

May Lunch Menu

2017/4/28

Manner Goal : Let's clean up and put everything away.
 Nutrition Goal : Let's learn the food groups.

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	Mon	~Local Area Japanese Food • Japanese Traditional Event Food ~ ☆ Shizuoka Prefecture • 88th day from the beginning of spring menu (5/2) ☆					681	22.1
		deep fried soy beans & sakura shrimp rice bowl	egg , soy bean sakura shrimp	rice , vegetable oil wheat flour , corn starch (light brown) sugar	onion mitsuba (Japanese honeywort)	kombu , fish shavings (soup) salt , soy sauce		
		suruga-style soup	sardine , miso	taro , starch	carrot , daikon komatsuna , ginger	kombu , fish shavings (soup) salt , soy sauce , sake		
		matcha dumpling	soy bean flour	rice flour , (white) sugar granulated sugar		matcha , salt		
		milk	milk					
2	Tue	~Japanese Traditional Event Food ~ ☆Boy's Festival (Tango-no-sekku) ☆					601	19.3
		chinese rice wrapped in bamboo leaf	pork	sesame oil , glutinous rice (light brown) sugar	bamboo shoots , carrot dried shiitake	sake , salt , soy sauce oyster sauce		
		seasonal clear soup	fish cake (kamaboko)		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		vermicelli chinese salad		glass noodles , sesame oil vegetable oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , pepper soy sauce		
		fruit (kawachi-bankan orange)			kawachi-bankan orange			
3	Wed	Constitution Memorial Day Holiday						
4	Thu	Greenery day						
5	Fri	Children's Day						
8	Mon	rice		rice			664	24.6
		satsuki soup	miso , wakame (seaweed)		bamboo shoots	fish shavings (soup) , kombu		
		grilled mackerel w/ green onion sauce	mackerel	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		stewed fried bean curd & vegetables	fried bean curd	vegetable oil , konnyaku (light brown) sugar	burdock , carrot , string bean	fish shavings (soup) , sake salt , soy sauce		
		milk	milk					
9	Tue	pepperoncino w/spring cabbage	bacon	vegetable oil , olive oil spaghetti	garlic , eringi , carrot onion , cabbage , komatsuna ginger	chili pepper , salt , pepper powdered bay leaf chicken broth	616	22.4
		broccoli salad		vegetable oil	carrot , broccoli , cucumber onion	vinegar , salt , pepper		
		fruit yogurt	yogurt	(white) sugar	banana , canned peach canned orange			
		milk	milk					
10	Wed	chicken & burdock pilaf	chicken	rice , wheat , vegetable oil	burdock , eringi , carrot green peas	sake , salt , pepper , soy sauce	576	17.7
		egg & tomato soup	bacon , egg	vegetable oil	celery , onion , ginger , tomato	chicken broth , salt powdered bay leaf , pepper		
		French potato salad		vegetable oil , potato	carrot , cucumber , onion	vinegar , salt , pepper		
		milk	milk					
11	Thu	bread		bread			637	24.7
		soy milk gratin	chicken , bacon , soy milk cheese	macaroni , vegetable oil butter , wheat flour	onion , carrot , parsley	white wine , salt , pepper powdered bay leaf		
		cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
		milk	milk					
12	Fri	rice		rice			610	32.9
		miso soup w/fried tofu and komatsuna	fried tofu , miso		komatsuna , scallion	fish shavings (soup)		
		vegetables rolled in meat w/Japanese style sauce	pork	(light brown) sugar , starch	string bean , carrot , ginger	salt , pepper , soy sauce mirin		
		turnip and cucumber pickles			turnip , cucumber	salt		
		milk	milk					
15	Mon	rice		rice			585	26.3
		Yoshino soup	tofu	taro , starch	carrot , daikon , scallion	fish shavings (soup) , kombu salt , soy sauce		
		grilled Merlucciidae (fish)	merlucciidae , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine soy sauce		
		marinated cabbage w/salted seaweed	salt kombu	roasted sesame seeds	cabbage , bean sprouts carrot	soy sauce		
		milk	milk					
16	Tue	miso ramen	pork , miso	Chinese noodles vegetable oil sesame oil , starch	garlic , ginger , carrot onion , cabbage , scallion Chinese chive dried shiitake , canned corn	chicken broth , mirin , pepper soy sauce , sweet bean paste	584	23.8
		Japanese style daikon salad	wakame (seaweed)	vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , daikon	vinegar , salt , soy sauce		
		fruit (Amanatsu orange)			Amanatsu orange			
		milk	milk					

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

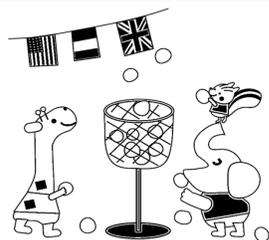


Do not forget to prepare ♪

All students have to wear a mask during lunch preparation. It's not just for hygienic reasons, but also for disease prevention. Please prepare a new mask together with a 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 kcal	protein g	
			For building our bodies	For warming our bodies	For balancing our bodies	Others			
17	Wed	Stamina bowl	pork	rice , vegetable oil (white) sugar , starch	garlic , ginger , onion bamboo shoots , bell pepper red bell pepper	sake , soy sauce , salt , pepper oyster sauce	678	23.9	
		Chinese style corn soup	chicken , egg	starch , sesame oil	ginger , onion , carrot canned corn , parsley canned cream corn	chicken broth , salt pepper , soy sauce			
		fruit Jelly	agar powder(kanten)	(white) sugar	apple juice , canned orange canned pineapple				
		milk	milk						
18	Thu	Cheese toast	cheese	bread			652	29.7	
		Pork Beans	pork , soy bean	vegetable oil , potato	celery , carrot , onion , ginger	red wine , chicken broth , salt pepper , powdered bay leaf			
		sweet potato and broccoli salad		sweet potato vegetable oil	carrot , broccoli , cucumber onion	vinegar , salt , pepper			
		milk	milk						
19	Fri	barley rice		rice , wheat			593	24.5	
		Chinese chives and egg soup	egg	starch	ginger , carrot , Chinese chive dried shiitake	chicken broth , sake , salt pepper , soy sauce			
		Chinese style grilled chicken satek	chicken , miso	(light brown) sugar		soy sauce , sake , chili oil			
		Stir-fried Green Vegetables		vegetable oil , sesame oil	carrot , onion , bok-choy	sake , salt , pepper , soy sauce			
		milk	milk						
22	Mon	rice		rice			614	24.4	
		miso soup w/potato and onion	wakame (seaweed) , miso	potato	onion	fish shavings (soup)			
		cod with vegetable sauce	cod	wheat flour , starch vegetable oil (light brown) sugar	ginger , carrot , onion , shiitake	soy sauce , mirin			
		marinated spinach			spinach , Chinese cabbage bean sprouts	soy sauce			
		milk	milk						
23	Tue	Kenchin Udon Noodles	pork , fried tofu	vegetable oil , udon noodle	burdock , carrot , daikon scallion	kombu , fish shavings (soup) salt , soy sauce , mirin	623	21.8	
		marinated vegetables with seaweed	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce			
		steamed cake	egg , milk	(white) sugar wheat flour , butter		baking powder vanilla essence			
		milk	milk						
24	Wed	~World Food~(Human Rights Day) ☆ Korea ☆						638	25.0
		bibimbap (Korean rice dish)	pork , egg	rice , sesame oil , vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , scallion bean sprouts , komatsuna	soy sauce , salt , vinegar Chinese chili paste			
		wakame seaweed soup	wakame (seaweed)	roasted sesame seeds	ginger , scallion	chicken broth , salt , pepper soy sauce			
		spicy stir-fried Korean rice cake	chicken	vegetable oil , sesame oil (light brown) sugar tteokbokki	garlic , carrot , cabbage scallion	Chinese chili paste , soy sauce			
		drinkable yogurt	drinkable yogurt						
25	Thu	bread		bread			607	26.5	
		vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt , pepper powdered bay leaf			
		grilled chicken w/apple Sauce	chicken	(white) sugar	apple , lemon	white wine , salt , pepper soy sauce , apple vinegar , mirin red wine			
		vegetable saute		vegetable oil , butter	carrot , onion , green peas canned corn	salt , pepper			
		Fluffy boiled potatos		potato		salt , pepper			
		milk	milk						
26	Fri	Pre Sports Day ☆ Special Menu ☆						666	20.7
		chicken cutlet curry	chicken , egg	rice , vegetable oil wheat flour , bread crumbs	onion , carrot , ginger garlic	curry powder , salt , ketchup powdered bay leaf worcestershire sauce			
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage , carrot onion	vinegar , salt , pepper soy sauce			
		fruit (melon)			melon				
		milk	milk						
27	Sat	Sports Day 							
29	Mon	Day off in lieu 							
30	Tue	Mabo eggplant bowl	pork , miso	rice , vegetable oil (light brown) sugar starch , sesame oil	eggplant , garlic , ginger carrot , bamboo shoots scallion , Chinese chive	sake , soy sauce Chinese chili paste	656	20.4	
		Japanese bean sprouts salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber bean sprouts	vinegar , salt , soy sauce pepper			
		Chinese-style almond jelly	agar powder(kanten) , milk	(white) sugar		almond essence			
		milk	milk						
31	Wed	barley rice		rice , wheat			590	30.2	
		miso soup w/daikon and komatsuna	miso		daikon , scallion , komatsuna	fish shavings (soup)			
		Teriyaki fish	salmon	(light brown) sugar , starch	ginger	soy sauce , sake , mirin			
		fried hijiki & soy bean	hijiki(seaweed) , fried tofu soy bean	vegetable oil (light brown) sugar	carrot	fish shavings (soup) mirin , soy sauce			
		milk	milk						



~ Dear Parents /Guardians ~

May 10 (Wednesday) will be levied for two months' meal cost for April / May.

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.

If there is a change in the absence period, please be sure to inform your homeroom teacher.

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

We appreciate your cooperation.

