



December Lunch Menu

Manner Goal : Let's take turns eating a little of each dish.
Nutrition Goal : Let's beat the cold!



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 bodies	For balancing our bodies	Others	kcal	g
1	Fri	Mabo bowl	pork , miso , tofu	rice , vegetable oil (light brown) sugar starch , sesame oil	garlic , ginger , carrot bamboo shoot , spring onion Chinese chive	sweet bean paste , Chinese chili paste sake , soy sauce	648	24.6
		wakame seaweed soup	wakame(seaweed)	roasted sesame seeds	ginger , spring onion	chicken broth , salt , pepper , soy sauce		
		Chinese cabbage salad with sesame		vegetable oil , sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , soy sauce , pepper		
		milk	milk					
4	Mon	World Food ☆ Russia ☆					695	23.7
		hand-made pirozhki	ground pork	bread flour , (white) sugar vegetable oil vermicelli , starch	onion , bamboo shoot , shiitake	salt , dried yeast , pepper nutmeg , oyster sauce , soy sauce		
		borscht	pork , fresh cream	vegetable oil , potato	carrot , onion , celery , ginger whole tomato , canned beets cabbage	red wine , chicken broth , tomato puree salt , pepper , powdered bay leaf		
		Olivier salad	egg	potato , mayonnaise	carrot , onion , cucumber green peas	vinegar , salt , pepper		
		yogurt drink	yogurt drink					
5	Tue	rice		rice			621	26.5
		miso soup with fried tofu and komatusna	fried tofu , miso		komatsuna , green onion	fish shavings (soup)		
		omlet with tuna	tuna , egg	vegetable oil , (light brown) sugar	carrot , onion , shiitake , green peas	salt , sake , soy sauce		
		stir-fried vegetables	pork	vegetable oil	cabbage , carrot bean sprouts , bok-choy	sake , salt , pepper , soy sauce		
		milk	milk					
6	Wed	spaghetti with mushrooms	bacon , nori	vegetable oil , starch olive oil , spaghetti	garlic , ginger , onion , carrot shimeji , eringi , mushroom	sake , salt , pepper , soy sauce	579	19.5
		cabbage salad		vegetable oil	tomato , cucumber , cabbage onion , carrot	salt , vinegar , pepper		
		orange jelly	agar powder	(white) sugar	orange juice , canned orange			
		milk	milk					
7	Thu	pilaf with chicken and burdock	chicken	rice , barley , vegetable oil	burdock , eringi , carrot , green peas	sake , salt , pepper , soy sauce	576	17.7
		egg and tomato soup	bacon , egg	vegetable oil	celery , onion , ginger , tomato	chicken broth , salt , pepper powdered bay leaf		
		French salad with potato		potato , vegetable oil	carrot , cucumber , onion	vinegar , salt , pepper		
		milk	milk					
8	Fri	rice		rice			583	26.6
		grilled Spanish mackerel w/green onion sauce	Spanish mackerel	(light brown) sugar	ginger , green onion , garlic	sake , soy sauce , vinegar		
		freeze-dried tofu and vegetables	freeze-dried tofu	konnyaku , (light brown) sugar taro	carrot , burdock , string bean	fish shavings (soup) , mirin salt , soy sauce		
		Chinese cabbage with nori	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
11	Mon	fried rice with chirimen jako and edona	chirimen jako	rice , sesame oil	pickled edona	salt , soy sauce , pepper	587	25.1
		wonton soup	ground pork	wonton wrapper , sesame oil	ginger , carrot , Chinese cabbage bean sprouts , spring onion komatsuna	chicken broth , soy sauce , sake salt , pepper		
		konnyaku salad		konnyaku , vegetable oil (light brown) sugar	cucumber , cabbage , carrot , onion	vinegar , salt , pepper , soy sauce		
		orange			orange			
		milk	milk					
12	Tue	Let's eat local specialties ☆ Yamanashi Prefecture☆					575	22.7
		Houtou udon	chicken , fried tofu , miso	vegetable oil , konnyaku Houtou udon	burdock , carrot , radish pumpkin , green onion	fish shavings (soup) , kombu soy sauce , sake		
		bean sprouts marinated with sesame seeds		(light brown) sugar white sesame seeds	carrot , bean sprouts	soy sauce		
		mitarashi dumpling		rice flour , (white) sugar (light brown) sugar , starch		soy sauce		
13	Wed	rice		rice			595	21.6
		clear soup	boiled fish paste		mitsuba , carrot	salt , soy sauce , kombu fish shavings (soup)		
		Deep fried tofu with ground chicken sauce	tofu , ground chicken , miso	vegetable oil , starch (light brown) sugar	onion , carrot	mirin , soy sauce		
		marinated komatusna	fish shavings		komatsuna , Chinese cabbage	soy sauce		
		milk	milk					

※Menus may change due to availability of food.



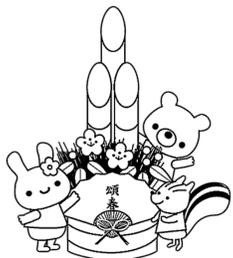
~Dear Parents/Guardians~

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.

Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming bodies	For balancing our bodies	Others	kcal	g
14	Thu	bread		bread			629	27.3
		rolled cabbage	ground pork , egg , milk	panko , starch	cabbage , onion , carrot	salt , pepper , nutmeg fish shavings (soup) , soy sauce , mirin		
		green salad		vegetable oil	carrot , broccoli , cucumber , onion	vinegar , salt , pepper		
		apple			apple			
		milk	milk					
15	Fri	Curry Doria	ground pork , chickpeas cheese	rice , vegetable oil , flour	garlic , ginger , onion , carrot bell pepper , canned whole tomato	salt , red wine , curry powder , pepper ketchup , Worcestershire sauce	709	26.4
		salad with sweet potato and broccoli		sweet potato , vegetable oil	carrot , broccoli , cucumber , onion	vinegar , salt , pepper		
		fruit yogurt	yogurt	(white) sugar	banana , canned peach , canned orange			
		milk	milk					
18	Mon	mushroom rice	fried tofu	rice	shiitake , shimeji , maitake mushroom	sake , salt , soy sauce , kombu	529	25.6
		seaweed soup	seaweed		carrot , okra	kombu , fish shavings (soup) , salt soy sauce		
		salmon chan-chan yaki	salmon , miso	(white) sugar , butter	cabbage , onion , carrot	salt , pepper , sake , mirin , soy sauce		
		marinated turnip			turnip	salt		
		milk	milk					
19	Tue	miso ramen	pork , miso	chinese noodle , vegetable oil sesame oil , starch white sesame seeds	garlic , ginger , carrot , onion Chinese cabbage , bean sprouts Chinese chive , shiitake spring onion , whole corn	chicken broth , mirin , soy sauce sweet bean paste , pepper	600	24.0
		radish salad	wakame(seaweed)	vegetable oil , sesame oil roasted sesame seeds	cabbage , cucumber , radish	salt , vinegar , soy sauce , pepper		
		orange			orange			
		milk	milk					
20	Wed	hot dog	frankfurter	bread , vegetable oil	cabbage	salt , ketchup , Worcestershire sauce	610	22.3
		pot-au-feu	chicken	vegetable oil , potato	celery , carrot , onion , ginger cabbage	chicken broth , white wine salt , pepper , powdered bay leaf		
		vegetable chips		potato , vegetable oil	carrot , pumpkin , burdock	salt		
		apple			apple			
		milk	milk					
21	Thu	Japan Event Day ☆ Winter Solstice ☆					606	27.5
		rice		rice				
		tori-jiru	chicken , miso , tofu	vegetable oil , potato	burdock , carrot , radish , spring onion	fish shavings (soup)		
		merluza roasted in foil	merluza , bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine , soy sauce		
		stewed pumpkin		(light brown) sugar	pumpkin	fish shavings (soup) , salt , soy sauce		
		milk	milk					
22	Fri	World Event Food Day ☆ Christmas ☆					758	19.3
		butter rice with cream sauce	chicken , milk	rice , vegetable oil , flour	carrot , onion , mushroom ginger , broccoli	salt , pepper , powdered bay leaf chicken broth , white wine		
		macaroni salad		macaroni , mayonnaise	carrot , cucumber , onion , whole corn red bell pepper , yellow bell pepper	vinegar , salt , pepper		
		Joulutorttu		pie crust , powdered sugar	dried prune			
		milk	milk					
23	Sat	 Emperor's Birthday 						



School starts on January 9th(Tue).
The third term lunch starts from January 9th (Tue). Please bring your lunch mat and mask ! ! !



Date	Day	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming bodies	For balancing our bodies	Others	kcal	g
1/8	Mon	 Coming Of Age Day 						
1/9	Tue	Japanese Event Day ☆ Nanakusa(January) ☆					623	28.1
		rice with 7 herbs	fried tofu	rice , vegetable oil , sesame oil roasted sesame seeds	7 herbs , radish , turnip	kombu , fish shavings (soup) sake , salt , soy sauce		
		Korean Style zouni	pork , egg	teok , starch	ginger , shiitake , radish Chinese cabbage , komatsuna	chicken broth , salt , sake , pepper Chinese chili paste		
		meat loaf	ground chicken , egg , miso	panko , (light brown) sugar roasted sesame seeds	green onion , ginger	mirin		
		Carrot and daikon salad		(white) sugar roasted sesame seeds	carrot , kyo carrot , radish	salt , apple vinegar		
		orange			orange			
milk	milk							