

April Lunch Menu

2016/4/6

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



Manner Goal : Learn how to prepare & serve and put away school lunch.
Nutrition Goal : Learn about different kinds 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	
6	Wed	Opening Ceremony ・ Entrance Ceremony							
7	Thu	chicken pilaf	chicken	rice , butter vegetable oil	carrot , onion , mushroom canned corn , parsley	salt , white wine , pepper	631	18.5	
		potato cream soup	milk	vegetable oil , potato butter , wheat flour	garlic , onion , ginger	chicken broth , salt , pepper powdered bay leaf			
		string bean salad		vegetable oil	string bean , carrot cabbage , onion	vinegar , salt , pepper			
		milk	milk						
8	Fri	rice		rice			623	28.2	
		miso soup w/tofu and wakame	miso , tofu , wakame (seaweed)		scallion	fish shavings (soup)			
		grilled squid w/ green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		dried radish salad		(light brown) sugar sesame oil white sesame seeds	dried radish , cucumber carrot , bean sprouts	soy sauce , vinegar ground red chili pepper			
		milk	milk						
11	Mon	twisted bread		twisted bread			620	19.8	
		honey		honey					
		ratatouille	chicken	olive oil , vegetable oil	garlic , onion , celery zucchini , tomato , eggplant bell pepper , yellow bell pepper red bell pepper , parsley	white wine , salt , pepper nutmeg , oregano powdered bay leaf			
		mashed pumpkin salad	fresh cream	butter	pumpkin , carrot , cucumber canned corn	salt , pepper paprika powder			
		milk	milk						
12	Tue	curry and rice	chicken	rice , vegetable oil potato , wheat flour	garlic , ginger , carrot onion	red wine , chicken broth salt , ketchup , curry powder powdered bay leaf	642	16.1	
		cabbage & cheese salad	cheese	vegetable oil	carrot , cabbage cucumber , onion	vinegar , salt , pepper			
		calpis Jelly	agar powder(kanten) , calpis						
		milk	milk						
13	Wed	rice		rice			599	26.0	
		hearty miso soup	miso , tofu	konyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)			
		tofu hamburger w/mushroom sauce	chicken , pork tofu , egg	starch (light brown) sugar	carrot , scallion , dried shiitake ginger , shimeji enoki mushroom , shiitake	sake , salt , pepper soy sauce , mirin			
		Chinese cabbage pickles			Chinese cabbage , carrot	salt			
		milk	milk						
14	Thu	fried noodles	pork , sakura shrimp , nori	vegetable oil Chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper Worchestershire sauce (semi-thick)	596	20.5	
		daikon and hijiki salad	hijiki(seaweed)	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce vinegar , pepper			
		fruit (apple)			apple				
		milk	milk						
15	Fri	okara (soy pulp) & minced chicken rice bowl	egg , okara (soy pulp) chicken	rice , vegetable oil (light brown) sugar white sesame seeds	onion , ginger	salt , sake , soy sauce	679	27.2	
		Seasonal soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper			
		soy milk pudding	egg , soy milk	(white) sugar (light brown) sugar		vanilla essence			
		milk	milk						
18	Mon	rice		rice			614	24.4	
		miso soup w/potato and onion	wakame (seaweed) , miso	potato	onion	fish shavings (soup)			
		cod with vegetable sauce	cod	wheat flour , starch vegetable oil (light brown) sugar	ginger , carrot , onion shiitake	soy sauce , mirin			
		marinated spinach			spinach , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						

★There may be changes to the menu due to availability of food.

☆The first graders start lunch on the 12th. No lunch on the 7th. Only milk on the 8th and milk and bread on the 11th.

All students have to wear a mask during lunch preparation. Its not just for hygienic reasons, but also for disease prevention.
Please prepare a new mask together with cleaned lunch mat every week. Students can use any type of masks, disposable type or gauze type.
Thank you for your understanding.

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
19	Tue	~Japanese local food~ ☆ Nagasaki Prefecture ☆					648	26.0
		Nagasaki Chanpon	pork , squid shrimp , naruto	Chinese noodles , lard (light brown) sugar vegetable oil , sesame oil	scallion , carrot , bean sprouts cabbage , ginger	sake , salt , pepper thin soy sauce , chicken broth Worchestershire sauce		
		komatsuna with sesame seeds		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce		
		steamed cake	egg , milk	(white) sugar , wheat flour butter , sweet potato		baking powder		
		milk	milk					
20	Wed	rice		rice		649	26.2	
		Chinese chives and egg soup	egg	starch	ginger , carrot dried shiitake , Chinese chives			chicken broth , sake , salt pepper , soy sauce
		Chinese grilled chicken satek	chicken , miso	(light brown) sugar				soy sauce , sake , chili oil
		sauteed potato & cabbage	bacon	vegetable oil , potato	onion , cabbage red bell pepper			salt , pepper , soy sauce oyster sauce
		milk	milk					
21	Thu	sandwich (tuna / cheese)	tuna , cream cheese	bread , whole wheat bread mayonnaise	cucumber , Strawberry jam	salt , pepper	637	22.8
		pot au feu-stew	sausage	vegetable oil , potato	celery , carrot , onion ginger , cabbage	chicken broth , white wine , salt pepper , powdered bay leaf		
		bell pepper salad		vegetable oil	red bell pepper , cabbage yellow bell pepper cucumber , onion	vinegar , salt , pepper		
		milk	milk					
22	Fri	bamboo shoot rice	fried tofu	rice	bamboo shoots	kombu , fish shavings (soup) sake , salt , soy sauce mirin , thin soy sauce	543	25.2
		clear soup w/komatsuna and tofu	tofu		komatsuna	kombu , fish shavings (soup) salt , soy sauce		
		Spanish mackerel teriyaki	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		pickled turnip and cucumber			turnip , cucumber	salt		
		milk	milk					
25	Mon	barley rice		rice , wheat		614	28.1	
		pork miso soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot daikon , scallion			fish shavings (soup)
		grilled salmon	salmon					salt
		kinpira		vegetable oil , konyaku (light brown) sugar white sesame seeds	burdock , carrot , lotus root			mirin , soy sauce ground red chili pepper
		milk	milk					
26	Tue	pasta w/bean-meat sauce	pork , soy bean grated cheese	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , onion carrot , tomato juice parsley	red wine , salt , pepper nutmeg , ketchup tomato puree	701	27.9
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage cucumber , onion	vinegar , salt , pepper		
		fruit (amanatsu)			amanatsu			
		milk	milk					
27	Wed	~World Food~(Human Rights Day) ☆ China ☆					621	23.5
		handmade pork mantou	pork	sesame oil , wheat flour (white) sugar , vegetable oil	bamboo shoots dried shiitake , onion	dried yeast , salt , pepper soy sauce , baking powder		
		chinese-style egg soup	egg	starch	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce		
		Chinese dried noodle & sesame salad		dried thick noodles vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		drinkable yogurt	drinkable yogurt					
28	Thu	rice		rice		610	25.1	
		rolled egg	ham , egg	vegetable oil (light brown) sugar	onion , bamboo shoots dried shiitake scallion , ginger			sake , salt , soy sauce
		stewed koya tofu & vegetables	freeze-dried tofu	konyaku , taro (light brown) sugar	carrot , burdock string bean			fish shavings (soup) mirin , salt , soy sauce
		Chinese cabbage isoae	nori		komatsuna , bean sprouts Chinese cabbage			soy sauce
		milk	milk					
29	Wed	 Showa Day 						

School lunch kitchen member !

School Nutritionist : Ms. Koide

School lunch cooks :
Mr. Ito Ms. Sato Ms.Kunisima Mr.Asano
Ms.Watanabe Ms.Koyama Ms.Wada



~ 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.