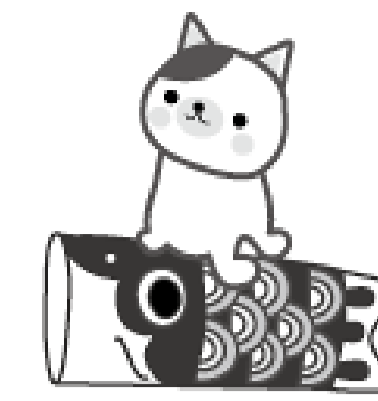


# May Lunch Menu

Manner Goal : Let's clean up and put everything away.  
Nutrition Goal : Learn food groups.



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

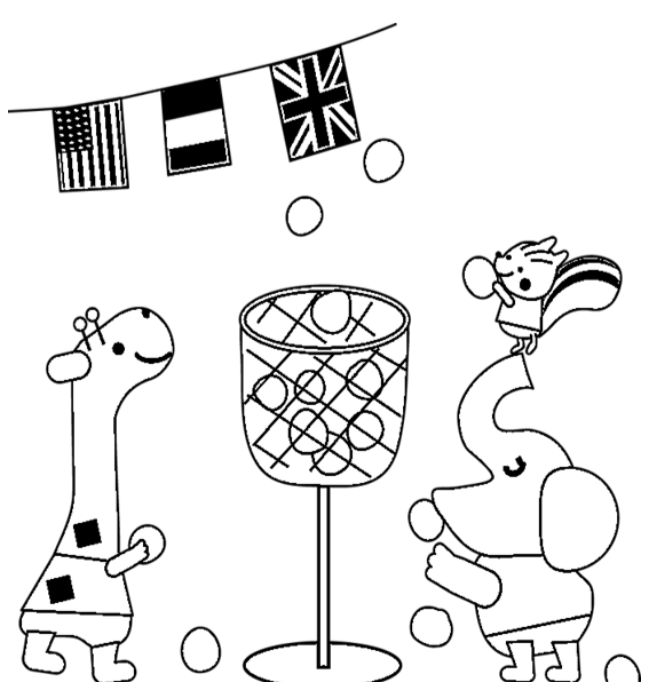
Date	Day	Menu	Main ingredients and their purposes				energy kcal	protein g	
			For building our bodies	For warming our bodies	For balancing our bodies	Others			
2	Mon	~Local Area Japanese Food • Japanese Traditional Event Food ~ ☆ Shizuoka Prefecture • 88th day from the beginning of spring menu ☆						681	22.1
		deep fried soy beans & sakura shrimp rice bowl	egg , soy bean , sakura shrimp	rice , vegetable oil wheat flour (light brown) sugar corn starch	onion mitsuba (Japanese honeywort)	kombu , fish shavings (soup) salt , soy sauce			
		suruga-style soup	sardine , miso	taro , starch	carrot , daikon komatsuna , ginger	kombu , fish shavings (soup) salt , soy sauce , sake			
		matcha dango	soy bean flour	rice flour , (white) sugar granulated sugar		matcha , salt			
		milk	milk						
3	Tue	Constitution Memorial Day Holiday							
4	Wed	Greenery day							
5	Thu	Children's Day							
6	Fri	~Japanese Traditional Event Food ~ ☆Boy's Festival (Tango-no-sekku) ☆						601	19.3
		chinese rice wrapped in bamboo leaf	pork , Chinese dried shrimp	sesame oil (light brown) sugar glutinous rice	bamboo shoots , carrot dried shiitake	sake , salt , soy sauce oyster sauce			
		seasonal clear soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		vermicelli chinese salad		glass noodles , sesame oil vegetable oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , pepper soy sauce			
		fruit ( kawachi-bankan orange )			kawachi-bankan orange				
		milk	milk						
9	Mon	rice		rice			664	24.6	
		satsuki soup	miso , wakame (seaweed)		bamboo shoots	fish shavings (soup) , kombu			
		grilled mackerel w/ green onion sauce	mackerel	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		stewed fried bean curd & vegetables	fried bean curd	vegetable oil , konnyaku (light brown) sugar	burdock , carrot , string bean	fish shavings (soup) , sake salt , soy sauce			
		milk	milk						
10	Tue	pepperoncino w/spring cabbage	bacon	vegetable oil , olive oil spaghetti	garlic , eringi , carrot onion , cabbage , komatsuna ginger	chili pepper , salt , pepper powdered bay leaf chicken broth	688	24.7	
		broccoli salad		vegetable oil	carrot , broccoli , cucumber onion	vinegar , salt , pepper			
		fruit yogurt	yogurt	(white) sugar	banana , canned peach canned orange				
		milk	milk						
11	Wed	rice with peas		rice	green peas	sake , salt	612	30.5	
		pork miso soup	pork , miso , tofu	vegetable oil , potato	burdock , carrot , daikon scallion	fish shavings (soup)			
		teriyaki fish	salmon	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		marinated spinach w/sesame		(light brown) sugar white sesame seeds	spinach , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
12	Thu	bread		bread			703	26.0	
		soy milk gratin	chicken , bacon soy milk , cheese	macaroni , vegetable oil butter , wheat flour	onion , carrot , parsley	white wine , salt , pepper powdered bay leaf			
		cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper			
		milk	milk						
13	Fri	fried rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , scallion , green peas	sake , salt , soy sauce pepper , vinegar	636	28.5	
		Chinese soup	pork , egg , tofu	sesame oil	ginger , carrot Chinese cabbage scallion , komatsuna	chicken broth , salt pepper , soy sauce			
		vermicelli salad		glass noodles , vegetable oil sesame oil	carrot , cucumber bean sprouts	vinegar , salt soy sauce , mustard			
		milk	milk						
16	Mon	rice		rice			535	26.5	
		miso soup w/daikon and komatsuna	fried tofu , miso		daikon , komatsuna , scallion	fish shavings (soup)			
		grilled Merlucciidae (fish)	merlucciidae , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine soy sauce			
		marinated cabbage w/salted seaweed	salt kombu	roasted sesame seeds	cabbage , bean sprouts , carrot	soy sauce			
		milk	milk						
17	Tue	miso ramen	pork , miso	Chinese noodles vegetable oil sesame oil , starch	garlic , ginger , carrot onion , cabbage , Chinese chives dried shiitake , scallion canned corn	chicken broth , mirin soy sauce , pepper sweet bean paste	617	21.0	
		Chinese cabbage and deep fried tofu crispy salad	fried tofu	vegetable oil (light brown) sugar roasted sesame seeds	Chinese cabbage , cucumber carrot , ginger	vinegar , salt , soy sauce			
		sweetened sweet potato fries		vegetable oil , sweet potato powdered sugar					
		milk	milk						

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



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
18	Wed	chicken & burdock pilaf	chicken	rice , wheat vegetable oil	burdock , eringi , carrot green peas	sake , salt , pepper soy sauce	617	19.4
		egg & tomato soup	bacon , egg	vegetable oil	celery , onion ginger , tomato	chicken broth , salt powdered bay leaf , pepper		
		French potato salad		potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
		milk	milk					
19	Thu	bread		bread			606	18.7
		potato croquette	pork , egg	vegetable oil , butter potato , wheat flour panko	onion	salt , pepper Worcestershire sauce (semi-thick)		
		spring cabbage salad		vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		fruit ( Hyuganatsu orange )			Hyuganatsu orange			
		milk	milk					
20	Fri	rice		rice			620	19.8
		ground fish toppings	chirimen jako , nori fish shavings		yukari shiso (red perilla)			
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , bamboo shoots scallion	chicken broth , salt pepper , soy sauce		
		spring roll	pork	vegetable oil , starch glass noodles Spring Roll wrappers	ginger , scallion bamboo shoots dried shiitake , Chinese chives	sake , salt , pepper soy sauce		
		bean sprouts & komatsuna namul		sesame oil	komatsuna , carrot bean sprouts	soy sauce , chili oil		
		milk	milk					
23	Mon	Inaka Udon	pork , fried tofu	vegetable oil , taro udon noodle	burdock , carrot daikon , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce	626	21.8
		Chinese cabbage isoae	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
		steamed cake	egg , milk	(white) sugar wheat flour , butter		baking powder vanilla essence		
		milk	milk					
24	Tue	Stamina bowl	pork	rice , vegetable oil (white) sugar , starch	garlic , ginger , onion bamboo shoots , bell pepper red bell pepper	sake , soy sauce , salt pepper , oyster sauce	673	26.8
		chinese soup w/tofu and egg	egg , tofu	sesame oil	ginger , carrot , bean sprouts komatsuna , scallion	chicken broth , sake , salt pepper , soy sauce		
		fruit Jelly	agar powder(kanten)	(white) sugar	apple juice , canned orange canned pineapple			
		milk	milk					
25	Wed	~World Food~ Day of Human Rights ☆ Italy ☆					628	23.7
		Tuna & Corn pizza	tuna , cheese	pizza crust vegetable oil	whole tomatoes , garlic , onion canned corn , bell pepper	salt , pepper , oregano		
		Minestrone	bacon	vegetable oil , potato macaroni	garlic , celery , carrot onion , ginger , tomato tomato juice , cabbage	chicken broth , salt tomato puree powdered bay leaf		
		Caesar salad	cream cheese , bacon grated cheese	vegetable oil (light brown) sugar crouton	cabbage , cucumber , carrot garlic , onion	vinegar , salt , pepper mustard		
		drinkable yogurt	drinkable yogurt					
26	Thu	rice		rice			591	26.9
		kenchin soup	tofu	vegetable oil , sesame oil taro	burdock , carrot daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		grilled fish w/Saikyo miso paste	Spanish mackerel Saikyo miso			sake		
		marinated spinach			spinach , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
27	Fri	Pre Sports Day ☆ Special Menu ☆					666	23.9
		chicken outlet curry	chicken , egg	rice , vegetable oil wheat flour , panko	onion , carrot , ginger , garlic	curry powder , salt , ketchup powdered bay leaf Worcestershire sauce		
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage carrot , onion	vinegar , salt , pepper soy sauce		
		fruit ( Amanatsu orange )			Amanatsu orange			
		milk	milk					
28	Sat	Sports Day						
30	Mon	Day off in lieu						
31	Tue	rice		rice			659	30.3
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock komatsuna , scallion	fish shavings (soup)		
		rolled egg	chicken , egg	vegetable oil (light brown) sugar	onion , carrot dried shiitake , green peas	sake , salt , soy sauce		
		fried hijiki & soy bean	hijiki(seaweed) fried tofu , soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) , mirin soy sauce		
		milk	milk					



~ 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.

