



# School Lunch Menu, October 2020

Manner Goal : Let's use our utensils properly!

Nutrition Goal : Get to know our main dish, main vegetable, and side dish!

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School Nutritionist  
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Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g	
1	Thu	Let's Enjoy Traditional Foods ☆Tokyo Citizens' Day (October 1st)☆							680	28.7
		Rice			white rice					
		Chanko Soup	○	chicken, fried tofu, cod	salad oil, sesame seed oil, konyaku	burdock, carrot, daikon radish dried shiitake, shimeji mushroom Chinese cabbage, leek	kombu stock bonito flake stock salt, soy sauce, sake			
		Minced Flying Fish		flying fish, egg	salad oil, bread crumbs, flour	onion, garlic, ginger	tomato ketchup, salt pepper, chuno sauce			
		Kabu Salad			salad oil	cabbage, kabu, cucumber, onion	vinegar, salt, pepper			
2	Fri	Fried Rice		pork, egg	white rice, salad oil, brown sugar	carrot, leek, green peas	sake, salt, soy sauce pepper, vinegar	604	23.7	
		Gomoku Soup	○	pork, egg, tofu	sesame seed oil	ginger, carrot, Chinese cabbage leek, Japanese spinach	chicken broth, salt pepper, soy sauce			
		Bansansu			vermicelli, salad oil, sesame seed oil	carrot, cucumber, bean sprouts	vinegar, salt, soy sauce karashi mustard			
5	Mon	Grilled Mackerel		mackerel	white rice, salad oil, starch brown sugar	ginger	sake, soy sauce, mirin	754	25.6	
		Genchin Soup	○	tofu	salad oil, sesame seed oil, taro	burdock, carrot, daikon radish leek	kombu stock, soy sauce bonito flake stock, salt			
		Chinese Cabbage Ohitoshi				Japanese spinach, carrot Chinese cabbage	soy sauce			
		Fruit (pear)				pear				
6	Tue	Barley Rice			white rice, rolled barley			616	25.0	
		Miso Soup with Potatoes and Wakame	○	fried tofu, miso wakame (seaweed)	potato		bonito flake stock			
		Chicken Teriyaki		chicken	salad oil, brown sugar, starch	ginger	soy sauce, sake, mirin			
		Jako Salad		dried sardines	sesame seed oil, brown sugar	mizuna, Japanese spinach bean sprouts, carrot, ginger	vinegar, soy sauce, salt sake			
7	Wed	Shrimp Pilaf		shrimp	white rice, butter, salad oil	carrot, onion, corn mushroom, parsley	salt, white wine, pepper	590	25.0	
		Tomato Soup with Egg	○	bacon, egg	salad oil	celery, onion, ginger, tomato	chicken broth, salt bay leaf, basil, pepper			
		French Potato Salad			potato, salad oil	carrot, cucumber, onion	vinegar, salt, pepper			
8	Thu	Rice			white rice			658	26.3	
		Hearty Miso Soup	○	miso, tofu	konyaku	carrot, burdock, Japanese spinach leek	bonito flake stock			
		Mackerel and Onion Sauce		mackerel	salad oil, brown sugar	ginger, leek, garlic	sake, soy sauce, vinegar			
		Pari-Pari Salad			salad oil, wonton wrap	carrot, cabbage, cucumber, onion	vinegar, salt, pepper			
9	Fri	Spaghetti with Beans and Meat Sauce		pork, beans	salad oil, flour, olive oil, spaghetti	garlic, ginger, onion, carrot tomato juice, parsley	red wine, salt, pepper nutmeg, tomato ketchup tomato pure, oyster sauce	689	27.0	
		Koro-Koro Salad	○		potato, salad oil	red paprika, yellow paprika cabbage, cucumber, corn, onion	vinegar, salt, pepper			
		Blueberry Yogurt		yogurt	caster sugar	blue berry jam	red wine			
12	Mon	Stamina Rice Bowl		pork	white rice, salad oil, caster sugar starch	garlic, ginger, onion, bamboo shoot green pepper, red paprika	sake, soy sauce, salt pepper, oyster sauce	584	20.1	
		Spicy Vermicelli Soup	○		vermicelli, sesame seed oil	ginger, kigurage mushroom bok choy, leek	chicken broth, sake, salt chili paste, soy sauce			
		Chinese Salad with Bean Sprouts			salad oil, sesame seed oil sesame seed	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce pepper			
13	Tue	Rice			white rice			582	18.2	
		Meat and Potatoes	○	pork	salad oil, konyaku, potato brown sugar	onion, carrot, string beans	bonito flake stock, sake salt, soy sauce			
		Sesame and Cabbage Salad			brown sugar, sesame seed	carrot, Chinese cabbage bean sprouts	soy sauce			
		Fruit (Pear)				pear				
14	Wed	Kinoko Spaghetti		bacon, nori (seaweed)	salad oil, starch, olive oil, spaghetti	garlic, ginger, onion, carrot shimeji mushroom, eringi mushroom mushroom	sake, salt, pepper soy sauce	646	17.5	
		Cabbage Salad (Carrot Dressing)	○		salad oil, caster sugar	tomato, cucumber, cabbage, carrot onion	salt, vinegar			
		Baked Apple			caster sugar, butter	apple	cinammon			
15	Thu	Kuri Rice			white rice, glutinous rice, chestnut		sake, salt, sesame salt	587	26.1	
		Clear Soup with Tofu and Enoki	○	tofu	tama-fu (wheat gluten)	enoki, leek	kombu stock bonito flake stock salt, soy sauce			
		Saikyo Grilled Mackerel		mackerel, Saikyo miso	salad oil		sake			
		Ohitashi with Bean Sprouts				Japanese spinach, carrot, bean sprouts	soy sauce			
16	Fri	Mabo Eggplant Rice Bowl		pork, miso	white rice, salad oil, brown sugar starch, sesame seed oil	eggplant, garlic, ginger, carrot bamboo shoot, leek, Chinese garlic	sake, soy sauce chili paste	647	21.7	
		Chinese Corn Soup	○	chicken	starch, sesame seed oil	ginger, onion, carrot, corn cream corn, parsley	chicken broth, salt pepper, soy sauce			
		Chinese Sala with Broccoli and Cabbage			salad oil, sesame seed oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce chili oil			

☆Please understand the menu may change due to certain circumstances.

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
17	Sat	<div style="display: flex; justify-content: space-between;"> <span>大倉地区 第1学区 第1小中学校</span> <span>P.E. Performances</span> <span>大倉地区 第1学区 第1小中学校</span> </div>							
19	Mon	Salmon and Kinoko Pilaf	○	salmon	white rice, salad oil, butter	shimeji mushroom, mushroom onion, parsley	salt, white wine soy sauce	634	20.8
		Vegetable Soup		bacon		ginger, carrot, onion, mushroom cabbage	chicken broth, salt bay leaf, pepper		
		Macaroni			macaroni, mayonnaise(no eggs)	carrot, cucumber, onion, corn	vinegar, salt, pepper		
20	Tue	Barley Rice	○		white rice, rolled barley			640	27.9
		Wakame Soup		tofu, wakame (seaweed)	sesame seed	leek	bonito flake stock, salt pepper, soy sauce		
		Shrimp and Eggs		shrimp, egg	salad oil, brown sugar, starch	bamboo shoot, dried shiitake, leek green peas	sake, salt, soy sauce vinegar		
		Chinese Salad with Vermicelli			vermicelli, salad oil, sesame seed oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce chili oil		
21	Wed	Let's Enjoy Local Cuisine! ☆Nagasaki Prefecture☆							
		Nagasaki Champon	○	pork, squid, shrimp naruto(fish paste)	Chinese noodles, salad oil sesame seed oil, brown sugar	leek, carrot, bean sprouts cabbage, ginger	sake, salt, pepper light soy sauce chicken broth Worcester sauce	672	29.3
		Daikon and Hijiki Salad		hijiki (seaweed)	brown sugar, salad oil sesame seed oil, sesame seed	cabbage, cucumber, daikon raddish	salt, soy sauce, vinegar pepper		
		Sweet Potato Cake		egg, milk	caster sugar, flour, butter sweet potato		baking powder		
22	Thu	Rice	○		white rice			616	23.2
		Fried Tofu and Vegetables		tofu, chicken	salad oil, starch, starch	onion, carrot, shiitake, spinach	sake, mirin, salt soy sauce		
		Cabbage and Salted Kombu		salted kombu (seaweed)	sesame seed	cabbage, bean sprouts, carrot	soy sauce		
		Clear Soup		fish cake		chopped Japanese celery, carrot	salt, soy sauce kombu stock bonito flake stock		
23	Fri	Creamy Chicken and Carrot Rice	○	chicken, milk	white rice, salad oil, flour	carrot, onion, mushroom Japanese spinach, ginger	white wine, salt, pepper bay leaf, chicken broth	625	18.0
		Coleslaw Salad with Mustard Dressing			salad oil, brown sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper course-grain mustard		
		Fruit (Persimmon)				persimmon			
26	Mon	Rice	○		white rice			570	26.0
		Fried Tofu and Japanese Spinach in Thick Sauce		fried tofu, miso		Japanese spinach, leek	bonito flake stock		
		Squid with Onion Sauce		squid	brown sugar	ginger, leek, garlic	sake, soy sauce, vinegar		
		Moyashi Salad			salad oil, sesame seed oil sesame seed	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce pepper		
27	Tue	Let's Enjoy Food from Around the World! ☆Hungary☆							
		Goulash	○	pork	white rice, salad oil, potato, flour	garlic, ginger, onion, carrot red paprika, mushroom canned tomato	red wine, chicken broth salt, pepper, tomato pure tomato ketchup Worcester sauce bay leaf, paprika	626	17.3
		Green Salad			salad oil	broccoli, cabbage, cucumber onion	vinegar, salt, pepper		
		Fruit (apple)				apple			
Yogurt drink	Yogurt drink								
28	Wed	Kakitama Udon	○	pork, fried tofu, egg	salad oil, udon noodles	carrot, leek	kombu stock bonito flake, stock mirin, salt, soy sauce	607	23.8
		Burdock Salad			mayonnaise (no eggs) sesame seed oil, sesame seed	carrot, burdock, cucumber	sake, soy sauce, mirin		
		Aonori Beans		beans, aonori (seaweed)	salad oil, starch, potato		salt		
29	Thu	Japanese Event Lunch ☆Jyusanya - 13th Day of the Lunar Moon☆							
		Fukiyose Rice	○		white rice, chestnut, ginkgo brown sugar	bamboo shoot, dried shiitake shimeji mushroom, carrot	sake, soy sauce, salt kombu stock bonito flake stock kombu stock	661	26.9
		Seasonal Clear Soup		kamaboko (fish paste)		Japanese spinach, leek	bonito flake stock salt, soy sauce		
		Grilled Snapper		snapper	sesame seed	leek, ginger, garlic	soy sauce, mirin, sake		
		Cucumber and Daikon Salad				cucumber, daikon raddish, ginger	salt		
Colored Azuki Dango	adzuki	rice flour, brown sugar		pumpkin	salt				
30	Fri	World Event Lunch ☆Halloween☆							
		Ghost Bread	○		flour, caster sugar, salad oil		salt, dry yeast, chocolate	604	20.6
		Chicken and Pumpkin Cream Stew		chicken, milk	salad oil, potato, flour, macaroni	onion, carrot, ginger, pumpkin cabbage, mushroom	white wine, salt chicken broth pepper, bay leaf		
Corn and Cabbage Salad		salad oil		carrot, cabbage, cucumber, corn onion	vinegar, salt, pepper				

**Notice about the Lunch Fee**

The school lunch fee is calculated based on the price of each meal, so the fee is different every month.  
We will inform you of the amount each month in the menu.  
The withdrawal date for October is the 12th (Mon).

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,484	¥4,484	¥4,902	¥4,902	¥5,320	¥5,320

~To Parents and Guardians~

If your child will **miss lunch for more than 5 days in a row**, a refund for the fee is available. To be eligible, parents/guardians must inform their child's teacher **10 days in advance** and **submit the necessary paperwork 1 week in advance**. **If there is a change in the absence period, please inform your homeroom teacher**. In the event of an extensive absence or school transfer, a full or partial refund will be deposited into the **JP Yucho account at the end of the term and a handling fee will be charged**.