Lunch Menu, December 2020



Manner Goal: Let's take turns eating from each dish! (sankakutabe)

Nutrition Goal: Let's beat the cold and eat our meals!

Principal Yoji Hatano Ayako Koide School Nutrionist

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy		
		Rice		-	white rice			rteur	9	
		Hearty Miso Soup	0	miso, tofu	konnyaku	carrot, daikon radish, burdock	bonito broth			
1	Tu	Kinoko Mushroom Wrapped in Pork with BBQ Sauce		pork	salad oil	Japanese spinach, green onion enoki mushroom, carrot	salt, black pepper tomato ketchup oyster sauce red wine mustard powder	617	24.7	
		Pari-Pari Salad with Chinese Cabbage and Fried tofu		fried tofu	salad oil, brown sugar white sesame seed	Chinese cabbage, cucumber carrot, ginger	vinegar, salt soy sauce			
		Let's Enjoy Local Cuisine/ ☆Saitama Prefecture☆								
2	» ۵	Okkirikomi	0	chicken, fried tofu	salad oil, caster sugar hoto noodle	burdock, carrot, daikon radish shimeji mushroom, green onion dried shitake mushroom	kombu broth, mirin bonito broth, salt soy sauce	645	18.9	
05	ე ე	Moyashi with Mustard Dressing				Japanese spinach, carrot bean sprouts	mustard powder soy sauce			
		Miso Potato		miso	salad oil, potato, starch caster sugar		mirin			
		Barley Rice	\vdash		white rice, rolled barley					
0		Wakame Soup	0	wakame seaweed	white sesame seed	ginger, bamboo shoots green onion	chicken broth, salt black pepper soy sauce	-		
3	Th	Sweet and Sour Fish and Vegetables	0	cod	starch, salad oil, potato brown sugar	carrot, onion, green pepper red paprika, yellow paprika lotus root, eggplant	soy sauce, vinegar tomato ketchup	572	21.5	
		Spicy Pickled Turnips and Cucumbers			sesame seed oil	turnip, cucumber	salt, vinegar soy sauce, chili oil			
		Let's Enjoy Food from Around the World! ☆Spain☆								
4	F	Paella		squid, shrimp, clam	white rice, olive oil	garlic, carrot, onion green pepper, mushroom whole corn, yellow paprika red paprika	saffron, salt, bay leaf black pepper white wine		25.9	
		Spanish Omelette		bacon, egg, milk	potato, salad oil, butter	onion, carrot, parsley	salt, black pepper tomato ketchup	627		
6		Cabbage and Corn Salad			salad oil	carrot, cabbage, cucumber whole corn, onion	vinegar, salt black pepper			
		Yogurt Drink		yogurt drink			Stack popper			
		Barley Rice			white rice, rolled barley					
		Miso Soup with Tofu and Matsuna	0	miso, tofu		Japanese spinach, green onion	bonito broth	1	26.9	
7	М	Yellow Tail Teriyaki		yellowtail	brown sugar, starch	ginger	soy sauce, sake, mirin	629		
	:	Seaweed Salad		wakame seaweed	salad oil, sesame seed oil white sesame seed	daikon radish, cucumber	vinegar, salt soy sauce black pepper			
8	Tu	Chinese Rice Bowl	0	pork, squid, shrimp	white rice, salad oil, starch	ginger, onion, carrot bamboo shoots dried shitake mushroom Chinese cabbage red bean paste, green onion	soy sauce, sake chicken broth, salt black pepper oyster sauce	630	21.7	
_		Chinese vermicelli Salad			vermicelli, salad oil sesame seed oil	carrot, cabbage, cucumber	vinegar, salt soy sauce, chili oil			
	İ	Milk Jelly with Mikan		gelatin, milk	caster sugar	canned mikan	jelly cup	1		
		Nerima Spaghetti	0	tuna, nori seaweed	caster sugar, spaghetti olive oil, butter	daikon radish	vinegar, salt soy sauce		5 25.2	
9	W	Cabbage Salad			salad oil	carrot, cabbage, cucumber onion	vinegar, salt black pepper	656		
		Fruit (La France pear)				pear				
	Th	Rice	0		white rice			1	20.4	
10		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji mushroom shiitake mushroom enoki mushroom	chicken broth, sake salt, black pepper soy sauce	621		
		Fried Gyoza		pork	salad oil, gyoza wrap sesame seed oil	garlic, ginger, Chinese cabbage green onion, Chinese chives	salt, black pepper soy sauce	321		
		Korean Bean Sprout and Matsuna Salad			sesame seed oil	Japanese spinach, carrot bean sprouts	soy sauce, chili oil			
11		Japanese Event Lunch ☆5	Susul	ı harai (Winter Cleaning)☆	ı		1			
	•	Rice with Jako and Wakame		dried sardines wakame seaweed rice seasoning	white rice					
A.	3	Oden	0	chikuwa fish paste hanpen fish cake fish ball, fried tofu	brown sugar, konnyaku	daikon radish	bonito broth, sake salt, soy sauce kombu broth	552	22.2	
	9 3	Spicy Chinese Cabbage				Japanese spinach, carrot	mustard powder	1		

4 M	1	Rice			For Energetic Bodies	For Healthy Bodies		Kcal	g	
	1				white rice					
		Nikujaga	0	pork	salad oil, konnyaku, potato brown sugar	onion, carrot, string beans	bonito broth, sake salt, soy sauce	595	20.0	
5 Tu		Japanese Spinach with Sesame Seed Dressing			brown sugar white sesame seed	Japanese spinach, carrot Chinese cabbage	soy sauce	3,3		
5 Tı		Fruit (persimmon)				persimmon				
5 Tu		Okara and Chicken Soboro Rice Bowl	0	egg, okara, chicken	white rice, salad oil brown sugar white sesame seed	onion, ginger	salt, sake, soy sauce		2 29.4	
	u	Sanpei Soup		salmon, tofu, miso	konnyaku, potato	burdock, carrot, daikon radish green onion	sake, bonito broth sake lees	682		
		Moyashi Salad		seaweed		Japanese spinach, carrot bean sprouts	soy sauce			
		Yakisoba with Sauce	0	pork, aonori seaweed	salad oil, Chinese noodle	onion, carrot, cabbage bean sprouts	salt, black pepper sake, oyster sauce chuno sauce	655	21.8	
6 W	٧.	Tekkotsu Salad		hijiki seaweed dried sardines	brown sugar, salad oil sesame seed oil white sesame seed	cabbage, cucumber daikon radish	salt, soy sauce, vinegar, black pepper, sake			
		Apple Lumpia			salad oil, spring roll wrap caster sugar, powdered sugar	apple				
		Rice			white rice					
		Miso Soup with Radish and Japanese Spinach		fried tofu, miso		turnip, Japanese spinach green onion	bonito broth			
7 Th	h	Chicken Teriyaki	0	chicken	brown sugar, starch	ginger	soy sauce, sake, mirin	611	23.8	
	,	Japanese Cabbage Salad			salad oil, sesame seed oil white sesame seed	carrot, cabbage, cucumber	vinegar, salt soy sauce black pepper			
		Kimchi Fried Rice	0	pork, egg	white rice, salad oil	carrot, kimchi, bean sprouts green pepper	sake, salt, soy sauce black pepper		29.9	
8 F	=	Wonton Soup		pork	wonton wrap, sesame seed oil	ginger, carrot Chinese cabbage bean sprouts, green onion Japanese spinach	chicken broth, sake salt, black pepper soy sauce	781		
		Chinese Dried Noodle Salad			udon noodle, salad oil sesame seed oil white sesame seed	carrot, cabbage, cucumber	vinegar, salt soy sauce black pepper			
		Japanese Event Lunch ☆Winter Solstice☆								
1 M	1	Yukari Rice	0		white rice	yukari seasoning		661	24.1	
77)	Root Vegetable Soup		miso	salad oil, sweet potato konnyaku	burdock, carrot, daikon radish green onion	bonito broth			
)	Fried Hoki		hoki, egg	salad oil, flour, bread crumbs		salt, black pepper chuno sauce			
W	2	Pumpkin Fukumeni			brown sugar	pumpkin	bonito broth, salt soy sauce			
		Barley rice	0		white rice, rolled barley				3 24.7	
2 Tu	u	Cabbage Roll		pork, egg, milk	bread crumbs, starch	cabbage, onion, carrot	salt, black pepper nutmeg, bonito broth soy sauce, mirin	638		
		Cabbage and Salted Kombu		salted kombu	white sesame seed	cabbage, bean sprouts, carrot	soy sauce			
		Fruit (Apple)				apple				
		Hot Dog	0	sausage	bun, salad oil	cabbage	salt, tomato ketchup oyster sauce			
3 W	v	Pot-au-Feu		chicken	potato	celery, carrot, onion, ginger cabbage	chicken broth white wine, salt black pepper bay leaf	506	21.9	
		Pickles			granulated sugar	carrot, cucumber, turnip	white wine apple vinegar salt, bay leaf			
		Let's Enjoy Food from Around the World! ☆Christmas☆								
4 Th		Carrot Rice with Creamy Chicken Sauce		chicken, milk	white rice, butter salad oil, flour	carrot, onion, mushroom ginger, broccoli	white wine, salt black pepper bay leaf chicken broth		10.1	
, 	Ž	Macaroni	0		macaroni mayonnaise (no eggs)	carrot, cucumber, onion whole corn, red paprika yellow paprika	vinegar, salt black pepper	767	19.1	
		Christmas Parfait		yogurt, fresh cream	corn flake, caster sugar chocolate topping <i>Kinoko no Yama</i>	canned yellow peach canned mikan, strawberry	maccha			
5 F	=	* * * * * * * *	* #	****	Term 2 Closing Ceremony N	No Lunch ************************************	***	×#×	非	
/8 F	=	\$0000000	90	\$000000	Term 3 Opening Ceremony 1	0 0 0	00000000		(

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.

There is no withdrawal date for December. The next withdrawal date is Tuesday, January 12.

 \sim To Parents and Guardians \sim

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.