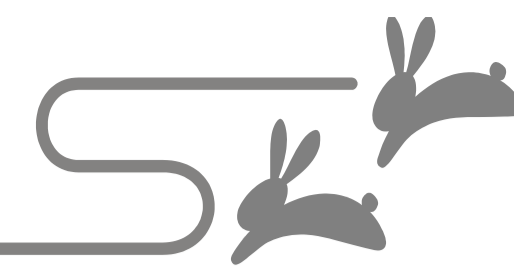




# September Lunch Menu



2016/9/1

Manner Goal : Let's put our food in the right place on our trays.  
Nutrition Goal : Eat three meals every day. (breakfast, lunch & dinner)

Higashimachi ES Principal: Mr. Hatano  
School Nutritionist: Ms. Koide

| Date | Day | Menu   | Main ingredients and their purposes      |   |   |   | energy | protein |      |
|------|-----|--|--|---|---|---|--------|---------|------|
|      |     |  | For building our bodies                  | For warming our bodies  | For balancing our bodies  | Others  | kcal   | g       |      |
| 1    | Thu | ★ Disaster Preparedness Day Menu ★   |  |   |   |   |        | 644     | 27.5 |
|      |     | barley rice  |  | rice , wheat  |   |   |        |         |      |
|      |     | suiton soup  | pork , egg                               | vegetable oil , rice flour<br>wheat flour   | carrot , daikon , Chinese cabbage<br>scallion , komatsuna                                     | kombu , fish shavings (soup)<br>sake , salt , soy sauce             |        |         |      |
|      |     | grilled Spanish mackerel<br>w / green onion sauce  | Spanish mackerel                         | (light brown) sugar   | ginger , scallion , garlic  | soy sauce , sake , vinegar  |        |         |      |
|      |     | sauteed<br>hijiki seaweed & soy beans  | hijiki(seaweed) , fried tofu<br>soy bean | vegetable oil , (light brown) sugar   | carrot  | fish shavings (soup) , mirin , soy sauce                            |        |         |      |
|      |     | milk   |  |   |   |   |        |         |      |
| 2    | Fri | fried rice   | pork , shrimp , egg                      | rice , vegetable oil<br>(light brown) sugar   | carrot , dried shiitake<br>scallion , green peas  | sake , salt , soy sauce , pepper , vinegar                          | 604    | 21.4    |      |
|      |     | wanton soup  | pork                                     | wonton wrapper  | ginger , carrot , Chinese cabbage<br>bean sprouts , scallion , komatsuna                      | chicken broth , soy sauce<br>sake , salt , pepper                   |        |         |      |
|      |     | harusame salad   |  | glass noodles , vegetable oil<br>sesame oil   | carrot , cabbage , cucumber   | vinegar , salt , soy sauce , chili oil                              |        |         |      |
|      |     | fruit ( frozen orange )  |  |   | frozen orange   |   |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 5    | Mon | rice   |  | rice  |   |   | 576    | 29.6    |      |
|      |     | grilled squid w/green onion sauce  | squid                                    | (light brown) sugar   | ginger , scallion , garlic  | sake , soy sauce , vinegar  |        |         |      |
|      |     | stewed koya tofu & vegetables  | freeze-dried tofu                        | konnyaku , (light brown) sugar  | carrot , burdock , daikon , string bean   | fish shavings (soup) , mirin<br>salt , soy sauce                    |        |         |      |
|      |     | marinated vegetables with seaweed  | norii                                    |   | komatsuna , Chinese cabbage<br>bean sprouts   | soy sauce   |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 6    | Tue | stir fried noodles<br>w/vegetable sauce  | pork , squid , shrimp                    | vegetable oil , Chinese noodles<br>(light brown) sugar , starch                           | carrot , onion , bamboo shoots<br>dried shiitake , Chinese cabbage<br>bean sprouts , pea pods | salt , pepper , sake , soy sauce<br>chili oil , vinegar             | 676    | 26.4    |      |
|      |     | Chinese broccoli & cabbage salad   |  | vegetable oil , sesame oil  | broccoli , cabbage , cucumber   | vinegar , salt , soy sauce  |        |         |      |
|      |     | almond pudding   | agar powder(kanten) , milk               | (white) sugar   | canned orange , canned pineapple  | almond essence  |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 7    | Wed | deep fried summer vegetable<br>& sakura shrimp rice bowl                                     | sakura shrimp                            | rice , vegetable oil , wheat flour<br>(light brown) sugar                                 | onion , pumpkin , bitter melon<br>canned corn   | fish shavings (soup) , vinegar<br>salt , soy sauce                  | 685    | 21.8    |      |
|      |     | ton-jiru soup  | pork , miso , tofu                       | vegetable oil , potato  | burdock , carrot , daikon , scallion  | fish shavings (soup)  |        |         |      |
|      |     | daikon and cucumber pickles  |  |   | cucumber , daikon , ginger  | salt  |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 8    | Thu | bread  |  | bread   |   |   | 654    | 28.7    |      |
|      |     | vegetable soup   | bacon                                    | potato  | ginger , carrot , onion , mushroom<br>cabbage , parsley                                       | chicken broth , salt , pepper<br>powdered bay leaf , parsley        |        |         |      |
|      |     | grilled chicken and cheese   | chicken , cheese                         |   |   | white wine , salt , pepper<br>ketchup , worcestershire sauce        |        |         |      |
|      |     | tomato and corn salad  |  | vegetable oil   | tomato , cabbage , cucumber<br>canned corn , onion  | vinegar , salt , pepper , dried basil                               |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 9    | Fri | ~Eat Japanese Traditional Food~ ★ celebrating the arrival of fall ( chrysanthemum flower ) ★ |  |   |   |   |        | 564     | 28.0 |
|      |     | chrysanthemum flower rice  | chicken                                  | rice , glutinous rice , vegetable oil   | carrot , chrysanthemum<br>dried shiitake  | kombu , mirin , sake , salt , soy sauce                             |        |         |      |
|      |     | seasonal clear soup  | fish cake (kamaboko)                     |   | komatsuna , scallion  | kombu , fish shavings (soup)<br>salt , soy sauce                    |        |         |      |
|      |     | Spanish mackerel w/miso  | Spanish mackerel<br>Saikyo miso          |   |   | sake  |        |         |      |
|      |     | pickled cabbage w/yukari   |  |   | cabbage , yukari shiso (red perilla)  | salt  |        |         |      |
|      |     | milk   |  |   |   |   |        |         |      |
| 12   | Mon | ~Japanese local food~ ★ Minato City ★ shiba daradara festival (ginger festival) ★            |  |   |   |   |        | 592     | 26.8 |
|      |     | ginger rice  |  | rice , roasted sesame seeds   | ginger  | kombu , sake , salt , soy sauce                                     |        |         |      |
|      |     | Teriyaki fish  | salmon                                   | (light brown) sugar , starch  | ginger  | sake , soy sauce , mirin  |        |         |      |
|      |     | daikon & hijiki salad  | hijiki(seaweed)                          | (light brown) sugar , vegetable oil<br>sesame oil , white sesame seeds                    | cabbage , cucumber , daikon   | salt , soy sauce , vinegar , pepper                                 |        |         |      |
|      |     | fruit ( pear )   |  |   | pear  |   |        |         |      |
|      |     | milk   |  |   |   |   |        |         |      |
| 13   | Tue | Cold Chinese noodles   | chicken , fried tofu , egg               | Chinese noodles , vegetable oil<br>sesame oil , (light brown) sugar<br>white sesame seeds | ginger , carrot , dried shiitake<br>cucumber , bean sprouts                                   | fish shavings (soup) , soy sauce<br>vinegar , mustard , sake , salt | 586    | 22.6    |      |
|      |     | seaweeds salad   | dried seaweeds                           | vegetable oil   | cucumber , daikon<br>canned corn , onion  | vinegar , salt , soy sauce , pepper                                 |        |         |      |
|      |     | fruit ( frozen orange )  |  |   | frozen orange   |   |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |
| 14   | Wed | hot dog  | frankfurter                              | bread , vegetable oil   | cabbage   | salt , ketchup  | 557    | 20.6    |      |
|      |     | pot au feu-stew  | chicken                                  | vegetable oil , potato  | celery , carrot , onion , ginger<br>cabbage   | chicken broth , white wine , salt<br>pepper , powdered bay leaf     |        |         |      |
|      |     | vegetable crisps   |  | potato , vegetable oil  | carrot , pumpkin , burdock  | salt  |        |         |      |
|      |     | milk   | milk                                     |   |   |   |        |         |      |



All students have to wear a mask during lunch preparation. Its not just for hygienic reasons, but also for disease prevention.  
Please prepare a new mask together with cleaned lunch mat every week. Students can use any type of masks, disposable type or gauze type.  
Thank you for your understanding.



| Date | Day | Menu   | Main ingredients and their purposes |   |   |   | energy | protein |
|------|-----|--|-------------------------------------|---|---|---|--------|---------|
|      |     |  | For building our bodies             | For warming our bodies  | For balancing our bodies  | Others  | kcal   | g       |
| 15   | Thu | ~Eat Japanese Traditional Food~ ☆ moon viewing(sweet dumplings) ☆  |                                     |   |   |   | 672    | 22.6    |
|      |     | rice   |                                     | rice  |   |   |        |         |
|      |     | seasonal clear soup  | fish cake (kamaboko)                |   | komatsuna , scallion  | kombu , fish shavings (soup)<br>salt , soy sauce  |        |         |
|      |     | fried chicken<br>w/green onion sauce   | chicken                             | vegetable oil , starch , wheat flour<br>(light brown) sugar<br>roasted sesame seeds | ginger , scallion , garlic , perilla  | soy sauce , sake , vinegar  |        |         |
|      |     | pickled cabbage  |                                     |   | cabbage , carrot  | salt  |        |         |
|      |     | rice dumplings with sweet soy glaze  |                                     | rice flour , (white) sugar<br>(light brown) sugar , starch                          |   | soy sauce , mirin   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 16   | Fri | eggplant dried curry   | pork , chickpeas<br>grated cheese   | rice , vegetable oil , wheat flour  | garlic , ginger , onion<br>carrot , eggplant  | tomato puree , salt , powdered bay leaf<br>nutmeg , dried radish<br>worcestershire sauce  | 628    | 21.2    |
|      |     | turnip salad   |                                     | vegetable oil   | turnip , cabbage , cucumber , onion   | vinegar , salt , pepper   |        |         |
|      |     | fruit yogurt   | yogurt                              | powdered sugar  | banana , canned peach<br>canned orange  |   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 19   | Mon |  Respect for the Aged Day  |                                     |   |   |   |        |         |
| 20   | Tue | Kakitama Udon Noodles  | pork , fried tofu , egg             | vegetable oil , udon noodle   | carrot , scallion   | kombu , fish shavings (soup)<br>mirin , salt , soy sauce  | 583    | 22.3    |
|      |     | Japanese stylecabbage salad  |                                     | vegetable oil , sesame oil<br>white sesame seeds                                    | carrot , komatsuna , cabbage  | vinegar , salt , soy sauce , pepper   |        |         |
|      |     | ohagi  | Azuki Bean , soy bean flour         | glutinous rice , rice<br>(white) sugar  |   | salt  |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 21   | Wed | barley rice  |                                     | rice , wheat  |   |   | 571    | 20.2    |
|      |     | clear soup<br>w/tofu and shiitake  | tofu                                |   | shiitake , komatsuna  | kombu , fish shavings (soup)<br>salt , soy sauce  |        |         |
|      |     | pork and vegetable Miso Stir-fry   | pork , miso                         | vegetable oil , (white) sugar<br>starch   | ginger , carrot , onion , cabbage<br>bamboo shoots , bell pepper                              | sake , soy sauce , Chinese chili paste<br>oyster sauce  |        |         |
|      |     | Chinese cabbage and<br>crispy deep fried tofu salad  | fried tofu                          | vegetable oil , (light brown) sugar<br>roasted sesame seeds                         | Chinese cabbage , cucumber<br>carrot , ginger   | vinegar , salt , soy sauce  |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 22   | Thu |  Autumnal Equinox Day  |                                     |   |   |   |        |         |
| 23   | Fri | ~World Food~ Day of Human Rights ☆ Italy ☆   |                                     |   |   |   | 705    | 16.7    |
|      |     | Caponata bowl  | chicken                             | rice , vegetable oil  | onion , red bell pepper , zucchini<br>shiitake , eggplant , garlic<br>whole tomatoes , ginger | powdered bay leaf , chicken broth<br>dried basil , oregano , parsley<br>Tabasco , worcestershire sauce<br>soy sauce , salt , pepper |        |         |
|      |     | Noodle Soup  | bacon                               | macaroni  | ginger , carrot , onion<br>mushroom , cabbage   | chicken broth , salt<br>powdered bay leaf , pepper  |        |         |
|      |     | Panna cotta  | milk , fresh cream                  | (white) sugar   | canned peach  | agar  |        |         |
|      |     | drinkable yogurt   | drinkable yogurt                    |   |   |   |        |         |
| 26   | Mon | chicken & burdock pilaf  | chicken                             | rice , wheat , vegetable oil  | burdock , eringi , carrot , green peas  | sake , salt , pepper , soy sauce  | 632    | 19.7    |
|      |     | potato & vegetable soup  |                                     | potato  | ginger , carrot , onion   | chicken broth , salt<br>powdered bay leaf , pepper  |        |         |
|      |     | corn & vegetabl salad  |                                     | vegetable oil   | carrot , cabbage , cucumber<br>canned corn , onion  | vinegar , salt , pepper   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 27   | Tue | mashroom spaghetti   | bacon , nori                        | vegetable oil , starch<br>olive oil , spaghetti                                     | garlic , ginger , onion , carrot<br>shimeji , eringi , mushroom                               | sake , salt , pepper , soy sauce  | 589    | 19.4    |
|      |     | cabbage salad w/carrot dressing  |                                     | vegetable oil   | tomato , cucumber , cabbage<br>onion , carrot   | vinegar , salt , pepper   |        |         |
|      |     | fruit ( grape )  |                                     |   | grape   |   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 28   | Wed | whole wheat bread  |                                     | whole wheat bread   |   |   | 633    | 34.0    |
|      |     | corn soup  | bacon , milk                        | vegetable oil , wheat flour   | garlic , carrot , onion , ginger<br>canned corn , canned cream corn                           | chicken broth , salt<br>powdered bay leaf , pepper  |        |         |
|      |     | breaded fried salmon   | salmon                              | olive oil , panko   | garlic , parsley  | salt , pepper , white wine<br>dried basil , oregano , soy sauce   |        |         |
|      |     | broccoli and cabbage salad   |                                     | vegetable oil   | carrot , broccoli<br>cabbage , onion  | vinegar , salt , pepper   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 29   | Thu | Sichuan style<br>eggplants on rice   | pork , miso                         | rice , vegetable oil<br>(light brown) sugar<br>starch , sesame oil                  | eggplant , garlic , ginger , carrot<br>bamboo shoots , scallion<br>Chinese chive              | sake , soy sauce<br>Chinese chili paste   | 623    | 19.3    |
|      |     | japanese bean sprouts salad  |                                     | vegetable oil , sesame oil<br>white sesame seeds                                    | cabbage , cucumber , bean sprouts   | vinegar , salt , soy sauce , pepper   |        |         |
|      |     | fruit ( pear )   |                                     |   | pear  |   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |
| 30   | Fri | rice   |                                     | rice  |   |   | 562    | 27.6    |
|      |     | miso soup w/Chinese cabbage  | miso                                |   | Chinese cabbage   | fish shavings (soup)  |        |         |
|      |     | vegetables rolled in meat<br>w/BBQ sauce   | pork                                | (white) sugar   | string bean , carrot  | salt , pepper , ketchup , mustard<br>worcestershire sauce , red wine  |        |         |
|      |     | chirimen jako salad  | chirimen jako                       | sesame oil , (light brown) sugar  | daikon , komatsuna , bean sprouts<br>carrot , ginger  | vinegar , soy sauce , salt , sake   |        |         |
|      |     | milk   | milk                                |   |   |   |        |         |

~Dear Parents/Guardians~

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row.

To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance.

For any long absence and transferring school, a handling charge of ¥30 will be deducted. We appreciate your cooperation.

★Menus may change due to availability of food.

