

June Lunch Menu



2016/5/31

Manner Goal : Eat and finish your school lunch within the assigned time.
 Nutrition Goal : Chew your food well to build strong teeth.

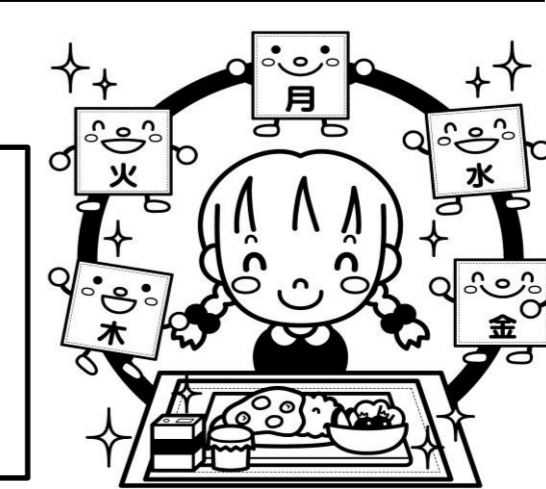
Higashimachi ES Principal: Mr. Hatano
 School Nutritionist: Ms. Koide

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		
1	Wed	spaghetti Neapolitan	pork , bacon , grated cheese	vegetable oil , spaghetti	garlic , onion , carrot mushroom bell pepper , parsley	salt , pepper , tomato puree ketchup Worcestershire sauce (semi-thick)	596	23.4
		asparagus green salad		vegetable oil	asparagus , cabbage cucumber , onion	vinegar , salt , pepper		
		fruit (kawachi-bankan orange)			kawachi-bankan orange			
		milk	milk					
2	Thu	★ Family Lunch ★					561	27.9
		rice		rice				
		grilled salmon	salmon			salt		
		Simmered Kiriboshi-daikon	fried tofu	vegetable oil (light brown) sugar	carrot , dried radish dried shiitake	fish shavings (soup) salt , soy sauce		
		Chinese cabbage isoae	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
barley tea (csffeine-free)		barley tea						
3	Fri	Neba-neba bowl	mekabu seaweed fish shavings , natto	rice	carrot , komatsuna	soy sauce , mirin	611	22.7
		ton-jiru soup	pork , miso , tofu	vegetable oil , potato	carrot , daikon , scallion	fish shavings (soup)		
		pickled cabbage w/yukari			cabbage yukari shiso (red perilla)	salt		
		hydrangea jelly	agar powder(kanten)	(white) sugar	grape juice	white wine		
		milk	milk					
6	Mon	rice		rice			589	23.5
		miso soup w/daikon and fried tofu	fried tofu , miso		daikon	fish shavings (soup)		
		flavored grilled chicken	chicken	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake		
		marinated komatsuna w/sesame		(light brown) sugar white sesame seeds	komatsuna , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
7	Tue	Kakitama Udon Noodles	pork , fried tofu , egg	vegetable oil , udon noodle	carrot , komatsuna , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce	565	20.6
		kinpira		vegetable oil , konnyaku (light brown) sugar roasted sesame seeds	burdock , carrot	mirin , soy sauce ground red chili pepper		
		potato rice cake	nori	potato , starch , butter		salt		
		fruit (cherry)			cherry			
		milk	milk					
8	Wed	~ Healthy Teeth Assembly Food ~ ★ Let's Chew Well Menu ★					632	22.5
		koya rice	chicken , freeze-dried tofu	rice , glutinous rice (light brown) sugar konnyaku	dried shiitake , carrot burdock , pea pods	fish shavings (soup) , sake mirin , soy sauce		
		clear soup w/ofu & komatsuna		wheat bran	komatsuna,scallion	kombu , fish shavings (soup) salt , soy sauce		
		fried small horse mackerel	small horse mackerel	wheat flour , vegetable oil		salt , pepper		
		fried Patagonian grenadier	Patagonian grenadier	wheat flour , vegetable oil		salt , pepper		
		cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , soy sauce pepper		
milk	milk							
9	Thu	ham & cheese roll	ham , cheese	bread			623	22.1
		fried bread crust		bread , vegetable oil granulated sugar (white) sugar				
		corn soup	chicken	vegetable oil , starch	carrot , onion , ginger canned cream corn parsley	chicken broth , salt , pepper powdered bay leaf		
		tomato & cucumber salad		olive oil	tomato , cabbage , cucumber onion	vinegar , salt , pepper		
		milk	milk					
10	Fri	Sichuan style daikon on rice	pork , soy bean , miso	rice , vegetable oil (light brown) sugar sesame oil , starch	garlic , ginger , daikon carrot , bamboo shoots , scallion Chinese chive	sweet bean paste , soy sauce Chinese chili paste , sake	642	24.4
		vegetable & pork soup	pork , egg , tofu	sesame oil	ginger , carrot , Chinese cabbage scallion , komatsuna	chicken broth , salt pepper , soy sauce		
		Chinese noodle salad		glass noodles , vegetable oil sesame oil	carrot , cucumber , bean sprouts	vinegar , salt , soy sauce mustard		
		milk	milk					
13	Mon	rice		rice			609	27.1
		dosanko miso soup	pork , miso wakame (seaweed)	potato , butter	carrot , canned corn , scallion	fish shavings (soup)		
		grilled fish with herbs	opah	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake		
		spicy konnyaku		sesame oil , konnyaku (light brown) sugar		salt , soy sauce ground red chili pepper		
		milk	milk					
14	Tue	cold meat sauce chinese noodles	pork , miso	Chinese noodles , sesame oil vegetable oil (light brown) sugar , starch	cucumber , garlic , ginger carrot , onion , bamboo shoots dried shiitake , scallion	Chinese chili paste , mirin sake , salt , soy sauce sweet bean paste oyster sauce	605	24.7
		Japanese radish salad		vegetable oil , sesame oil	cabbage , cucumber , daikon	salt , vinegar , salt soy sauce , pepper		
		fruit (watermelon)			watermelon			
		milk	milk					
15	Wed	rice		rice			591	27.2
		grilled squid w / green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		Chikuzenni stew	chicken	vegetable oil , konnyaku taro , (light brown) sugar	burdock , carrot , lotus root bamboo shoots , daikon dried shiitake , string bean	fish shavings (soup) , sake salt , soy sauce		
		bean sprouts dressed with mustard			komatsuna , carrot bean sprouts	mustard , soy sauce		
		milk	milk					

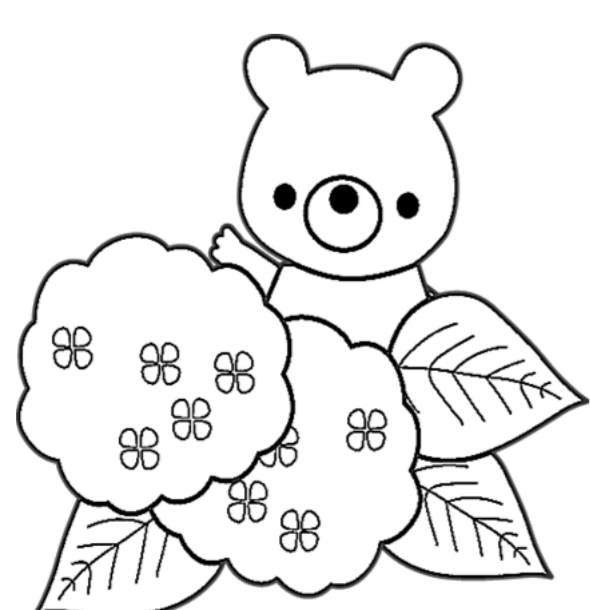
★ There may be changes to the menu due to availability of food.



All students have to wear a mask during lunch preparation
 Please prepare a new mask together with cleaned lunch mat every week. Students can use any type of masks, disposable type or gauze type.



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
16	Thu	cheese on toast	cheese	bread			663	25.4
		pot au feu-stew	sausage , bacon	vegetable oil , potato	celery , carrot , onion ginger , cabbage	chicken broth , salt white wine , pepper powdered bay leaf		
		coleslaw		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
17	Fri	Grilled sardine bowl	sardine	rice , vegetable oil (light brown) sugar , starch	ginger	sake , soy sauce , mirin	708	24.1
		sesame seasoned cabbage		(light brown) sugar white sesame seeds	komatsuna , carrot , cabbage	vinegar , soy sauce , salt		
		fruits punch		(white) sugar	banana , canned peach canned pineapple			
		milk	milk					
20	Mon	rice		rice			619	25.5
		miso soup w/turnip and komatsuna	fried tofu , miso		turnip , komatsuna , scallion	fish shavings (soup)		
		teriyaki fish	yellowtail	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		dried radish salad		(light brown) sugar sesame oil roasted sesame seeds	dried radish , cucumber carrot , bean sprouts	soy sauce , vinegar ground red chili pepper		
		milk	milk					
21	Tue	stir fried noodles w/starchy vegetable sauce	pork , shrimp squid , quail eggs	Chinese noodles vegetable oil , starch (light brown) sugar	onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	sake , salt , pepper soy sauce , vinegar	601	26.3
		Chinese broccoli & cabbage salad		vegetable oil , sesame oil	broccoli , cabbage cucumber	vinegar , salt , soy sauce		
		almond pudding	agar powder(kanten) , milk	(white) sugar		almond essence		
		milk	milk					
22	Thu	chick pea dried curry	pork , chickpeas	rice , butter vegetable oil , wheat flour	garlic , ginger , onion carrot , bell pepper whole tomatoes	salt , curry powder , red wine pepper , ketchup worcestershire sauce	689	23.4
		radish salad		vegetable oil	cabbage , cucumber , carrot daikon , onion	salt , vinegar , pepper		
		Strawberry yogurt	yogurt	powdered sugar	Strawberry jam	red wine		
		milk	milk					
23	Fri	brown sugar bread		brown sugar bread			589	28.1
		noodle soup	bacon	vegetable oil , dried thick noodles	onion , carrot , ginger , cabbage	chicken broth , salt , pepper powdered bay leaf		
		salmon meuniere	salmon	wheat flour , vegetable oil butter		salt , pepper , white wine		
		honey potato salad		vegetable oil , potato honey	carrot , cucumber	vinegar , salt , mustard		
		milk	milk					
24	Wed	~Local Area Japanese Food~ ☆Kumamoto Prefecture☆						
		takana fried rice	egg	rice , sesame oil roasted sesame seeds	takana pickles	sake , salt , soy sauce , mirin	672	20.4
		taipien	pork , shrimp , squid	vegetable oil , glass noodles sesame oil	ginger , carrot , Chinese cabbage bamboo shoots , cloud ear mushroom , pea pods	chicken broth , sake , salt oyster sauce pepper , soy sauce		
		ikinari dango (dessert)	pureed sweet bean jam	rice flour , wheat flour (white) sugar , sweet potato		salt		
milk	milk							
27	Mon	~World Food~Day of Human Rights ☆ Korea ☆						
		bibimbap (Korean rice dish)	pork , egg	rice , sesame oil vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , scallion bean sprouts , komatsuna	soy sauce , Chinese chili paste salt , vinegar	639	25.3
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , scallion	chicken broth , salt pepper , soy sauce		
		toppogi	chicken	vegetable oil , sesame oil toppogi , (light brown) sugar	garlic , carrot , cabbage scallion	fish shavings (soup) Chinese chili paste , soy sauce		
		drinkable yogurt	drinkable yogurt					
28	Tue	cold chinese noodles	chicken , egg	Chinese noodles vegetable oil , sesame oil sesame seed paste (light brown) sugar white sesame seeds	ginger , carrot , dried shiitake cucumber , bean sprouts	chicken broth , soy sauce vinegar , sake , salt	635	26.8
		fried Chinese spinach	shrimp	vegetable oil , sesame oil	carrot , onion , bok-choy	sake , salt , pepper , soy sauce		
		fruit (frozen orange)			frozen orange			
		milk	milk					
29	Wed	rice		rice			638	28.8
		Chinese soup	tofu	sesame oil	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce		
		stir fried shrimp w/egg	chicken , shrimp , egg	vegetable oil (light brown) sugar , starch	bamboo shoots , dried shiitake scallion , green peas	sake , salt , soy sauce vinegar		
		Chinese salad w/ bean sprouts		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber bean sprouts	vinegar , salt soy sauce , pepper		
		milk	milk					
30	Thu	homemade bread with tuna and mayonnaise	tuna	bread flour , mayonnaise (white) sugar , vegetable oil	onion , canned corn	salt , dried yeast , pepper	628	20.4
		tomato soup	bacon	vegetable oil , potato	carrot , cabbage , ginger whole tomatoes	chicken broth , salt , pepper powdered bay leaf		
		green salad		vegetable oil	broccoli , cabbage cucumber , onion	vinegar , salt , pepper		
		fruit (melon)			melon			
		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.

