bean paste soy bean flour	glutinous rice, rice (white) sugar			salt					
20	Fri	 Spring Equinox Day								
23	Mon	curry rice	○	chicken	rice, vegetable oil, potatoes wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth salt, bay leaf powder ketchup, curry powder coriander, cinnamon garam masala	766	22.3	
		soy bean and tuna salad		soy bean, tuna	vegetable oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce			
		fruit punch			(white) sugar	canned orange, canned peach canned pineapple	white wine			
24	Tue	 Graduation Ceremony								
25	Wed	 Closing Ceremony								

~ 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.

