



Lunch Menu, January 2021



January 8, 2021

Manner Goal: Let's sit properly when we eat!

Nutrition Goal: Let's learn about traditional Japanese dishes!



Principal Yoji Hatano
Ayako Koide
School Nutritionist
Higashimachi ES

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
8	Fri.	Open Ceremony - No School Lunch							
11	Mon.	Coming of Age Ceremony							
12	Tue.	Japanese Event Lunch ☆Osechi☆							
		Suzushiro Rice			rice, sesame seed oil	daikon radish	kombu broth, sake, salt soy sauce wakame seaweed rice seasoning	673	33.3
		Ozoni Soup		chicken, fish cake	taro, tteok	carrot, daikon radish dried shiitake mushroom komatsuna	kombu broth bonito (broth), sake salt, soy sauce, mirin		
		Datemaki Omelette	○	egg, fish paste	brown sugar		mirin, salt		
		Kohaku Kamaboko		fish paste					
		Shichifuku Namasu Pickles			caster sugar, sesame seed	daikon radish, carrot dried shitake mushroom burdock, mitsuba, yuzu	broth, soy sauce rich soy sauce, vinegar		
Jako Tazukuri		dried sardines	brown sugar roasted sesame seed		soy sauce, mirin				
13	Wed.	Japanese Event Lunch ☆Kagamibiraki☆							
		Kitsune Udon with Mochi	○	pork, fried tofu	udon noodle, brown sugar mochi	leek, komatsuna, dried gourd	kombu broth thick bonito (broth) mirin, salt, soy sauce	619	25.6
		Chinese Cabbage with Sesame Seed Dressing			brown sugar, sesame seed	carrot, Chinese cabbage bean sprout	soy sauce		
Fruit (Sweet Spring)				sweet spring					
14	Thur.	Rice			rice			595	24.7
		Miso Soup with Turnips and Fried Tofu	○	fried tofu, miso		turnip, leek	bonito broth		
		Chicken with Onion Sauce		chicken	brown sugar	ginger, leek, garlic	sake, soy sauce, vinegar		
		Cabbage with Salted Kelp Dressing		salted kelp	white sesame seed	cabbage, bean sprout, carrot	soy sauce		
15	Fri.	Japanese Event Lunch ☆Koshogatsu (Little New Year's)☆							
		Kinpira Rice	○	chicken	rice, cooking oil, konnyaku brown sugar, sesame seed oil	burdock root, carrot, green beans	kombu broth, soy sauce sake, salt	694	20.4
		Japanese Salad with Daikon and Hijiki		hijiki seaweed	brown sugar, cooking oil sesame seed oil white sesame seed	cabbage, cucumber, daikon radish	salt, soy sauce, vinegar pepper		
Oshiruko Soup		azuki beans	brown sugar, rice flour, sugar		salt				
18	Mon.	Barley Rice			rice, rolled barley			608	26.6
		Sweet Potato Soup	○	pork, miso	cooking oil, sweet potato konnyaku	burdock root, carrot daikon radish, leek	bonito broth		
		Saikyo Grilled Mackerel		mackerel, Saikyo miso			sake		
		Komatsuna with Sesame Seed Dressing			brown sugar, white sesame seed	komatsuna, carrot Chinese cabbage	soy sauce		
19	Tue.	Let's Enjoy Local Cuisine ☆Akita Prefecture☆							
		Damakko Hot Pot	○	chicken	rice, mochi rice	ginger, burdock root Chinese cabbage, carrot maitake mushroom leek, parsley	chicken broth, sake, salt soy sauce, mirin	589	20.9
		Fried Tofu and Vegetable Umani		fried tofu	konnyaku, brown sugar	carrot, burdock root lotus root, green beans	bonito broth, mirin salt, soy sauce		
Fruit (Apple)				apple					

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

School Lunch Fee Notice ♪

The school lunch fee is calculated based on the price of each meal, so the fee is different every month.
The next withdrawal date Tuesday, January 12.
The fee is for January and February lunches and includes fees for school supplies. The table below shows the costs for each grade.

Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6
¥7,552	¥7,552	¥8,256	¥8,256	¥8,960	¥8,960

~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.

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		
20	Wed.	Let's Enjoy Food from Around the World! ☆Russia☆									
		Homemade Pirozhki		pork	flour, sugar, cooking oil mung bean vermicelli, starch	onion, bamboo sprout dried shiitake mushroom	salt, dry yeast, pepper nutmeg, soy sauce oyster sauce	676	22.5		
		Borscht		pork, fresh cream	cooking oil, potato	carrot, onion, celery, ginger canned tomato, beef, cabbage	red wine, chicken broth tomato purée, salt, pepper bay leaf				
		Olivier Salad		egg	potato, no egg mayonnaise	carrot, onion, cucumber green peas	vinegar, salt, pepper				
Yogurt Drink		yogurt drink									
21	Thur.	Rice			rice			640	24.8		
		Tofu and Wakame Soup		tofu, wakame seaweed	white sesame seed	ginger, bamboo sprout, leek	chicken broth, salt pepper, soy sauce				
		Sweet and Sour Chicken and Vegetables	○	chicken	starch, cooking oil, potato brown sugar	carrot, onion, green pepper red pepper, yellow pepper lotus root, egg plant	soy sauce, vinegar tomato ketchup				
		Tuna and Green Bean Salad		soy bean, tuna	cooking oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce				
22	Fri.	Curry and Rice		chicken	rice, cooking oil, potato, flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt bay leaf, tomato ketchup curry powder, coriander cinnamon, garam masala	666	17.8		
		Pari-Pari Salad			cooking oil, wonton wrap cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper				
		Calpis Jelly		agar powder, Calpis							
25	Mon.	School Lunch Week (1/24 - 1/30) Menu									
		Jako Yukari Rice		dried sardines	rice	yukari flavoring		573	28.7		
		Park Soup		pork, miso, tofu	cooking oil, potato	burdock root, carrot daikon radish, leek	bonito broth				
		Salted Salmon		salmon			salt				
		Pickled Cucumber and Radish				turnip leaves, turnip, cucumber	salt				
26	Tues.	School Lunch Week (1/24 - 1/30) Menu									
		Hatake Spaghetti with Meat Sauce		soy bean meat	cooking oil, flour, olive oil spaghetti	garlic, ginger, onion, carrot tomato juice	red wine, salt, pepper nutmeg, tomato ketchup tomato purée Worcestershire sauce	643	22.5		
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper				
Fruit (Orange)				navel orange							
27	Wed.	School Lunch Week (1/24 - 1/30) Menu									
		Kinako Fried Bread		kinako powder	bread bun, cooking oil, sugar granulated sugar			695	22.1		
		Chicken and Vegetable Cream Stew		chicken, milk	cooking oil, potato, flour	carrot, onion, cabbage, ginger	white wine, chicken broth salt, pepper, bay leaf				
Coleslaw Salad with Mustard Dressing			cooking oil, brown sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper mustard powder						
28	Thur.	School Lunch Week (1/24 - 1/30) Menu									
		Rice			rice			622	28.6		
		Kenchin Soup		tofu	cooking oil, sesame seed oil	burdock root, carrot daikon radish, leek	kombu broth, bonito broth salt, soy sauce				
		Fried Whale		whale meat	cooking oil, starch	ginger	soy sauce, sake				
Dried Daikon Stir Fry		fried tofu	cooking oil, brown sugar	carrot, dried daikon radish dried shiitake mushroom	bonito broth, salt, soy sauce						
29	Fri.	School Lunch Week (1/24 - 1/30) Menu									
		Gyudon		beef	rice, konnyaku, brown sugar	onion, peapods	sake, mirin, soy sauce	775	27.4		
		Miso Soup with Tofu and Wakame		miso, tofu, wakame seaweed		leek	bonito broth				
Japanese Cabbage Salad			cooking oil, sesame seed oil white sesame seed	carrot, cabbage, cucumber	vinegar, salt, soy sauce pepper						