

July Lunch Menu



Manner Goal : Let's eat with a good posture!
 Nutrition Goal : Let's eat to beat the heat!

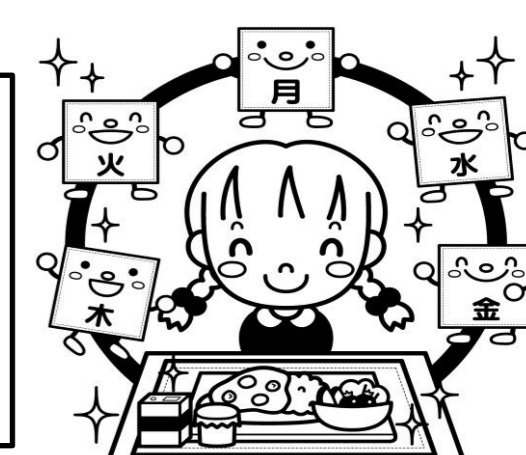
Higashimachi ES Principal: Mr. Hatano
 School Nutritionist: Ms. Koide



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
1	Fri	pork kimchi fried rice	pork , egg	rice , vegetable oil	carrot kimchi(Chinese cabbage) bean sprouts , bell pepper	sake , salt , soy sauce pepper	590	21.0
		Chinese soup	tofu	sesame oil	ginger , dried shiitake bamboo shoots , carrot Chinese cabbage scallion , komatsuna	chicken broth , salt pepper , soy sauce		
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage , carrot onion	vinegar , salt , pepper soy sauce		
		milk	milk					
4	Mon	rice		rice			576	24.6
		miso soup w/potato and wakame(seaweed)	miso , wakame (seaweed)	potato		fish shavings (soup)		
		teriyaki chicken	chicken	vegetable oil (light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		chirimen jako salad	chirimen jako	sesame oil (light brown) sugar	mizuna , komatsuna bean sprouts , carrot , ginger	vinegar , soy sauce salt , sake		
		milk	milk					
5	Tue	Sauteed tofu bowl	pork , fried bean curd miso	rice , vegetable oil (white) sugar , starch	onion , bamboo shoots dried shiitake , carrot , cabbage bok-choy , ginger	soy sauce , sake Chinese chili paste chicken broth	612	23.6
		Chinese cabbage salad		vegetable oil , sesame oil sesame seed paste	carrot , Chinese cabbage cucumber	vinegar , salt soy sauce , pepper		
		fruit (watermelon)			watermelon			
		milk	milk					
6	Wed	salmon and green soybean pilaf	salmon	rice , vegetable oil , butter	shimeji , mushroom onion , green soybean	salt , white wine , soy sauce	538	18.9
		ABC Noodle Soup	bacon	macaroni	ginger , carrot , onion cabbage	chicken broth , salt powdered bay leaf , pepper		
		tomato salad		vegetable oil , (light brown) sugar	tomato , onion	vinegar , salt , pepper dried basil		
		milk	milk					
7	Thu	~ Japanese cultural food ~ ☆ Tanabata Fest. ☆ There are many hidden stars in a menu because of Tanabata. How many stars can you find?					600	17.7
		Tanabata vermicelli noodles	fish cake (kamaboko)	vermicelli noodles (light brown) sugar	dried shiitake , scallion , Okra	kombu , fish shavings (soup) salt , soy sauce , mirin		
		tenpura (fish cake / eggplant / pumpkin)	tube shaped fish cake	vegetable oil , wheat flour	eggplant , pumpkin	salt		
		white gourd w/chicken ankake	chicken	starch	white gourd	fish shavings (soup) , sake mirin , salt , soy sauce		
		tanabata punch		(white) sugar rice flour	canned orange canned pineapple canned peach			
		milk	milk					
8	Fri	toasted garlic bread		bread , vegetable oil olive oil	garlic , parsley		568	19.7
		borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , ginger whole tomatoes , cabbage tomato juice , parsley	red wine , chicken broth tomato puree , ketchup salt , pepper powdered bay leaf		
		pickles		granulated sugar	carrot , cucumber , turnip	white wine , apple vinegar salt , powdered bay leaf		
		milk	milk					
11	Mon	rice		rice			588	23.0
		miso soup w/daikon and fried tofu	fried tofu , miso		daikon , scallion	fish shavings (soup)		
		Dried mackerel	Dried mackerel			salt		
		stewed vegetables & potatoes		konnyaku , potato (light brown) sugar	carrot , burdock bamboo shoots , string bean	mirin , salt , soy sauce		
		pickled turnip and cucumber			turnip , cucumber	salt		
		milk	milk					
12	Tue	Cold deep-fried tofu noodle	sasakamaboko fried tofu , egg	udon noodle (light brown) sugar	scallion , komatsuna	kombu , fish shavings (soup) mirin , salt , soy sauce	629	28.0
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		fruit (melon)			melon			
		milk	milk					

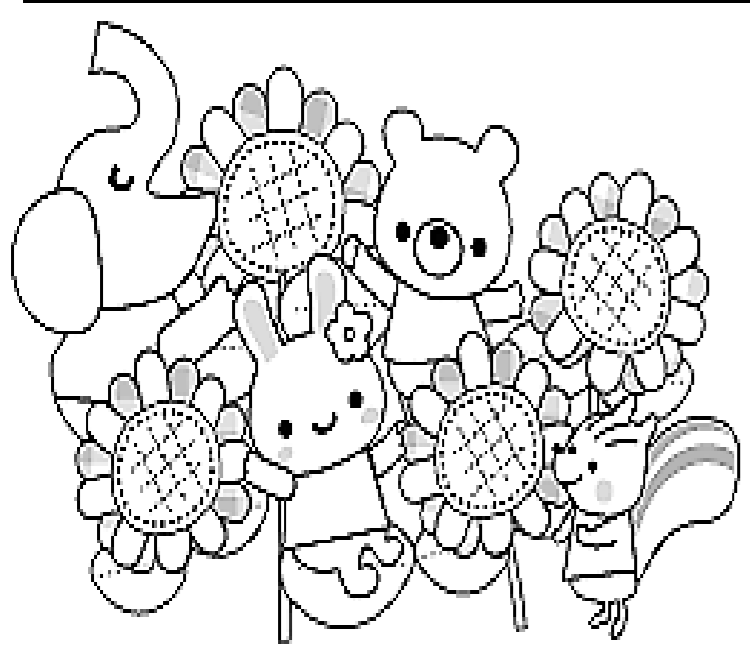
★Menus may change due to availability of food.



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.

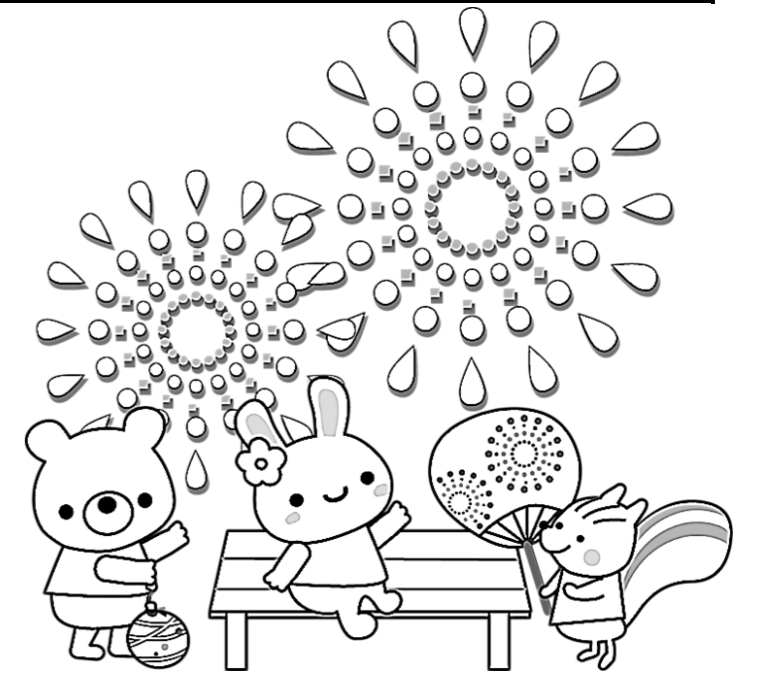


Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
13	Wed	teriyaki chicken rice bowl	chicken , nori	rice , vegetable oil (light brown) sugar starch	ginger , scallion	sake , soy sauce salt , mirin	646	27.3
		clear soup w/enoki mushroom and tofu	tofu		enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce		
		marinated bean sprouts w/sesame		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce		
		corn			corn	salt		
		milk	milk					
14	Thu	~World Food~ Day of Human Rights ☆ Hawaii ☆					664	25.4
		Mahi-mahi dog	Mahi-mahi	bread , vegetable oil , starch (light brown) sugar	cabbage , onion , ginger , garlic	salt , pepper , sake ketchup , soy sauce		
		vegetable soup	bacon		ginger , carrot , onion mushroom cabbage,parsley	chicken broth , salt powdered bay leaf pepper		
		Caesar salad	bacon , cream cheese grated cheese	vegetable oil (light brown) sugar , crouton	cabbage , cucumber , carrot garlic , onion	vinegar , salt pepper , mustard		
		potato crisps		vegetable oil , potato		salt		
		mini pineapple cake	egg , milk	(white) sugar wheat flour , butter	canned pineapple	baking powder		
		drinkable yogurt	drinkable yogurt					
15	Fri	~Japanese local food~ ☆ Okinawa Prefecture ☆					667	29.0
		Taco rice	pork , soy bean , cheese	rice , vegetable oil	garlic , ginger , onion , carrot cabbage , mini tomato	red wine , paprika powder Worcestershire sauce , pepper tabasco , soy sauce , ketchup		
		aosa-seaweed soup	aosa-seaweed		scallion	fish shavings (soup) , sake , salt		
		Goya Chanpuru	bacon , tofu , egg	vegetable oil	onion , carrot , goya	soy sauce , salt		
		milk	milk					
18	Mon	 Marine Day 						
19	Tue	barley rice		rice , wheat			579	26.6
		ground fish toppings	chirimen jako , nori fish shavings	white sesame seeds	yukari shiso (red perilla)			
		kenchin soup	tofu	vegetable oil , sesame oil taro	burdock , carrot , daikon scallion	kombu , fish shavings (soup) salt , soy sauce		
		omelet with dried daikon	chicken , egg	vegetable oil (light brown) sugar	scallion , dried radish	sake , salt , soy sauce		
		Chinese cabbage dressed with mustard			komatsuna , carrot Chinese cabbage	mustard , soy sauce		
		milk	milk					
20	Wed	curry with summer vegetable	chicken	rice , vegetable oil wheat flour	garlic , ginger , onion carrot , zucchini , tomato eggplant , pumpkin	red wine , salt powdered bay leaf ketchup , chicken broth curry powder	653	17.3
		crunchy salad		vegetable oil wanton wrapper	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		fruit (frozen orange)			frozen orange			
		milk	milk					

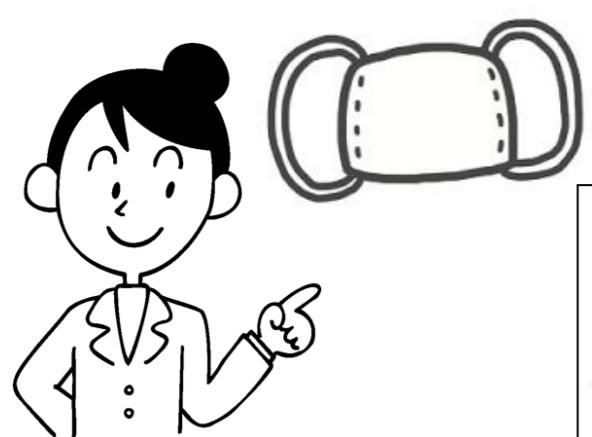


~Dear Parents/Guardians~

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.



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
9/1	Thu	Disaster Preparedness Day Menu					650	31.5
		rice		rice				
		suiton soup	pork , egg	vegetable oil , rice flour wheat flour	carrot , daikon Chinese cabbage scallion , komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce		
		grilled Spanish mackerel w / green onion sauce	Spanish mackerel	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) , fried tofu soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce		
		milk	milk					



☆ The second term lunch starts on September 1st. Please bring the lunch mat and the mask.

