



October Lunch Menu

2017/9/30

Manner Goal : Let's study about Staple diet, Main dish and side dish.
Nutrition Goal : Hold dished properly.

Higashimachi ES Principal:Mr Hatano
School Nutritionist: Ms Koide

日	Date	Menu	Main ingredients and their purposes				energy	protein	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
1	Sun	Tokyo Citizen's Day							
2	Mon	Pilaf with chicken and burdock	chicken	rice , barley , vegetable oil	burdock , eringi , carrot , green peas	sake , salt , pepper , soy sauce	650	20.2	
		Vegetable soup	bacon		ginger , carrot , onion mushroom , cabbage	chicken broth , salt powdered bay leaf , pepper			
		Macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion , corn	vinegar , salt , pepper			
		milk	milk						
3	火	Let's eat Japanese local food ☆ Nagasaki prefecture ☆						558	20.6
		Nagasaki chanpon	pork , shrimp , naruto	Chinese noodles , vegetable oil sesame oil (light brown)sugar , lard	scallion , carrot , bean sprouts cabbage , ginger	sake , salt , pepper , soy sauce chicken broth Worchestershire sauce			
		Komatsuna with ground sesame		(light brown)sugar white sesame seeds	komatsuna , carrot , Chinese cabbage	soy sauce			
		Sweet potato	milk , fresh cream , egg	sweet potato , butter (white)sugar					
		milk	milk						
4	Wed	Let's eat Japanese traditional food ☆ Full moon on the fifteenth night ☆						663	23.0
		rice		rice					
		Seasonal clear soup	boiled fish paste		komatsuna , scallion	kombu , fish shavings(soup) salt , soy sauce			
		Fried chicken with scallion sauce	chicken	vegetable oil , starch , wheat flour (light brown)sugar white toasted sesame seeds	ginger , scallion , garlic , perilla	soy sauce , sake , vinegar			
		Pickled cabbage			cabbage , carrot	salt			
		Mitarashi dumpling		rice flour , (white)sugar (light brown)sugar , starch		soy sauce			
		milk	milk						
5	Thu	Bread		bread			615	29.6	
		Corn chowder	bacon , milk	vegetable oil , wheat flour	garlic , carrot , onion , ginger corn , cream corn	chicken broth , salt , pepper powdered bay leaf			
		Baked horse mackerel	horse mackerel	olive oil , bread crumbs vegetable oil	garlic , parsley	salt , pepper , white wine basil , oregano , soy sauce			
		Green salad		vegetable oil	broccoli , cabbage , cucumber onion	vinegar , salt , pepper			
		milk	milk						
6	Fri	barley rice		rice , barley			565	20.6	
		Clear soup with tofu and shiitake	tofu		shiitake , komatsuna	kombu , fish shavings(soup) salt , soy sauce			
		Stir-fried pork and vegetable	pork , miso	vegetable oil , (white)sugar starch	ginger , carrot , onion , bamboo shoot cabbage , bell pepper	sake , soy sauce , Chinese chili paste oyster sauce			
		Calcium and Iron salad	hijiki(seaweed) , chirimen jako	(light brown)sugar , vegetable oil sesame oil , white sesame seeds	cabbage , cucumber , daikon	salt , vinegar , soy sauce , pepper			
		milk	milk						
9	Mon	Sports and Health Day							
10	Tue	Spaghetti with soy bean sauce	ground pork , soy bean	vegetable oil , wheat flour olive oil , spaghetti	garlic , ginger , onion carrot , tomato juice , parsley	red wine , salt , pepper nutmeg , ketchup , tomato puree Worchestershire sauce	698	28.3	
		Diced salad		potato , vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , corn , onion	vinegar , salt , pepper			
		Blueberry yogurt	yogurt	(white)sugar	blueberry , blueberry jam	red wine			
		milk	milk						
11	Wed	rice		rice			615	24.9	
		Jako topping	chirimen jako , fish shaving nori(seaweed)	white toasted sesame seeds	red perilla				
		Miso soup with potato and wakame	miso , wakame(seaweed)	potato	onion	fish shavings(soup)			
		Broiled saury with salt	saury			salt			
		Marinated cabbage			komatsuna , carrot Chinese cabbage	soy sauce			
		milk	milk						
12	Thu	Cheese bread	mixed cheese	bread			586	24.2	
		Curry noodle soup	chicken	vegetable oil , wheat flour dried noodles	garlic , ginger , onion carrot , cabbage	chicken broth , salt , pepper powdered bay leaf , curry powder			
		Cabbage and corn salad		vegetable oil	carrot , cabbage , cucumber corn , onion	vinegar , salt , pepper			
		milk	milk						
13	Fri	rice		rice			553	26.7	
		Miso soup with fried tofu/komatusna	fried tofu , miso		komatsuna , scallion	fish shavings(soup)			
		Grilled salmon	salmon	(light brown)sugar , starch	ginger	soy sauce , sake , mirin			
		Pickled turnip and cucumber			turnip , cucumber	salt			
		milk	milk						
16	Mon	G6 Inter-School Sports Day Menu						686	29.3
		Chicken outlet bowl	chicken , egg	rice , (light brown)sugar vegetable oil , wheat flour bread crumbs	onion , mitsuba	fish shavings(soup) , mirin , salt soy sauce , pepper			
		Miso soup	miso , tofu	konnyaku	carrot , burdock , komatsuna , scallion	fish shavings(soup)			
		Marinated cucumber/cabbage/red perilla			cucumber , cabbage , red perilla	salt			
		milk	milk						
17	Tue	Penne Arrabbiata	chicken	olive oil , penne	garlic , onion , shimeji , tomato	salt , pepper , chili pepper , basil paprika powder , tomato puree powdered bay leaf , ketchup	559	19.2	
		Coleslaw		vegetable oil , (light brown)sugar	carrot , cabbage , cucumber	vinegar , salt , pepper			
		Baked apple		(white)sugar , butter	apple	cinnamon			
		milk	milk						

☆Menu may change due to availability of food

日	Date		Main ingredients and their purposes				エネルギー	たんぱく質	
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g	
18	Wed	rice		rice			533	24.4	
		Miso soup with tofu and seaweed	miso , tofu , seaweed		scallion	fish shavings(soup)			
		Grilled squid w/green onion sauce	squid	(light brown)sugar	ginger , scallion , garlic	sake , soy sauce , vinegar			
		Japanese Beansprout salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , pepper , soy sauce			
		milk	milk						
19	Thu	Teriyaki chicken burger	chicken	bread , vegetable oil (light brown)sugar , starch	cabbage , ginger	salt , sake , soy sauce , mirin	644	25.2	
		Minestrone	bacon	vegetable oil , potato , macaroni	garlic , celery , carrot , onion ginger , tomato , cabbage tomato juice	chicken broth , salt , tomato puree powdered bay leaf , pepper			
		Turnip Salad		vegetable oil	cabbage , turnip , cucumber , onion	vinegar , salt , pepper			
		Fried potato		vegetable oil , potato		salt			
		milk	milk						
20	Fri	World food ☆ Syrian Arab Republic ☆						709	32.8
		Rice with pasta		rice , olive oil , Capellin	spinach	salt			
		Syrian Meatball	ground beef , soy bean	olive oil , wheat flour , starch	onion , tomato	nutmeg , pepper , tomato puree salt , powdered bay leaf , parsley			
		Shorbat 'adas (Lentil soup)	chicken , lentil	olive oil , potato	carrot , onion , ginger , lemon juice broccoli	salt , pepper , chicken broth			
		Yogurt drink	yogurt						
23	Mon	Parent-Child Reading Week ☆ From "Fox Hoitei" ☆						643	26.3
		Barley rice		rice , barley					
		Miso soup with tofu and Komatsuna	miso , tofu		komatsuna , scallion	fish shavings(soup)			
		Fried blue grenadier	Blue grenadier , egg	vegetable oil , wheat flour bread crumbs		salt , pepper Worcestershire sauce(semi-thick)			
		Japanese salad with daikon / seaweed	seaweed	vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , daikon	salt , vinegar , soy sauce , pepper			
		milk	milk						
24	Tue	Parent-Child Reading Week ☆ from "Jigokuno ramenya" ☆						627	22.3
		Tantan noodles	ground pork , dried shrimp	Chinese noodles , vegetable oil sesame oil	garlic , scallion , carrot dried shiitake , Chinese chive , ginger	soy sauce , salt , pepper , chicken broth Chinese chili paste			
		Chinese cabbage salad		vegetable oil , sesame oil sesame paste	carrot , Chinese cabbage cucumber	vinegar , salt , soy sauce , pepper			
		persimmon			persimmon				
		milk	milk						
25	Wed	Parent-Child Reading Week ☆ from "Guritogurano Sumirechan" ☆						681	23.3
		Shrimp pilaf	shrimp	rice , butter , vegetable oil	carrot , onion , corn mushroom , parsley	salt , pepper , white wine			
		Vegetable and egg soup	egg	vegetable oil	celery , onion , ginger , carrot cabbage , string bean	chicken broth , salt , pepper powdered bay leaf			
		Pumpkin pudding	egg , milk , fresh cream	granulated sugar , (white)sugar	pumpkin				
		milk	milk						
26	Thu	Parent-Child Reading Week ☆ from "Bakery in the Rose town" / "Don't forget the bacon" ☆						663	20.4
		Homemade tuna mayonnaise bread	tuna	bread flour , (white)sugar vegetable oil , mayonnaise	onion , corn	salt , dried yeast , pepper			
		Bacon and vegetable chowder	bacon , milk	vegetable oil , potato wheat flour	onion , carrot , ginger , corn	chicken broth , salt , pepper powdered bay leaf			
		Pickles		granulated sugar	carrot , cucumber , daikon	white wine , apple vinegar salt , powdered bay leaf			
		milk	milk						
27	Fri	Parent-Child Reading Week ☆ from "Breakfast for 14 animals" / "Chatty Omelette" ☆						637	26.1
		rice		rice					
		Mushroom soup		konnyaku , starch	carrot , daikon , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings(soup) salt , soy sauce			
		Rolled egg	ground chicken , egg	vegetable oil , (light brown)sugar	onion , carrot , dried shiitake green peas	sake , salt , soy sauce			
		Braised hijiki	hijiki(seaweed) , fried tofu	vegetable oil , konnyaku (light brown)sugar	carrot	fish shavings(soup) , soy sauce			
		Orange			orange				
		milk	milk						
30	Mon	Parent-Child Reading Week ☆ from "Meguro no Sanma" ☆						606	20.4
		Saury rice	saury	rice , vegetable oil , starch (light brown)sugar white toasted sesame seeds	ginger	salt , soy sauce			
		Miso soup with daikon and komatsuna	fried tofu , miso		daikon , komatsuna , scallion	fish shavings(soup)			
		Marinated cabbage with salted kombu	salted kombu(seaweed)	white toasted sesame seeds	cabbage , bean sprouts , carrot	soy sauce			
		apple			apple				
		milk	milk						
31	Tue	World Event Food ☆ Halloween ☆ & Parent-Child Reading Week ☆ from "Pumpkin for 14 animals" ☆						642	27.4
		Garlic bread		bread , vegetable oil	garlic , parsley				
		Vegetable soup	chicken		ginger , carrot , onion , cabbage	chicken broth , salt , pepper powdered bay leaf			
		Pumpkin gratin	chicken , mixed cheese	vegetable oil , macaroni wheat flour	pumpkin , garlic , celery , onion mushroom , tomato tomato juice , carrot	salt , pepper			
		Broccoli salad		vegetable oil	carrot , cabbage , broccoli cucumber , onion	vinegar , salt , pepper			
		milk	milk						

~Dear Parents~

A refund for the lunch 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 will be deducted. We appreciate your cooperation.

