

Lunch Menu, March 2023



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

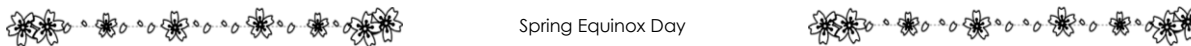
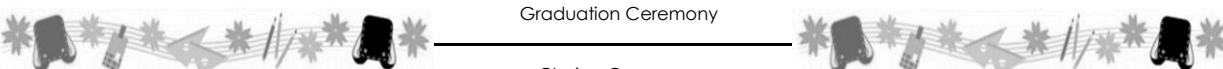
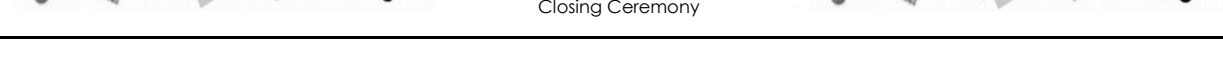
Principal Yuichi Hashimoto

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

Ayako Koide School Nutritionist

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g	
1	W	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, vinegar	513	23.6	
		Broccoli and Cabbage Chinese Salad			cooking oil, sesame oil	broccoli, cabbage, cucumber	vinegar, salt, soy sauce			
		Fruit (Apple)				apple				
2	Th	Barley Rice	○		rice, barley			605	23.7	
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potatoes		bonito flake stock			
		Teriyaki Chicken		chicken	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin			
		Daikon Salad			cooking oil	cabbage, cucumber, daikon, onion	salt, vinegar, pepper			
3	F	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	557	19.4	
		Clear Soup with Hanpen		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce			
		Marinated Canola Blossoms		fish shavings		canola blossom, Chinese cabbage	soy sauce			
		Peach Jelly		agar powder(kanten)	(white) sugar	canned peach	red wine			
6	M	Rice	○		rice			563	26.4	
		Miso Soup with Tofu and Nameko		tofu, miso		nameko mushroom, komatsuna, scallion	bonito flake stock			
		Grilled Squid		squid	cooking oil, (light brown) sugar	ginger, scallion	soy sauce, sake, vinegar			
		Simmered Dried Daikon		fried tofu	cooking oil, (light brown) sugar	carrot, dried radish, dried shiitake	bonito flake stock, salt, soy sauce			
7	Tu	Miso Ramen	○	pork, miso	Chinese noodles, cooking oil, sesame oil, starch	garlic, ginger, carrot, onion, Chinese cabbage, bean sprouts, Chinese chive, dried shiitake, scallion, whole corn	chicken broth, garlic powder, mirin, soy sauce, pepper	539	25.3	
		Japanese Cabbage Salad			cooking oil, sesame oil, white sesame seeds	carrot, cabbage, cucumber	vinegar, salt, soy sauce, pepper			
		Fruit (dekoapon)				dekoapon				
8	W	Okara (Soy Pulp) and Minced Chicken Rice Bowl	○	egg, okara (soy pulp), chicken	rice, cooking oil, (light brown) sugar, white sesame seeds	onion, ginger	salt, sake, soy sauce	666	27.8	
		Jakko Salad		chirimen jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake			
		Aonori Beans		soy bean, nori	cooking oil, starch, potatoes		salt			
9	Th	Rice	○		rice			681	19.7	
		Furikake(Rice Seasoning)		fish shavings, nori	white sesame seeds		yukari shiso (red perilla)			
		Tuna Croquette		tuna	cooking oil, potatoes, wheat flour, panko	onion, carrot	salt, curry powder, Worcestershire sauce (semi-thick)			
		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			

☆ There may be changes to the menu due to availability of food.

Day	Date	Menu	Milk	Red Food Group For building our bodies	Yellow Food Group For warming our bodies	Green Food Group For balancing our bodies	Other	energy Kcal	protein g
10	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	601	23.1
		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)				
13	M	Rice	○		rice			618	27.7
		Miso Soup with Fried Tofu and Komatsuna		fried tofu, miso		komatsuna, scallion	bonito flake stock		
		Grilled Mackerel with 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		
14	Tu	Dry Curry with Eggplant	○	pork, soy bean	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot, eggplant	tomato puree, salt, bay leaf powder, nutmeg, curry powder, Worcestershire sauce	602	22.7
		Tekkotsu Salad		hijiki (seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper, sake		
		Fruit (Apple)				apple			
15	W	Barley Rice	○		rice, barley			600	20.6
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Fried Gyoza		pork	cooking oil, dumpling wrappers, sesame oil	garlic, ginger, Chinese cabbage, scallion, Chinese chive	salt, pepper, soy sauce		
		Pickled Cucumber and Cabbage				cabbage, cucumber	salt		
16	Th	Carrot Rice with Creamy Chicken Sauce	○	chicken, milk	rice, cooking oil, wheat flour	carrot, parsley, onion, mushroom, broccoli, ginger	white wine, salt, pepper, bay leaf powder, chicken broth	649	19.7
		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, canned orange			
17	F	Let's enjoy Japanese cultural food! ☆Ohigan☆							
		Kaki-Age Udon	○	shrimp	(light brown) sugar, udon noodle, cooking oil, wheat flour	dried shiitake, scallion, onion, crown daisy	kelp stock, bonito flake stock, mirin, salt, soy sauce	598	22.1
		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				
20	M	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, dry yeast	682	27.6
		Chinese Corn Soup		chicken, egg	starch, sesame oil	ginger, onion, carrot, whole corn, canned cream corn, parsley	chicken broth, 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								
21	Tu	 Spring Equinox Day							
22	W	Celebration Rice with Red Beans	○		rice, glutinous rice, cowpea, black sesame		salt	623	24.6
		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		
23	Th	 Graduation Ceremony							
24	F	 Closing Ceremony							