



Lunch Menu, February 2021



January 29, 2021

Manner Goal: Let's learn how to use our chopsticks (*ohashi*)!

Principal Yoji Hatano

Nutrition Goal: Let's think about healthy food!

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	
1	Mon.	Barley Rice	○		white rice, barley rice			596	22.8	
		Kinoko Soup			taro, konyaku, starch	carrot, daikon radish shiitake mushroom shimeji mushroom enoki mushroom, leek	kombu broth, bonito broth salt, soy sauce			
		Rolled Omelette with Tuna		tuna, egg	cooking oil, brown sugar	carrot, onion, green pea dried shiitake mushroom	salt, sake, soy sauce			
		Cabbage and Cucumber Salad				cabbage, cucumber	salt			
2	Tues.	Japanese Event Lunch ☆ <i>Setsubun</i> ☆								
		Ehomaki	○	seaweed, egg, fish floss	white rice, brown sugar cooking oil	cucumber, dried gourd dried shiitake mushroom	kombu broth, salt vinegar, soy sauce	643	22.9	
		Seasonal Clear Soup		fish paste		Japanese spinach, leek	kombu broth, bonito broth salt, soy sauce			
		Aonori Beans		soybean, aonori seaweed	cooking oil, starch, potato		salt			
Ohitashi with Chinese Cabbage				Japanese spinach, carrot Chinese cabbage	soy sauce					
3	Wed.	Japanese Event Lunch ☆ <i>Hatsu-uma</i> ☆								
		Mixed Inari	○	chicken, fried tofu	white rice, brown sugar cooking oil	dried shiitake mushroom carrot	kombu broth, sake, salt vinegar, soy sauce, mirin	680	21.2	
		Turnip and Komatsuna Miso Soup		miso		turnip, Japanese spinach, leek	bonito broth			
		Japanese Daikon Salad		wakame seaweed	cooking oil, sesame oil sesame seed	cabbage, cucumber daikon radish	vinegar, salt, soy sauce black pepper			
Fruit (dekopon)				dekopon						
4	Thurs.	Rice	○		white rice			646	28.6	
		Chicken Soup		chicken, miso, tofu	cooking oil, potato	burdock, carrot, daikon radish, leek	bonito broth			
		Teriyaki Yellowtail		yellowtail	brown sugar, starch	ginger	soy sauce, sake, mirin			
		Bean Sprout Salad		seaweed		Japanese spinach, carrot bean sprout	soy sauce			
5	Fri.	Mabo Rice Bowl	○	pork, miso, tofu	white rice, cooking oil brown sugar, starch, sesame oil	garlic, ginger, carrot bamboo sprout, leek Chinese garlic	Chinese chili paste, sake soy sauce tenmenjan flour paste	657	24.2	
		Chinese Egg Soup		egg	starch	ginger, carrot, leek dried shiitake mushroom	chicken broth, sake, salt black pepper, soy sauce			
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil sesame seed	carrot, cabbage, cucumber	vinegar, salt, soy sauce black pepper			
8	Mon.	Rice	○		white rice			645	26.7	
		Potato and Onion Miso Soup		wakame seaweed, miso	potato	onion	bonito broth			
		Mackerel and Onion Sauce		mackerel	brown sugar	ginger, leek, garlic	sake, soy sauce, vinegar			
		Hijiki and Soy Bean Stir-Fry		hijiki seaweed, fried tofu soybean	cooking oil, brown sugar	carrot	bonito broth, mirin soy sauce			
9	Tues.	Fried Rice	○	pork, egg	white rice, cooking oil brown sugar	carrot, leek, green pea	sake, salt, soy sauce black pepper, vinegar	618	24.6	
		Gomoku Soup		pork, egg, tofu	sesame oil	ginger, carrot, Chinese cabbage leek, Japanese spinach	chicken broth, salt black pepper, soy sauce			
		Bansansu Salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprout	vinegar, salt, soy sauce mustard			
10	Wed.	Barley Rice	○		white rice, barley rice			674	30.5	
		Sukiyaki		beef, grilled tofu	cooking oil, brown sugar konyaku, gluten	onion, chrysanthemum Chinese cabbage, leek	sake, mirin, soy sauce			
		Turnip and Cucumber Salad				turnip leaves, turnip, cucumber	salt			
11	Thurs.	 National Foundation Day 								

☆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 is Wednesday, February 10.
The fee is for March's lunches and is the last school lunch fee for the academic year.

Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6
¥4,012	¥4,012	¥4,386	¥4,386	¥4,760	¥4,760

~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	
12	Fri.	International Event Lunch ☆Valentine's Day☆							643	22.9
		 Penne Arrabbiata	○	chicken	olive oil, sugar, penne	garlic, onion, shimeji mushroom tomato	salt, black pepper takanotsume chili paprika, bay leaf, basil tomato puree tomato ketchup			
		Genki Salad		ham, kombu kelp bonito flake	brown sugar, cooking oil sesame oil	cabbage, cucumber, carrot corn	vinegar, salt black pepper			
		Chocolate Chip Cookie		egg, milk	sugar, cooking oil, flour chocolate		cocoa, baking powder			
15	Mon.	Barley Rice			white rice, barley rice			623	19.2	
		Chinese Soup with Tofu and Kinoko	○	tofu	sesame oil	ginger, shimeji mushroom shiitake mushroom enoki mushroom	chicken broth, sake, salt black pepper, soy sauce			
		Fried Gyoza		pork	cooking oil, gyoza wrap sesame oil	garlic, ginger, Chinese cabbage leek, Chinese garlic	salt, black pepper, soy sauce			
		Spicy Bean Sprout Salad			sesame oil	carrot, cucumber, bean sprout	soy sauce, salt, chili oil			
16	Tues.	Chicken Pilaf		chicken	white rice, butter, cooking oil	carrot, onion, mushroom, corn parsely	salt, white wine black pepper	645	18.5	
		Minestrone	○	bacon	cooking oil, potato wheel macaroni	garlic, celery, carrot, onion, ginger tomato, tomato juice, cabbage	chicken broth, salt black pepper, bay leaf tomato puree			
		Fruit Punch			sugar	canned mikan, canned peach canned pineapple	white wine			
17	Wed.	Rice			white rice			590	27.3	
		Turnip and Komatsuna Miso Soup	○	fried tofu, miso		turnip, Japanese spinach, leek	bonito broth			
		Steamed Sea Bream		sea bream		carrot, dried shiitake mushroom leek, Japanese parsley	salt, sake, soy sauce broth, mirin			
		Salad with Mustard Dressing				rapeseed leaf, Chinese cabbage	mustard, soy sauce			
18	Thurs.	Let's enjoy food from around the world! ☆Canada☆							610	18.3
		 Maple Toast			sliced bread, cooking oil maple syrup					
		Salmon Cream Stew		salmon, milk	cooking oil, potato, flour	onion, carrot, ginger, cabbage	white wine, chicken broth salt, black pepper, bay leaf			
		Coleslaw Salad (with Mustard Dressing)			cooking oil, brown sugar	carrot, cabbage, cucumber, onion	vinegar, salt, black pepper powdered mustard			
		Yogurt Drink		yogurt drink						
19	Fri.	Let's enjoy local cuisine! ☆Aomori Prefecture☆							635	24.1
		 Towada Grilled Pork Rice Bowl	○	pork	white rice, starch	apple jam, garlic, ginger, onion carrot, Chinese cabbage red paprika, maitake mushroom	soy sauce, mirin, sake gochujang chili paste, salt			
		Senbei Soup		chicken	konyaku, rice cracker	ginger, burdock, carrot dried shiitake mushroom, leek	chicken broth, salt, mirin soy sauce, light soy sauce			
		Fruit (Apple)				apple				
22	Mon.	Barley Rice			white rice, barley rice			684	26.2	
		Hearty Miso Soup	○	miso, tofu	konyaku	carrot, daikon radish, burdock Japanese spinach, leek	bonito broth			
		Shumai		pork	shumai wrap	onion, bamboo sprout dried shiitake mushroom, ginger	salt, soy sauce			
		Chinese Broccoli and Cabbage Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce chili oil			
23	Tues.	 The Emperor's Birthday 								
24	Wed.	Saucy Yakisoba		pork, aonori seaweed	cooking oil, Chinese noodle	onion, carrot, cabbage, bean sprout	salt, black pepper, sake Worcestershire sauce chuno sauce	650	21.8	
		Tekko Salad	○	hijiki seaweed dried sardine	brown sugar, cooking oil sesame oil, sesame seed	cabbage, cucumber, daikon radish	salt, soy sauce, vinegar black pepper, sake			
		Apple Rupia			cooking oil, spring roll wrap sugar, powdered sugar	apple				
25	Thurs.	Rice			white rice			701	24.5	
		ABC Soup			ABC macaroni	ginger, carrot, onion, mushroom cabbage	chicken broth, salt bay leaf, black pepper			
		Steak	○	beef	brown sugar, starch	onion	soy sauce, mirin, sake			
		Kofuki Potato			potato		salt, black pepper			
		Vegetable Sautee			cooking oil, butter	carrot, onion, green pea, corn	salt, black pepper			
26	Fri.	Jako and Wakame Rice		dried sardine wakame seaweed seasoning	white rice			667	27.6	
		Tofu and Enoki Clear Soup	○	tofu, wakame seaweed		leek	kombu broth, salt bonito broth, soy sauce			
		Fried Hoki		hoki, egg	cooking oil, flour, bread crumbs		salt, black pepper chuno sauce			
		Chinese Cabbage and Fried Tofu		fried tofu	cooking oil, brown sugar sesame seed	Chinese cabbage, cucumber carrot, ginger	vinegar, salt, soy sauce			