



# September Lunch Menu

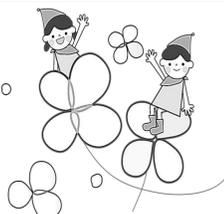


Manner Goal : Let's put our food in the right place on our trays.  
 Nutrition Goal : Eat three meals every day. (breakfast, lunch & dinner)

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	
4	Mon	★ Disaster Preparedness Day Menu ★						644	27.5
		barley rice		rice , barley					
		suiton soup	pork , egg	vegetable oil , rice flour wheat flour	carrot , daikon , Chinese cabbage scallion , komatsuna	kombu , fish shavings (soup) sake , salt , soy sauce			
		grilled Spanish mackerel w / green onion sauce	Spanish mackerel	(light brown) sugar	ginger , scallion , garlic	soy sauce , sake , vinegar			
		sauteed hijiki seaweed & soy beans	hijiki(seaweed) , fried tofu soy bean	vegetable oil , (light brown) sugar	carrot	fish shavings (soup) , mirin , soy sauce			
		milk							
5	Tue	deep fried summer vegetable & sakura shrimp rice bowl	sakura shrimp	rice , vegetable oil , wheat flour (light brown) sugar	onion , pumpkin , bitter melon canned corn	fish shavings (soup) vinegar , 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						
6	Wed	Cold Chinese noodles	chicken , fried tofu , egg	Chinese noodles , vegetable oil sesame oil , (light brown) sugar white sesame seeds	ginger , carrot , dried shiitake cucumber , bean sprouts	fish shavings (soup) , soy sauce vinegar , mustard , sake , salt	565	22.2	
		seaweed salad	seaweed	vegetable oil	cucumber , daikon , canned corn , onion	vinegar , salt , soy sauce , pepper			
		fruit ( frozen orange )			frozen orange				
		milk	milk						
7	Thu	bread		bread			575	19.8	
		vegetable soup	bacon		ginger , carrot , onion , mushroom cabbage	chicken broth , salt , pepper powdered bay leaf			
		potato croquette	tuna , egg	vegetable oil , potato wheat flour , panko	onion	salt , pepper Worcestershire sauce (semi-thick)			
		stir fried vegetables		vegetable oil	carrot , onion , green peas canned corn	salt , pepper			
		milk	milk						
8	Fri	~Eat Japanese Traditional Food~ ★ celebrating the arrival of fall ( chrysanthemum flower ) ★						614	28.5
		chrysanthemum flower rice	chicken	rice , glutinous rice , vegetable oil	carrot , chrysanthemum dried shiitake	kombu , mirin , sake , salt , soy sauce			
		seasonal clear soup	boiled fish paste		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		Spanish mackerel w/miso	Spanish mackerel , Saikyo miso			sake			
		pickled cabbage w/yukari			cabbage , yukari shiso (red perilla)	salt			
		milk							
11	Mon	barley rice		rice , barley			628	26.4	
		dried fish toppings	chirimen jako , fish shavings nori	roasted sesame seeds	yukari shiso (red perilla)				
		miso soup w/potato and onion	wakame (seaweed) , miso	potato	onion	fish shavings (soup)			
		omelet with dried daikon	chicken , egg	vegetable oil , (light brown) sugar	scallion , dried radish	sake , salt , soy sauce			
		Chinese cabbage dressed with mustard			komatsuna , carrot Chinese cabbage	mustard , soy sauce			
		milk							
12	Tue	stir fried noodles w/vegetable sauce	pork , squid , shrimp	vegetable oil , Chinese noodles (light brown) sugar , starch	carrot , onion , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , snow pea	salt , pepper , sake , soy sauce chili oil , vinegar	681	26.5	
		Chinese broccoli & cabbage salad		vegetable oil , sesame oil	broccoli , cabbage , cucumber	vinegar , salt , soy sauce , chili oil			
		Chinese style almond jelly	agar powder(kanten) , milk	(white) sugar	canned orange , canned pineapple				
		milk	milk						
13	Wed	eggplant dried curry	pork , chickpeas grated cheese	rice , vegetable oil , wheat flour	garlic , ginger , onion carrot , eggplant	tomato puree , salt , powdered bay leaf nutmeg , curry powder Worcestershire sauce	576	18.6	
		turnip salad		vegetable oil	turnip , cabbage , cucumber , onion	vinegar , salt , pepper			
		fruit ( pear )			pear				
		milk	milk						
14	Thu	bread		bread			602	27.4	
		vegetable soup	bacon	potato	ginger , carrot , onion , mushroom cabbage , parsley	chicken broth , salt , pepper powdered bay leaf , parsley			
		grilled chicken and cheese	chicken , cheese			white wine , salt , pepper ketchup , Worcestershire sauce			
		tomato and corn salad		vegetable oil	tomato , cabbage , cucumber canned corn , onion	vinegar , salt , pepper , dried basil			
		milk	milk						

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 cleaned lunch mat every week. Students can use any type of mask, disposable type or gauze type.  
 Thank you for your understanding.



~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.

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	Fri	~Japanese local food~ ☆ Minato City ☆ ☆ Shiba daradara festival (ginger festival) ☆					690	26.2
		ginger rice		rice , roasted sesame seeds	ginger	kombu , sake , salt , soy sauce		
		kenchin soup	tofu	vegetable oil , sesame oil	burdock , carrot , daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		simmered mackerel w/Edo miso	mackerel , Edo miso	(light brown) sugar	ginger	sake , soy sauce		
		bean sprouts isoae	nori		komatsuna , carrot , bean sprouts	soy sauce		
		milk	milk					
18	Mon	Respect for the Aged Day						
19	Tue	Japanese event food ☆ equinoctial week ☆					672	22.6
		Kakitama Udon Noodles	pork , fried tofu , egg	vegetable oil , udon noodle	carrot , scallion	kombu , fish shavings (soup) mirin , salt , soy sauce		
		Japanese style cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , komatsuna , cabbage	vinegar , salt , soy sauce , pepper		
		ohagi	pureed sweet bean jam soy bean flour	glutinous rice , rice , (white) sugar		salt		
		milk	milk					
20	Wed	rice		rice		630	20.8	
		chinese soup w/tofu and mushrooms	tofu		ginger , shimeji , shiitake enoki mushroom			chicken broth , sake , salt pepper , soy sauce
		deep-fried gyoza	pork	vegetable oil , gyoza wrapper sesame oil	garlic , ginger , Chinese cabbage scallion , Chinese chive			salt , pepper , soy sauce
		bean sprouts & komatsuna namul		sesame oil	komatsuna , carrot , bean sprouts			soy sauce , chili oil
				milk	milk			
21	Thu	~World Food~ Day of Human Rights ☆ Canada ☆					620	19.2
		toast w/maple syrup		bread , vegetable oil , maple syrup				
		Salmon cream stew	salmon , milk	vegetable oil , potato , wheat flour	onion , carrot , ginger , cabbage	white wine , chicken broth salt , pepper , powdered bay leaf		
		coleslaw salad		vegetable oil , (light brown) sugar	carrot , cabbage , cucumber , onion	vinegar , salt , pepper , mustard		
		drinkable yogurt	drinkable yogurt					
22	Fri	rice		rice		583	24.6	
		yoshino soup	tofu	starch	carrot , daikon , scallion			kombu , fish shavings (soup) salt , soy sauce
		grilled chicken w/miso	chicken , Saikyo miso					sake
		chirimen jako salad	chirimen jako	sesame oil , (light brown) sugar	mizuna , komatsuna bean sprouts , carrot , ginger			vinegar , soy sauce , salt , sake
				milk	milk			
23	Sat	Autumnal Equinox Day						
25	Mon	fried rice	pork , shrimp , egg	rice , vegetable oil (light brown) sugar	carrot , scallion , green peas	sake , salt , soy sauce , pepper , vinegar	650	28.8
		hearty Chinese soup	pork , egg , tofu	sesame oil	ginger , carrot , Chinese cabbage scallion , komatsuna	chicken broth , salt , pepper , soy sauce		
		vermicelli Chinese salad		glass noodles , vegetable oil sesame oil	carrot , cucumber , bean sprouts	vinegar , salt , soy sauce , mustard		
				milk	milk			
26	Tue	mushroom spaghetti	bacon , nori	vegetable oil , starch olive oil , spaghetti	garlic , ginger , onion , carrot shimeji , eringi , mushroom	sake , salt , pepper , soy sauce	637	19.9
		potato salad		potato , mayonnaise	carrot , cucumber , canned corn	vinegar , salt , pepper		
		fruit ( persimmon )			persimmon			
				milk	milk			
27	Wed	rice		rice		614	28.6	
		hearty miso soup	miso , tofu	konnyaku	carrot , burdock , komatsuna , scallion			fish shavings (soup)
		vegetables rolled in meat w/BBQ sauce	pork	(white) sugar	string bean , carrot			salt , pepper , ketchup Worcestershire sauce , red wine
		crispy salad		vegetable oil , wonton wrapper	carrot , cabbage , cucumber , onion			vinegar , salt , pepper
				milk	milk			
28	Thu	homemade bread		bread flour , (white) sugar vegetable oil		salt , dried yeast	606	23.5
		Pork Beans	pork , bacon , soy bean	vegetable oil , potato	celery , carrot , onion , ginger	red wine , chicken broth , salt pepper , powdered bay leaf		
		cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber canned corn , onion	vinegar , salt , pepper		
		fruit ( grapes )			grapes			
				milk	milk			
29	Fri	~Japanese local food~ ☆ Tokyo Citizen's Day ☆					697	27.9
		rice		rice				
		tori-jiru soup	chicken , miso , tofu	vegetable oil , potato	burdock , carrot , daikon , scallion	fish shavings (soup)		
		fried minced flying fish	flying fish , egg	vegetable oil , panko , wheat flour	onion , garlic , ginger	ketchup , salt , pepper Worcestershire sauce (semi-thick)		
		crispy salad w/Chinese cabbage and deep fried tofu	fried tofu	vegetable oil , (light brown) sugar roasted sesame seeds	Chinese cabbage , cucumber carrot , ginger	vinegar , salt , soy sauce		
		milk	milk					

★Menus may change due to availability of food.