



School Lunch Menu, November 2020



October 30, 2020

Manner Goal: Let's be thankful for the meals we eat.

Nutrition Goal: Let's try foods we don't usually like.

Principal Yoji Hatano
Ayako Koide
School Nutritionist
Higashimachi Elementary

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	
2	M	Japanese Event Lunch ☆Kamimukae - 1st Day of the Lunar Month☆								
		Red Rice with Beans and Mochi	○	black-eyed peas	white rice, glutinous rice black sesame seed		salt	612	24.3	
		Clear Soup		fish paste		Japanese spinach, scallion	kombu (kelp) broth bonito broth salt, soy sauce			
		Salty Grilled Chicken		chicken			salted koji sake (rice wine)			
Daikon and Jako Japanese Salad	wakame (seaweed) dried sardines	salad oil, sesame seed oil sesame seed		cabbage, cucumber daikon radish	salt, vinegar soy sauce sake (rice wine) black pepper					
3	Tu	Culture Day								
4	W	Family Reading Week ☆Udonya no Ta-chan·Gongitsune☆								
		Kogitsune Udon	○	chicken, fried tofu	brown sugar, udon	onion, carrot, daikon radish Japanese spinach	kombu (kelp) broth bonito broth, salt mirin, soy sauce sake (rice wine)	598	21.5	
		Seaweed Marinated Cabbage		nori		Japanese spinach Chinese cabbage, bean sprout	soy sauce			
Candied Chestnuts	milk, egg	sweet potato, caster sugar butter, candied chestnut wheat flour, somen noodle salad oil								
5	Th	Family Reading Week ☆Hana-chan no Miso Shiru·Hanasaki Yama☆								
		Barley Rice	○		white rice, rolled barley			664	26.2	
		Hearty Miso Soup		miso, tofu	konyaku	carrot, daikon radish, burdock Japanese spinach, scallion	bonito broth			
		Hanasaki Shumai		pork	shumai wrap	onion, bamboo shoot, ginger dried shitake mushroom	salt, soy sauce			
Bean Sprouts Ohitashi				Japanese spinach, carrot bean sprout	soy sauce					
6	F	Family Reading Week ☆Kamogawa Shokudo Motenashi · Chisana Supun Obasan · Donatsu no Ana no Hanashi☆								
		Chicken and Rice	○	chicken	white rice, butter, salad oil	onion, carrot, mushroom corn, green peas	salt, white wine paprika, black pepper tomato purée tomato ketchup	681	19.7	
		Macaroni Soup		bacon	macaroni	ginger, carrot, onion mushroom, cabbage	chicken stock, salt bay leaf, black pepper			
Donuts	tofu roasted soybean flour	salad oil, caster sugar wheat flour, granulated sugar			baking powder					
9	M	Let's Enjoy Local Cuisine ☆Tottori Prefecture☆								
		Rice	○		white rice			617	23.2	
		Miso Soup with Potato and Onion		wakame (seaweed), miso	potato	onion	bonito broth			
		Stamina Natto		ground natto, chicken	sesame seed oil, brown sugar	ginger, garlic, scallion	soy sauce, Tabasco sake (rice wine)			
Chikuzenni Chicken Stew	chicken	salad oil, konyaku, brown sugar		burdock, carrot, bamboo shoot lotus root, daikon radish dried shitake mushroom string beans	bonito broth sake (rice wine) salt, soy sauce					
10	Tu	Salty Yakisoba	○	pork	salad oil, Chinese noodle sesame seed oil	carrot, onion, cabbage, shiitake bean sprout, Chinese garlic	sake (rice wine), salt black pepper soy sauce oyster sauce	580	19.6	
		Koro-koro Salad			potato, salad oil	red paprika, yellow paprika cabbage, cucumber corn, onion	vinegar, salt black pepper			
		Fruit (Apple)				apple				
11	W	Rice	○		white rice			632	25.4	
		Tofu Hamburg Steak		pork, tofu, egg, miso	bread crumb, sesame seed sesame seed oil, salad oil brown sugar, starch	onion, ginger dried shitake mushroom	salt, black pepper soy sauce, mirin sake (rice wine)			
		Cabbage and Cucumber Yukari Salad				cucumber, cabbage yukari powder	salt			
		Furofuki Daikon (Yuzu Miso)		miso	brown sugar	daikon radish, yuzu	bonito broth, salt soy sauce, mirin sake (rice wine)			
12	Th	Fried Rice	○	pork, shrimp, egg	white rice, salad oil, brown sugar	carrot, dried shitake mushroom scallion, green peas	sake (rice wine), salt soy sauce, vinegar black pepper	621	25.0	
		Gomoku Soup		pork, egg, tofu	sesame seed oil	ginger, carrot Chinese cabbage, scallion Japanese spinach	chicken stock, salt black pepper soy sauce			
		Bansansu			vermicelli, salad oil sesame seed oil	carrot, cucumber, bean sprout	vinegar, salt soy sauce mustard (powder)			
13	F	Japanese Event Lunch ☆School Opening Anniversary☆								
		Sea Bream and Rice	○	sea bream	white rice, brown sugar	ginger, shallots	kombu (kelp) broth sake (rice wine) mirin, soy sauce	668	23.3	
		Celebratory Clear Soup		fish cake with a spiral design		Japanese spinach, carrot	kombu (kelp) broth bonito broth, salt			
		Fried Chicken Kara-age		chicken	salad oil, starch, wheat flour	ginger	soy sauce sake (rice wine)			
		Shichifuku Namasu			caster sugar, sesame seed	daikon radish, carrot, burdock dried shitake mushroom mitsuba, yuzu	broth, soy sauce rich soy sauce, vinegar			
Celebratory Rainbow Shiro-tama		caster sugar, rice flour		canned bean, canned mikan canned peach						

☆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	
16	M	Oyako Rice Bowl	○	chicken, egg nori (seaweed)	white rice, brown sugar	onion, mitsuba	bonito broth, salt mirin, soy sauce sake (rice wine)	670	27.9	
		Kenchin Chowder		tofu	salad oil, sesame seed oil, taro	burdock, carrot, daikon radish scallion	kombu (kelp) broth bonito broth salt, soy sauce			
		Cabbage Miso Salad with Sesame Salad		miso	brown sugar, sesame seed	Japanese spinach, carrot Chinese cabbage	mirin, soy sauce			
17	Tu	Kinoko Rice	○	fired tofu	white rice	shiitake, shimeji, maitake	sake (rice wine), salt soy sauce kombu (kelp) broth	599	28.6	
		Tofu and Komatsuna Clear Soup		tofu	gluten	Japanese spinach	kombu (kelp) broth bonito broth salt, soy sauce			
		Simple Grilled Fish		salmon, miso	caster sugar, butter	cabbage, onion, carrot	salt, black pepper sake (rice wine) mirin, soy sauce			
		Simple Kabu Salad				turnip	salt			
18	W	Shoyu Ramen with Vegetables	○	pork	Chinese noodle, salad oil sesame seed oil	garlic, ginger, carrot, onion Chinese cabbage, bean sprout Chinese garlic, scallion dried shitake mushroom	kombu (kelp) broth bonito broth, salt sake (rice wine) soy sauce, black pepper	516	21.6	
		Japanese Cabbage Salad			salad oil, sesame seed oil sesame seed	carrot, cabbage, cucumber	vinegar, salt soy sauce black pepper			
		Fruit (persimmon)				persimmon				
19	Th	Curry and Rice	○	chicken	white rice, salad oil, potato wheat flour	garlic, ginger, carrot, onion	red wine, salt chicken stock bay leaf, coriander tomato ketchup curry powder cinnamon garam masala	709	20.9	
		Tuna and Soybean Salad		soybean, tuna	salad oil	carrot, cabbage, cucumber	vinegar, salt soy sauce			
		Apple Jelly		vegetable gelatin	caster sugar	apple juice				
20	F	Barley Rice	○		white rice, rolled barley			678	26.2	
		Chicken Soup		chicken, miso, tofu	salad oil, potato	burdock, carrot, daikon radish scallion	bonito broth			
		Salty Grilled Mackerel		mackerel			salt			
		Daikon Stir-fy		fried tofu	salad oil, brown sugar	carrot, dried daikon radish dried shitake mushroom	bonito broth, salt soy sauce			
23	M	 Labor Thanksgiving Day 								
24	Tu	Let's Enjoy the Flavor in Washoku Broth!							647	27.8
		Rice with Soybeans and Hijiki	○	fried tofu, soybean hijiki (seaweed)	white rice, glutinous rice salad oil, brown sugar	carrot	sake (rice wine), salt soy sauce, mirin kombu (kelp) broth			
		Yoshino Soup		tofu	taro, starch	carrot, daikon radish, scallion	kombu (kelp) broth bonito broth salt, soy sauce			
		Grilled Mackerel with Miso		mackerel, miso	brown sugar	ginger	sake (rice wine) soy sauce			
		Fragrant Cabbage Salad				Chinese cabbage, yuzu	salt			
25	W	Spaghetti with Cream Sauce	○	chicken, milk	salad oil, wheat flour, olive oil spaghetti	garlic, onion, carrot, mushroom ginger, parsley	white wine, salt chicken stock black pepper, bay leaf	624	20.1	
		Cabbage and Corn Salad			salad oil	carrot, cabbage, cucumber corn, onion	vinegar, salt black pepper			
		Fruit (mikan)				mikan				
26	Th	Rice	○		white rice			623	25.0	
		Miso Soup with Tofu and Nameko		tofu, miso		nameko, Japanese spinach scallion	bonito broth			
		Pork Shogayaki		pork	salad oil, starch	ginger, onion	soy sauce sake (rice wine)			
		Potato Salad			potato, mayonnaise	carrot, cucumber, corn	vinegar, salt black pepper			
27	F	Szechuan Rice Bowl	○	pork, miso	white rice, salad oil brown sugar, starch	garlic, cabbage, green pepper red paprika, scallion, eringi	sweet flour paste chili bean paste sake (rice wine) salt, soy sauce black pepper	616	22.2	
		Nira and Egg Soup		egg	starch	ginger, carrot, Chinese chive dried shitake mushroom	chicken stock, salt sake (rice wine) black pepper soy sauce			
		Chinese Vermicelli Salad			vermicelli, salad oil sesame seed oil	carrot, cabbage, cucumber	vinegar, salt soy sauce, red chili oil			
30	M	Let's Enjoy Food from Around the World! ☆The United Kingdom☆							592	26.3
		Cheese Dog	○	cheese	bread roll					
		ABC Soup		bacon	ABC macaroni	ginger, carrot, onion mushroom, cabbage	chicken stock salt, bay leaf black pepper			
		Fish & Chips		hoki, egg	salad oil, wheat flour, potato		salt, black pepper carbonated water			
		Coleslaw Salad (with mustard dressing)			salad oil, brown sugar	carrot, cabbage, cucumber onion	vinegar, salt black pepper course-grain mustard			
		Yogurt Drink		yogurt drink						

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 November is the 10th (Tues.).

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥4,248	¥4,248	¥4,644	¥4,644	¥5,040	¥5,040

~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.**