

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!

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School Nutritionist

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	Tu	Rice	○		white rice			617	24.7	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, daikon radish, burdock Japanese spinach, green onion	bonito broth			
		Kinoko Mushroom Wrapped in Pork with BBQ Sauce		pork	salad oil	enoki mushroom, carrot	salt, black pepper tomato ketchup oyster sauce red wine mustard powder			
		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			
2	W	Let's Enjoy Local Cuisine! ☆Saitama Prefecture☆							645	18.9
		Okkirikomi	○	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			
		Moyashi with Mustard Dressing			Japanese spinach, carrot bean sprouts	mustard powder soy sauce				
		Miso Potato		miso	salad oil, potato, starch caster sugar		mirin			
3	Th	Barley Rice		○		white rice, rolled barley			572	21.5
		Wakame Soup	wakame seaweed		white sesame seed	ginger, bamboo shoots green onion	chicken broth, salt black pepper soy sauce			
		Sweet and Sour Fish and Vegetables	cod		starch, salad oil, potato brown sugar	carrot, onion, green pepper red paprika, yellow paprika lotus root, eggplant	soy sauce, vinegar tomato ketchup			
		Spicy Pickled Turnips and Cucumbers			sesame seed oil	turnip, cucumber	salt, vinegar soy sauce, chili oil			
4	F	Let's Enjoy Food from Around the World! ☆Spain☆							627	25.9
		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			
		Spanish Omelette		bacon, egg, milk	potato, salad oil, butter	onion, carrot, parsley	salt, black pepper tomato ketchup			
		Cabbage and Corn Salad			salad oil	carrot, cabbage, cucumber whole corn, onion	vinegar, salt black pepper			
		Yogurt Drink		yogurt drink						
7	M	Barley Rice		○		white rice, rolled barley			629	26.9
		Miso Soup with Tofu and Matsuna	miso, tofu			Japanese spinach, green onion	bonito broth			
		Yellow Tail Teriyaki	yellowtail		brown sugar, starch	ginger	soy sauce, sake, mirin			
		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	○	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	639	21.7	
		Chinese vermicelli Salad			vermicelli, salad oil sesame seed oil	carrot, cabbage, cucumber	vinegar, salt soy sauce, chili oil			
		Milk Jelly with Mikan		gelatin, milk	caster sugar	canned mikan	jelly cup			
9	W	Nerima Spaghetti	○	tuna, nori seaweed	caster sugar, spaghetti olive oil, butter	daikon radish	vinegar, salt soy sauce	656	25.2	
		Cabbage Salad		salad oil	carrot, cabbage, cucumber onion	vinegar, salt black pepper				
		Fruit (La France pear)				pear				
10	Th	Rice	○		white rice			621	20.4	
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji mushroom shiitake mushroom enoki mushroom	chicken broth, sake salt, black pepper soy sauce			
		Fried Gyoza		pork	salad oil, gyoza wrap sesame seed oil	garlic, ginger, Chinese cabbage green onion, Chinese chives	salt, black pepper soy sauce			
		Korean Bean Sprout and Matsuna Salad			sesame seed oil	Japanese spinach, carrot bean sprouts	soy sauce, chili oil			
11	F	Japanese Event Lunch ☆ <i>Susuharai</i> (Winter Cleaning)☆							552	22.2
		Rice with Jako and Wakame	○	dried sardines wakame seaweed rice seasoning	white rice					
		Oden		chikuwa fish paste hanpen fish cake fish ball, fried tofu	brown sugar, konnyaku	daikon radish	bonito broth, sake salt, soy sauce kombu broth			
Spicy Chinese Cabbage Salad				Japanese spinach, carrot Chinese cabbage	mustard powder soy sauce					

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

