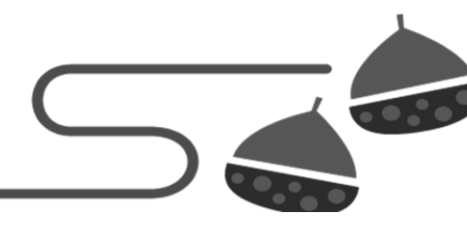

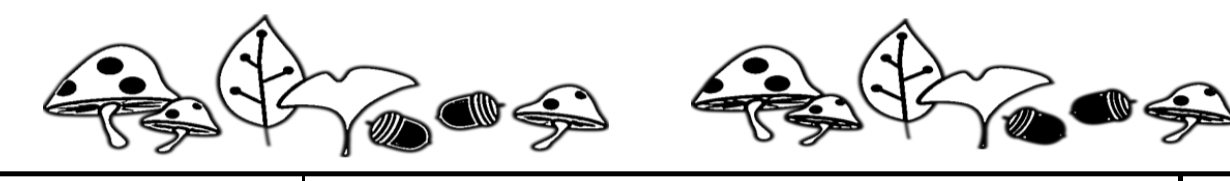


November Lunch Menu

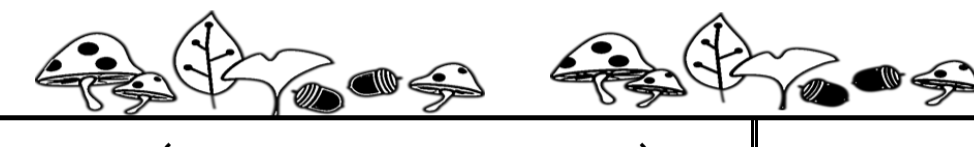
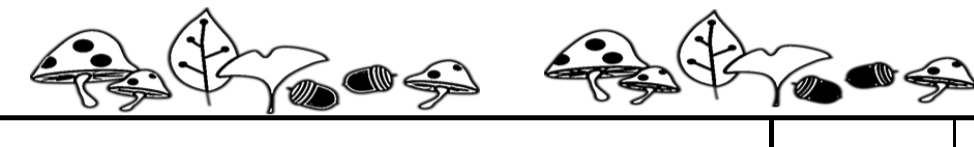



Manner Goal : Let's be grateful for the food we eat.
 Nutrition Goal : Let's try to eat foods we don't like.

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	Wed	Parent-Child Reading Week Lunch ☆ from "14 hikino otsukimi" ☆ ★Thirteenth night menu★					632	24.9
		barley rice		rice , barley				
		seasonal clear soup	boiled fish paste		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		grilled opah	opah	roasted sesame seeds	scallion , ginger , garlic	soy sauce , mirin , sake		
		marinated radish and cucumber			cucumber , daikon , ginger	salt		
		two-color dumpling	azuki bean	rice flour , (light brown) sugar	pumpkin	salt		
		milk	milk					
2	Thu	Parent-Child Reading Week Lunch ☆ from "Zabon Jiisan-no kakinoki" ☆					546	20.7
		spaghetti with grilled meat	pork	spaghetti , vegetable oil (light brown) sugar roasted sesame seeds	garlic , ginger , onion , bell pepper enoki mushroom , shimeji	soy sauce , sake , mirin , dried parsley		
		Japanese salad with daikon and hijiki (seaweed)	hijiki (seaweed)	(light brown) sugar , vegetable oil sesame oil , white sesame seeds	cabbage , cucumber , daikon	salt , soy sauce , vinegar , pepper		
		persimmon			persimmon			
		milk	milk					
3	Fri	 Culture Day 						
6	Mon	Three-color bowl	egg , ground chicken	rice , vegetable oil , sesame oil (light brown) sugar	ginger , komatsuna	salt , vinegar , sake , soy sauce	676	26.1
		root vegetable soup	miso	vegetable oil , sweet potato konnyaku	burdock , carrot , daikon , scallion	fish shavings (soup)		
		Chinese cabbage with sesame		(light brown) sugar white sesame seeds	carrot , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
7	Tue	rice		rice			642	28.6
		Chinese soup with tofu	tofu	sesame oil	ginger , carrot , dried shiitake , scallion	chicken broth , sake , salt , pepper soy sauce		
		shrimp and egg	shrimp , egg	vegetable oil , (light brown) sugar starch	bamboo shoot , dried shiitake , scallion green peas	sake , salt , soy sauce , vinegar		
		bean sprouts Chinese salad		vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , bean sprouts	vinegar , salt , soy sauce , pepper		
		milk	milk					
8	Wed	fried noodles	pork , sakura shrimp , nori	vegetable oil , Chinese noodles	onion , carrot , cabbage bean sprouts	salt , pepper , Worcestershire sauce Worcestershire sauce (semi-thick)	543	19.9
		jako salad	chirimen jako	sesame oil , (light brown) sugar	mizuna , komatsuna , bean sprouts carrot , ginger	vinegar , soy sauce , salt , kombu		
		apple jelly	agar powder (kanten)	(white) sugar	apple juice , apple			
		milk	milk					
9	Thu	toast with ham and cheese	ham , cheese	bread			641	25.8
		ratatouille	chicken	olive oil , vegetable oil	garlic , onion , celery , eggplant zucchini , bell pepper yellow bell pepper , red bell pepper	white wine , salt , pepper , nutmeg oregano , powdered bay leaf		
		potato salad with honey		vegetable oil , potato , honey	carrot , cucumber	vinegar , salt , mustard		
		milk	milk					
10	Fri	kinpira rice	ground chicken	rice , vegetable oil shirataki noodle (light brown) sugar , sesame oil	burdock , carrot , string bean	kombu , soy sauce , sake , salt	677	27.5
		miso soup	miso , tofu	konnyaku	carrot , burdock , komatsuna , scallion	fish shavings (soup)		
		grilled mackerel	mackerel			salt		
		cabbage with mustard sauce			komatsuna , carrot , cabbage	mustard , soy sauce		
		milk	milk					
13	Mon	rice		rice			650	22.5
		miso soup w/tofu and nameko mushroom	tofu , miso		nameko mushroom , komatsuna scallion	fish shavings (soup)		
		sauteed pork with ginger	pork	vegetable oil , starch	ginger , onion	soy sauce , sake ,		
		potato salad		potato , mayonnaise	carrot , cucumber , canned corn	vinegar , salt , pepper		
		milk	milk					
14	Tue	☆ School Anniversary ☆					676	26.6
		sea bream rice	sea bream	rice , (light brown) sugar	ginger , green onion	kombu , sake , mirin , soy sauce		
		clear soup	naruto		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		special tofu	ground chicken , tofu , egg	vegetable oil , (light brown) sugar starch	carrot , bamboo shoot , dried shiitake ginger	salt , soy sauce , mirin		
				(white) sugar roasted sesame seeds	carrot , daikon	salt , apple vinegar		
		fruit punch		(white) sugar , rice flour	canned orange , canned apricot canned beets			
		milk	milk					
15	Wed	kenchin udon	pork , fried tofu	vegetable oil , taro , udon noodle	burdock , carrot , daikon , scallion	kombu , thick fish shavings (soup) mirin , salt , soy sauce	666	18.2
		seaweed salad	seaweed	vegetable oil	cucumber , daikon , onion canned corn	vinegar , salt , soy sauce , pepper		
		candied sweet potato		vegetable oil , sweet potato (light brown) sugar , starch syrup black sesame		soy sauce		
		milk	milk					

※Menus may change due to availability of food.

Date	Day	Menu	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
16	Thu	World Food ☆ People's Republic of China ☆					636	21.2
		home made roll		flour , (white)sugar , vegetable oil		baking powder , dried yeast , salt		
		Chinese corn soup	egg	starch	ginger , onion , carrot, canned corn canned cream corn	chicken broth , salt , pepper , soy sauce dried parsley		
		squid and shrimp in chili sauce	squid , shrimp	vegetable oil , (light brown)sugar starch	garlic , ginger , scallion , onion	salt , soy sauce , sake , ketchup Worchestershire sauce Chinese chili paste		
		glass noodles salad		glass noodles , vegetable oil sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce		
		yogurt drink	milk					
17	Fri	School performance ★for students ★					617	23.3
		rice casserole	chicken , milk , cheese	rice , butter , vegetable oil flour	celery , onion mushroom, ginger	salt , tomato puree , white wine pepper , chicken broth		
		broccoli and cabbage salad		vegetable oil	carrot , broccoli , cabbage canned corn	soy sauce , salt , pepper		
		orange			orange			
		milk	milk					
18	Sat	 School performance ★ For guardians ★ 						
20	Mon	Rice balls (wakame, red perilla)	wakame ,	rice	yukari shiso (red perilla)		599	26.7
		Chanko soup	chicken , fried tofu , cod	vegetable oil , sesame oil konnyaku	burdock , carrot , daikon , shimeji dried shiitake , Chinese cabbage scallion	kombu , fish shavings (soup) salt , soy sauce , sake		
		marinated cabbage			cabbage , carrot	salt		
		persimmon			persimmon			
		milk	milk					
21	Tue	cream spaghetti	chicken , bacon , milk	vegetable oil , butter , flour olive oil , spaghetti	garlic , onion , carrot , ginger mushroom, parsley	chicken broth , salt , pepper , white wine powdered bay leaf	687	22.5
		daikon salad		vegetable oil	cabbage , cucumber , daikon , onion	salt , pepper , vinegar		
		apple			apple			
		milk	milk					
22	Wed	Japanese local food ☆ Saitama prefecture ☆					676	23.1
		barley rice		rice , barley				
		miso soup w/eggplant and onion	miso		eggplant , onion	fish shavings (soup)		
		okara croquette	ground chicken okara (soy pulp), egg	vegetable oil , potato , flour panko	onion , carrot , shiitake	salt , pepper Worchestershire sauce (semi-thick)		
		bean sprouts with sesame and miso	miso	(light brown) sugar white sesame seeds	komatsuna , carrot , bean sprouts	mirin , soy sauce		
milk	milk							
23	Thu	 Labor Thanksgiving Day 						
24	Fri	Japanese Food Day Menu					637	27.1
		rice with chestnuts		rice , glutinous rice , chestnuts roasted sesame seeds				
		Yoshino soup	tofu	taro , starch	carrot , daikon , scallion	kombu , fish shavings (soup) salt , soy sauce		
		grilled Spanish mackerel w/Saikyo miso	Spanish mackerel Saikyo miso			salt , pepper , mirin , sake		
		Chinese cabbage w/ mustard sauce			komatsuna , carrot , Chinese cabbage	vinegar , soy sauce , salt , sake		
milk	milk							
27	Mon	barley rice		rice , barley			635	26.6
		clear soup	hanpen		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce		
		shumai (pork + squid)	ground pork , minced squid	shumai wrapper, starch	onion , bamboo shoot dried shiitake , ginger	salt , pepper , sake , soy sauce		
		bean sprouts			komatsuna , carrot , bean sprouts	soy sauce		
		milk	milk					
28	Tue	curry udon noodle	pork , boiled fish paste	udon noodle , starch	carrot , onion , scallion , komatsuna	fish shavings (soup) , mirin , salt soy sauce , curry powder	567	23.6
		Japanese cabbage salad		vegetable oil , sesame oil white sesame seeds	carrot , cabbage , cucumber	vinegar , salt , pepper , soy sauce		
		nori and beans	soy bean , nori	vegetable oil , starch , potato		salt		
		orange			orange			
		milk	milk					
29	Wed	rice		rice			619	25.6
		tofu hamburg	ground pork , tofu , egg , miso	panko , roasted sesame seeds sesame oil , starch (light brown) sugar	onion , ginger , dried shiitake	salt , pepper , soy sauce , mirin , sake		
		turnip and cucumber			turnip , cucumber yukari shiso (red perilla)	salt		
		daikon with yuzu miso sauce	miso	(light brown) sugar	daikon , yuzu	fish shavings (soup) , salt , soy sauce mirin , sake		
		milk	milk					
30	Thu	sandwich (tuna + cheese)	tuna , cheese	bread , mayonnaise wheat germ bread	cucumber	salt , pepper , mustard	624	23.5
		cream of mushroom soup	bacon , milk	vegetable oil , flour	garlic , onion , ginger , shiitake mushroom , shimeji , parsley	chicken broth , salt powdered bay leaf , pepper		
		mashed pumpkin salad	fresh cream	butter	pumpkin , carrot , cucumber canned corn	salt , pepper , paprika		
		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 will be deducted. We appreciate your cooperation.

