



June Lunch Menu

Manner Goal : Eat and finish your school lunch within the assigned time.
 Nutrition Goal : Chew your food well to build strong teeth.



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

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		
1	Thu	hot dog	frankfurter	bread , vegetable oil	cabbage	salt , ketchup	590	21.9
		pot-au-feu	chicken	vegetable oil , potato	celery , carrot , onion ginger , cabbage	chicken broth , white wine , salt pepper , powdered bay leaf		
		vegetable chips		vegetable oil , potato	carrot , pumpkin , burdock	salt		
		fruit (kawachi-bankan orange)			kawachi-bankan orange			
		milk	milk					
2	Fri	Tooth Decay Prevention Day (6/4) ☆ Let's Chew Well Menu ☆					542	21.8
		koya rice	chicken , freeze-dried tofu	rice , glutinous rice (light brown) sugar konnyaku	dried shiitake , carrot , burdock pea pods	fish shavings (soup) , sake mirin , soy sauce		
		clear soup	hanpen		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		hijiki and chirimen jako salad	hijiki(seaweed) , chirimen jako	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar pepper , sake		
		milk						
5	Mon	rice		rice			574	22.7
		kenchin-jiru soup	tofu	vegetable oil , sesame oil	burdock , carrot daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		grilled chicken	chicken	(light brown) sugar , starch	ginger	soy sauce , sake , mirin		
		cabbage dressed with mustard			komatsuna , carrot , cabbage	mustard , soy sauce		
		milk	milk					
6	Tue	mushroom spaghetti	bacon , nori	spaghetti	garlic , ginger , onion carrot , shimeji , eringi mushroom	sake , salt , pepper , soy sauce	581	20.0
		Caesar salad	cream cheese grated cheese	vegetable oil , crouton (light brown) sugar	cabbage , cucumber , carrot garlic , onion	vinegar , salt , pepper , mustard		
		fruit (watermelon)			watermelon (red • yellow)			
		milk	milk					
7	Wed	~ Healthy Teeth Assembly Food ~ ☆ Let's Chew Well Menu ☆					593	21.6
		green pea rice		rice	green peas	sake , salt		
		miso soup w/root vegetables	miso	vegetable oil , sweet potato konnyaku	burdock , carrot , daikon scallion	fish shavings (soup)		
		fried Japanese pond smelt	Japanese pond smelt	vegetable oil , starch		salt , pepper		
		kinpira w/wakame stem	wakame stem (seaweed)	vegetable oil , konnyaku (light brown) sugar	burdock , carrot	mirin , soy sauce ground red chili pepper		
		milk						
8	Thu	toast w/sesame seed paste		bread , vegetable oil sesame seed paste roasted sesame seeds granulated sugar			558	19.7
		cabbage soup	bacon		ginger , carrot , cabbage parsley	chicken broth , salt , pepper powdered bay leaf		
		chicken and vegetable garlic saute	chicken	olive oil , vegetable oil	garlic , zucchini , eringi bell pepper , yellow bell pepper red bell pepper , broccoli	white wine , salt , pepper powdered bay leaf , soy sauce		
		fruit (frozen orange)			frozen orange			
		milk	milk					
9	Fri	rice		rice			638	28.8
		Chinese soup	tofu	sesame oil	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce		
		stir fried shrimp w/egg	chicken , shrimp , egg	vegetable oil (light brown) sugar , starch	bamboo shoots , dried shiitake scallion , green peas	sake , salt , soy sauce , vinegar		
		Chinese salad w/ bean sprouts		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber bean sprouts	vinegar , salt , soy sauce , pepper		
		milk	milk					
12	Mon	rice fried with chicken	chicken	rice , butter , vegetable oil	onion , carrot , mushroom canned corn , green peas	salt , paprika powder white wine , pepper tomato puree , ketchup	681	20.2
		potato cream soup	milk	vegetable oil , potato butter , wheat flour	garlic , onion , ginger	chicken broth , salt , pepper powdered bay leaf		
		turnip salad		vegetable oil	cabbage , turnip , cucumber onion	vinegar , salt , pepper		
		milk	milk					
13	Tue	stir fried noodles w/starchy vegetable sauce	pork , shrimp , squid	Chinese noodles , vegetable oil (light brown) sugar , starch	onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods	sake , salt , pepper soy sauce , vinegar	531	24.7
		broccoli & cabbage Chinese salad		vegetable oil , sesame oil	broccoli , cabbage cucumber	vinegar , salt , soy sauce		
		fruit (melon)			melon			
		milk	milk					
14	Wed	rice		rice			541	24.1
		grilled squid w / green onion sauce	squid	(light brown) sugar	ginger , scallion , garlic	sake , soy sauce , vinegar		
		Chikuzenni stew	chicken	vegetable oil , konnyaku taro , (light brown) sugar	burdock , carrot , bamboo shoots lotus root , daikon dried shiitake , string bean	fish shavings (soup) , sake salt , soy sauce		
		Chinese cabbage Yukari			Chinese cabbage yukari shiso (red perilla)	salt		
		milk	milk					
15	Thu	brown sugar bread		brown sugar bread			559	26.7
		vegetable soup	bacon		ginger , carrot , onion , cabbage mushroom , parsley	chicken broth , salt , pepper powdered bay leaf		
		salmon meunière	salmon	wheat flour , vegetable oil , butter		salt , pepper , white wine		
		tomato & canned corn salad		vegetable oil	tomato , cabbage , cucumber canned corn , onion	vinegar , salt , pepper dried basil		
		milk	milk					

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

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
16	Fri	Three color rice bowl	egg , chicken	rice , vegetable oil (light brown) sugar sesame oil	ginger , komatsuna	salt , vinegar , sake , soy sauce	636	27.5
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock , komatsuna scallion	fish shavings (soup)		
		bean sprouts isoae	nori		komatsuna , carrot bean sprouts	soy sauce		
		milk	milk					
19	Mon	barley rice		rice , wheat			619	22.2
		chop suey	pork , shrimp , squid	vegetable oil , starch	ginger , carrot , bok-choy Chinese cabbage bamboo shoots onion , dried shiitake	salt , sake , soy sauce , pepper		
		vermicelli Chinese salad		glass noodles , vegetable oil sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt soy sauce , pepper		
		fruit (frozen orange)			frozen orange			
		milk	milk					
20	Tue	~Local Area Japanese Food • Japanese Traditional Event Food ~ ☆ Hyogo Prefecture • the summer solstice menu (6/21) ☆					603	30.7
		octopus rice	fried tofu , octopus	rice	burdock , carrot dried shiitake , string bean	sake , kombu , thin soy sauce salt , mirin		
		somen soup		fine white noodles	onion , carrot , dried shiitake green onions	fish shavings (soup) kombu , soy sauce		
		teriyaki fish	Spanish mackerel	(light brown) sugar , starch	yuzu	sake , soy sauce , mirin		
		pickled Chinese cabbage			Chinese cabbage , carrot	salt		
21	Wed	Chinese noodles with cold meat sauce	pork , miso	Chinese noodles , sesame oil vegetable oil (light brown) sugar , starch	cucumber , garlic , ginger carrot , onion , bamboo shoots dried shiitake , scallion	Chinese chili paste , mirin sake , salt , soy sauce sweet bean paste , oyster sauce	596	21.7
		Japanese radish salad		vegetable oil , sesame oil	cabbage , cucumber , daikon	vinegar , salt , soy sauce , pepper		
		hydrangea jelly	agar powder(kanten)	(white) sugar	acerola juice , grape juice	white wine		
		milk	milk					
22	Thu	bread		bread			618	25.0
		Spanish omelet	tuna , egg , milk cheese , fresh cream	butter , potato	garlic , onion , bell pepper mushroom , tomato	salt , pepper , oregano		
		spring cabbage salad		vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		fruit (cherry)			cherry			
		milk	milk					
23	Fri	~World Food~Day of Human Rights ☆ America ☆					605	21.7
		Jambalaya	ham , sausage shrimp	rice , vegetable oil	garlic , celery , onion whole tomatoes , bell pepper	salt , pepper , oregano ketchup , white wine		
		chicken noodle soup	chicken	olive oil , spaghetti	garlic , celery , carrot onion , ginger	salt , pepper , thyme powder powdered bay leaf chicken broth		
		potato salad		potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
26	Mon	barley rice		rice , wheat			695	24.0
		miso soup w/tofu and nameko mushroom	tofu , miso		nameko mushroom komatsuna , scallion	fish shavings (soup)		
		deep-fried horse mackerel	horse mackerel , egg	vegetable oil , wheat flour bread crumbs		salt , pepper Worcestershire sauce (semi-thick)		
		coleslaw		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
27	Tue	cold Chinese noodles	chicken , egg	Chinese noodles vegetable oil , sesame oil sesame seed paste (light brown) sugar white sesame seeds	ginger , carrot , dried shiitake cucumber , bean sprouts	chicken broth , soy sauce vinegar , sake , salt	687	24.3
		seaweed salad	seaweed	vegetable oil	cucumber , daikon canned corn , onion	vinegar , salt soy sauce , pepper		
		pineapple cake	egg , milk	(white) sugar flour , butter	canned pineapple	baking powder		
		milk	milk					
28	Wed	salmon and green soybean pilaf	salmon	rice , vegetable oil , butter	shimeji , mushroom onion , green soybean	salt , white wine , soy sauce	527	18.5
		ABC Noodle Soup	bacon	macaroni	ginger , carrot , onion , cabbage	chicken broth , salt , pepper powdered bay leaf		
		tomato salad		vegetable oil (light brown) sugar	tomato , onion	vinegar , salt , pepper dried basil		
		milk	milk					
29	Thu	handmade grilled curry bread	chickpeas , pork	bread flour , (white) sugar butter , vegetable oil bread crumbs	carrot , onion	salt , dried yeast , curry powder ketchup , Worcestershire sauce	503	20.9
		hearty vegetable soup	pork	potato	ginger , carrot , onion , celery cabbage , broccoli mushroom	chicken broth , white wine , salt pepper , powdered bay leaf		
		fruit (Amanatsu orange)			Amanatsu orange			
		milk	milk					
30	Fri	rice		rice			634	23.0
		miso soup w/daikon and fried tofu	fried tofu , miso		daikon , scallion	fish shavings (soup)		
		flavored grilled mackerel	mackerel	roasted sesame seeds vegetable oil	scallion , ginger , garlic	soy sauce , mirin , sake		
		pickled turnip and cucumber			turnip , cucumber	salt		
		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.
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.

