



January lunch menu

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

Manner Goal : Let's hold our chopsticks properly.
Nutrition Goal : Let's learn about traditional Japanese 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 | |
| 8 | Mon | Coming of Age Day | | | | | | | |
| 9 | Tue | ~Japan Event Menu~ ☆ Osechi-ryori & Nanakusa (Japanese 7 herbs) ☆ | | | | | | 686 | 31.7 |
| | | Rice with 7 herbs | fried tofu | rice , vegetable oil sesame oil roasted sesame seeds | Japanese parsley , daikon | kombu , fish shavings (soup) sake , salt , soy sauce | | | |
| | | zouni | chicken , naruto | tteok , taro | carrot , daikon , dried shiitake komatsuna | kombu , fish shavings (soup) sake , salt , soy sauce , mirin | | | |
| | | meatloaf | chicken , tofu , egg , miso | panko , (light brown) sugar | scallion , ginger | mirin | | | |
| | | Carrot and daikon salad | | (white) sugar roasted sesame seeds | carrot , daikon | salt , apple vinegar | | | |
| | | milk | milk | | | | | | |
| 10 | Wed | rice | | rice | | | 574 | 25.3 | |
| | | satsuma-jiru | pork , miso | vegetable oil , sweet potato konnyaku | carrot , burdock , daikon scallion | fish shavings (soup) | | | |
| | | grilled Spanish mackerel | Spanish mackerel | | | salt | | | |
| | | cabbage pickles w/yukari | | | cabbage , yukari shiso (red perilla) | salt | | | |
| | | milk | milk | | | | | | |
| 11 | Thu | ~Japan Event Menu~ ☆ Breaking the Mochi ☆ | | | | | | 647 | 24.7 |
| | | Kogitsune Udon | chicken , fried tofu | (light brown) sugar udon noodle | onion , carrot , daikon komatsuna | kombu , fish shavings (soup) sake , salt , soy sauce , mirin | | | |
| | | marinated komatsuna w/sesame seeds | | (light brown) sugar white sesame seeds | komatsuna , carrot Chinese cabbage | soy sauce | | | |
| | | O-shiruko(Sweet bean soup) | Azuki Bean | (light brown) sugar rice flour , (white) sugar | | salt | | | |
| | | milk | milk | | | | | | |
| 12 | Fri | chicken rice | chicken | rice , butter , vegetable oil | onion , carrot , mushroom canned corn , green peas | salt , pepper , paprika powder white wine , tomato puree ketchup | 673 | 19.5 | |
| | | potato cream soup | milk | vegetable oil , potato butter , wheat flour | garlic , onion , ginger | chicken broth , salt , pepper powdered bay leaf | | | |
| | | cabbage salad | | vegetable oil | carrot , cabbage , cucumber onion | vinegar , salt , pepper | | | |
| | | milk | milk | | | | | | |
| 15 | Mon | barley rice | | rice , wheat | | | 575 | 19.9 | |
| | | wakame seaweed soup | wakame (seaweed) | roasted sesame seeds | ginger , bamboo shoots , scallion | chicken broth , salt pepper , soy sauce | | | |
| | | Sweet and Sour Chicken | chicken | vegetable oil , potato starch , (light brown) sugar | carrot , onion , bell pepper red bell pepper , lotus root yellow bell pepper , eggplant | soy sauce , vinegar , ketchup | | | |
| | | Chinese cabbage pickles | | | Chinese cabbage , carrot | salt | | | |
| | | fruit (satsuma orange) | | | satsuma orange | | | | |
| | | milk | milk | | | | | | |
| 16 | Tue | spaghetti Napolitan | bacon | vegetable oil , spaghetti | garlic , onion , carrot bell pepper , mushroom | salt , pepper , tomato puree ketchup , Worchestershire sauce (semi-thick) | 688 | 22.2 | |
| | | honey potato salad | | vegetable oil , potato honey | carrot , cucumber | salt , vinegar , mustard | | | |
| | | Ashitaba steamed cake | egg , milk | (white) sugar , wheat flour | Ashitaba powder | baking powder | | | |
| | | milk | milk | | | | | | |
| 17 | Wed | rice | | rice | | | 649 | 24.8 | |
| | | hearty miso soup | miso , tofu | konnyaku | carrot , burdock , komatsuna scallion | fish shavings (soup) | | | |
| | | flavored grilled mackerel | mackerel | roasted sesame seeds | scallion , ginger , garlic | soy sauce , mirin , sake | | | |
| | | chirimen jako salad | chirimen jako | sesame oil (light brown) sugar | mizuna , komatsuna bean sprouts , carrot , ginger | vinegar , soy sauce , salt , sake | | | |
| | | milk | milk | | | | | | |
| 18 | Thu | ~World Food~ (Human Rights Day) ☆ China ☆ | | | | | | 649 | 24.7 |
| | | handmade pork mantou | pork | sesame oil , wheat flour (white) sugar , vegetable oil | bamboo shoots , dried shiitake onion | salt , pepper , baking powder soy sauce , dried yeast | | | |
| | | Chinese-style egg soup | egg | starch | ginger , carrot , scallion | chicken broth , sake , salt pepper , soy sauce | | | |
| | | harusame salad | | glass noodles , vegetable oil sesame oil sesame seed paste | carrot , cabbage , cucumber | vinegar , salt , soy sauce , pepper | | | |
| | | drinkable yogurt | drinkable yogurt | | | | | | |
| 19 | Fri | koya rice | chicken , freeze-dried tofu | rice , glutinous rice konnyaku (light brown) sugar | dried shiitake , carrot , burdock pea pods | fish shavings (soup) , sake mirin , soy sauce | 668 | 31.0 | |
| | | clear soup w/dried wheat gluten and komatsuna | | dried wheat gluten | scallion , komatsuna | fish shavings (soup) , kombu salt , soy sauce | | | |
| | | rolled egg | chicken , egg | vegetable oil (light brown) sugar | onion , carrot , dried shiitake green peas | sake , salt , soy sauce | | | |
| | | marinated cabbage | | | komatsuna , carrot , cabbage | soy sauce | | | |
| | | milk | milk | | | | | | |

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| 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 |
| 22 | Mon | curry and rice | chicken | rice , vegetable oil potato , wheat flour | garlic , ginger , onion , carrot | tomato puree , salt , nutmeg powdered bay leaf , curry powder Worcestershire sauce | 686 | 17.6 |
| | | coleslaw salad | | vegetable oil (light brown) sugar | cabbage , carrot , cucumber | vinegar , salt , pepper | | |
| | | fruit punch | | (white) sugar | canned orange , canned peach canned pineapple | | | |
| | | milk | milk | | | | | |
| 23 | Tue | stir fried noodles w/vegetable sauce | pork | vegetable oil Chinese noodles (light brown) sugar , starch | onion , carrot , bamboo shoots dried shiitake , Chinese cabbage bean sprouts , pea pods | salt , pepper , soy sauce , vinegar | 562 | 19.6 |
| | | broccoli and cabbage Chinese salad | | vegetable oil , sesame oil | broccoli , cabbage , cucumber | vinegar , salt , soy sauce | | |
| | | fruit (satsuma orange) | | | satsuma orange | | | |
| | | milk | milk | | | | | |
| 24 | Wed | School Lunch Week (1/24-1/30) | | | | | 646 | 36.6 |
| | | rice ball (wakame ▪ yukari) | wakame (seaweed) chirimen jako , nori | rice | yukari shiso (red perilla) | | | |
| | | ton-jiru soup | pork , miso , tofu | vegetable oil , potato | burdock , carrot , daikon scallion | fish shavings (soup) | | |
| | | grilled salmon | salmon | | | salt | | |
| | | cucumber salad w/sesame dressing | | roasted sesame seeds sesame oil | cucumber | soy sauce , salt | | |
| | | milk | milk | | | | | |
| 25 | Thu | School Lunch Week (1/24-1/30) | | | | | 640 | 18.7 |
| | | toasted garlic bread | | bread , vegetable oil | garlic , parsley | | | |
| | | Ratatouille | chicken | olive oil , vegetable oil | garlic , onion , celery zucchini , bell pepper eggplant , yellow bell pepper red bell pepper | white wine , salt , pepper nutmeg , oregano powdered bay leaf | | |
| | | vegetable salad | | vegetable oil (light brown) sugar | carrot , cabbage , cucumber , onion | vinegar , salt , pepper , mustard | | |
| | | mini age-pan (deep-fried bread) | | bread , vegetable oil (white) sugar granulated sugar | | | | |
| | | milk | milk | | | | | |
| 26 | Fri | School Lunch Week (1/24-1/30) | | | | | 597 | 28.5 |
| | | barley rice | | rice , wheat | | | | |
| | | kenchin soup | tofu | vegetable oil , sesame oil | burdock , carrot , daikon , scallion | fish shavings (soup) , kombu salt , soy sauce | | |
| | | deep fried whale | whale | vegetable oil , starch | ginger | soy sauce , sake | | |
| | | fried hijiki & soy bean | hijiki (seaweed) , fried tofu soy bean | vegetable oil (light brown) sugar | carrot | fish shavings (soup) mirin , soy sauce | | |
| | | milk | milk | | | | | |
| 29 | Mon | School Lunch Week (1/24-1/30) | | | | | 609 | 25.9 |
| | | barley rice | | rice , wheat | | | | |
| | | 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 squid w / green onion sauce | squid | (light brown) sugar | ginger , scallion , garlic | soy sauce , sake | | |
| | | simmered kiriboshi-daikon | fried tofu | vegetable oil (light brown) sugar | carrot , dried radish dried shiitake | fish shavings (soup) salt , soy sauce | | |
| | | milk | milk | | | | | |
| 30 | Tue | School Lunch Week (1/24-1/30) | | | | | 658 | 20.8 |
| | | soft noodles & curry sauce | pork | noodles , vegetable oil wheat flour | garlic , ginger , onion carrot , cabbage | chicken broth , red wine , salt curry powder , powdered bay leaf ketchup , Worcestershire sauce | | |
| | | French potato salad | | potato,vegetable oil | carrot , cucumber , onion | vinegar , salt , pepper | | |
| | | fruit(navel orange) | | | navel orange | | | |
| | | milk | milk | | | | | |
| 31 | Wed | Let's Eat Local Specialties ☆ Hokkaido ☆ | | | | | 578 | 22.3 |
| | | mixed rice with salmon | salmon , fried tofu | rice , glutinous rice vegetable oil , konnyaku | carrot , burdock , dried shiitake | kombu , sake , salt soy sauce , mirin | | |
| | | dosanko soup | pork , miso wakame (seaweed) | potato , butter | carrot , canned corn , scallion | fish shavings (soup) | | |
| | | simmered daikon and kombu | chicken , kombu | vegetable oil (light brown) sugar | carrot , daikon | fish shavings (soup) , mirin salt , soy sauce | | |
| | | milk | milk | | | | | |

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~ 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 yen will be deducted. We appreciate your cooperation.