

Lunch Menu, March 2022



February 28, 2022

Manner Goal: Let's look back on our lunches over the year.

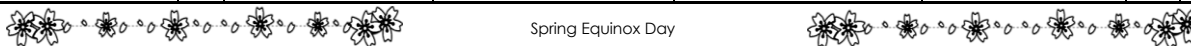
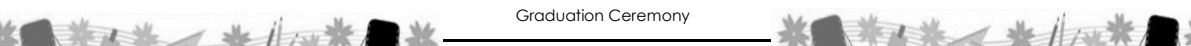

Principal Yuichi Hashimoto

Nutrition Goal: Let's eat a balanced meal to build a strong body!

Ayako Koide 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	○		rice			618	27.7	
		Miso Soup w/Fried Tofu and Komatsuna		fried tofu, miso		komatsuna, scallion	bonito flake stock			
		Grilled Mackerel w/Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
2	W	Let's enjoy Aomori apples! ☆Apples from Hirosaki in Aomori☆								
		Gomoku Ankake Soba	○	pork	cooking oil, Chinese noodles, (light brown) sugar, starch	carrot, onion, bamboo shoots, dried shiitake, Chinese cabbage, bean sprouts, snow peas	salt, pepper, soy sauce, chili oil, vinegar	581	23.7	
		Broccoli and Cabbage Chinese Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce, chili oil			
		Fruit (Apple)				apple				
3	Th	Let's enjoy Japanese cultural food! ☆Hinamatsuri ☆								
		Chirashi Zushi	○	steamed fish paste, egg, fish floss (yuk sung)	rice, (light brown) sugar, cooking oil	carrot, dried shiitake, kanpyo, lotus root, snow peas	kelp stock, bonito flake stock, vinegar, salt, soy sauce	589	22.3	
		Clear Soup w/Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Marinated Canola Blossoms		fish shavings		canola blossom, Chinese cabbage	soy sauce			
Hinamatsuri Jelly	agar powder(kanten), milk	(white) sugar		strawberry	matcha					
4	F	Rice	○		rice			609	26.9	
		Hand-Made Tskudani		nori	(light brown) sugar		bonito flake stock, soy sauce, mirin			
		Miso Soup with Turnips and Komatsuna		fried tofu, miso		turnip, komatsuna, scallion	bonito flake stock			
		Tofu Hamburger		pork, tofu, egg, miso	panko, sesame oil, (light brown) sugar, starch	onion, ginger	salt, pepper, soy sauce, mirin, sake			
		Pickled Cucumber and Daikon Radish				cucumber, daikon	salt			
7	M	Let's enjoy a menu from a local restaurant! ☆Vino Grazie☆								
		Rice with Grains	○		rice, 16 grain rice			654	22.8	
		Stewed chicken in tomato		chicken	olive oil, (white) sugar, cooking oil	garlic, onion, ginger, carrot, zucchini, yellow zucchini, yellow bell pepper, red bell pepper, eggplant, string bean	chicken broth, tomato puree, salt, bay leaf powder			
		Cabbage and Corn Salad			cooking oil	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper			
Apple Jelly	agar powder(kanten)	(white) sugar		apple juice						
8	Tu	Rice	○		rice			592	28.3	
		Japanese Egg Soup		egg	starch	scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Grilled Spanish Mackerel with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Chinese Cabbage and Deep-Fried Tofu Crispy Salad		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
9	W	Let's enjoy Japanese local food! ☆Hokkaido☆								
		Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch, white sesame seeds	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, mirin, soy sauce, pepper, garlic powder	593	25.9	
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
Imo-mochi	nori	potatoes, starch, butter			salt					

☆Please understand that 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	
10	Th	Dry Curry with Eggplant	○	pork	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	728	25.7	
		Tekkotsu Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Ashitaba Cake		egg, milk	(white) sugar, wheat flour, cooking oil, sugared red beans	Ashitaba powder	baking powder			
11	F	Let's enjoy Japanese local food! ☆Miyagi Prefecture☆								
		Fried Wheat Gluten Rice Bowl	○	egg	rice, (light brown) sugar, wheat bran	onion, mitsuba (Japanese honeywort)	bonito flake stock, salt, mirin, soy sauce, sake	610	23.6	
		Hatto Soup		tofu, fried tofu	wheat flour, rice flour	burdock, carrot, daikon, scallion, komatsuna	kelp stock, bonito flake stock, sake, salt, soy sauce			
Turnip and Cucumber with Yukari				turnip, cucumber	salt, yukari shiso (red perilla)					
14	M	Three-Color Rice Bowl	○	egg, chicken	rice, cooking oil, (light brown) sugar, sesame oil	ginger, komatsuna	salt, vinegar, sake, soy sauce	631	26.3	
		Japanese Bean Sprout Salad			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
15	Tu	Handmade Bread with Tuna and Mayonnaise	○	tuna	bread flour, (white) sugar, cooking oil, Non-egg mayonnaise	onion, whole corn	salt, dried yeast, pepper	690	23.2	
		Pot-au-Feu		sausage, bacon	cooking oil, potatoes	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, bay leaf powder			
		Macaroni Salad			macaroni, cooking oil	carrot, cucumber, onion, whole corn	vinegar, salt, pepper			
16	W	Barley Rice	○		rice, barley			611	24.5	
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock			
		Rolled Omelette with Dried Daikon Radish		chicken, egg	cooking oil, (light brown) sugar	scallion, dried daikon	sake, salt, soy sauce			
		Pickled Cucumber and Cabbage				cabbage, cucumber	salt			
17	Th	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, onion, mushroom, broccoli, ginger	chicken broth, white wine, salt, pepper, bay leaf powder	624	18.7	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, onion	vinegar, salt, pepper, grain mustard			
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice				
18	F	Let's enjoy Japanese cultural food! ☆Ohigan☆								
		Kaki-Age Udon	○	egg, shrimp	udon noodle, cooking oil, wheat flour	dried shiitake, scallion, onion, crown daisy	kelp stock, bonito flake stock, mirin, salt, soy sauce	603	23.8	
		Komatsuna with Sesame Seed Dressing			(light brown) sugar, white sesame seeds	komatsuna, carrot, Chinese cabbage	soy sauce			
Azuki Bean Mochi	soy bean flour	glutinous rice, rice, skinless bean paste, (white) sugar			salt					
21	M	 Spring Equinox Day								
22	Tu	Let's enjoy food from around the world! ☆China☆								
		Handmade Pork Bun	○	pork	sesame oil, wheat flour (All Purpose flour), (white) sugar, cooking oil	bamboo shoots, dried shiitake, onion	salt, pepper, soy sauce, baking powder, dried yeast	641	25.7	
		Chinese Egg Soup		egg	starch	ginger, carrot, dried shiitake, scallion	chicken broth, sake, salt, pepper, soy sauce			
		Chinese Sesame Salad with Noodles			udon noodle, cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
Yogurt Drink	yogurt drink									
23	W	Celebration Rice with Red Beans	○		rice, glutinous rice, cowpea, black sesame		salt	643	25.4	
		Clear Soup		naruto		komatsuna, carrot	kelp stock, bonito flake stock, salt			
		Fried Chicken Kara-Age		chicken	cooking oil, wheat flour, starch	ginger	soy sauce, sake			
		Seaweed Salad		seaweeds mix	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper			
24	Th	 Graduation Ceremony								
25	F	 Closing Ceremony								