



February 2018 Lunch Menu

Manner goal : Let's use our chopsticks correctly.
 Nutrition goal : Let's think about the safety of our food.

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	Thu	Teriyaki chicken burger	chicken	bread , vegetable oil (light brown) sugar , starch	cabbage , ginger	salt , sake , soy sauce , mirin	541	24.0	
		Minestrone	bacon	vegetable oil , potato	garlic, celery, carrot, onion, ginger tomato, tomato juice, cabbage	chicken broth , salt , tomato puree powdered bay leaf , pepper			
		pickled radish and cucumber		granuated sugar	cucumber , radish	white wine , apple vinegar , salt powdered bay leaf			
		milk	milk						
2	Fri	Japanese cultural food ☆ Setsubun(2/3) ☆						647	22.9
		Ehomaki Sushi	nori , egg , fish floss	rice , (light brown) sugar vegetable oil	cucumber , kanpyo shiitake	kombu , salt , vinegar , soy sauce			
		seasonal clear soup	boiled fish cake		komatsuna , scallion	kombu , fish shavings (soup) salt , soy sauce			
		marinated vegetable			komatsuna , carrot , Chinese cabbage	soy sauce			
		aonori beans	soy bean , nori	vegetable oil , starch potato		salt			
milk	milk								
5	Mon	rice		rice			610	25.4	
		fish grilled in a foil wrapper	Patagonian grenadier bacon		red bell pepper , onion enoki mushroom	salt , pepper , white wine soy sauce			
		dried radish salad		(light brown) sugar , sesame oil roasted sesame seeds	dried radish , cucumber , carrot bean sprouts	soy sauce , vinegar ground red chili pepper			
		potato with ground chicken	ground chicken	vegetable oil , potato (light brown) sugar , starch		fish shavings (soup) sake , soy sauce			
milk	milk								
6	Tue	chicken nanban udon	chicken , fried tofu	vegetable oil , udon noodle starch	onion , carrot , dried shiitake scallion , komatsuna	kombu , fish shavings sake , mirin , soy sauce , salt mixture of red pepper and six other spices	598	22.3	
		bean sprouts with nori	nori		komatsuna , carrot , bean sprouts	soy sauce			
		Fried sweet potato seasoned with caramel		vegetable oil , sweet potato (light brown) sugar starch syrup , black sesame		soy sauce			
		milk	milk						
7	Wed	Ma bo bowl	ground pork , miso , tofu	rice , vegetable oil (light brown) sugar starch , sesame oil	garlic , ginger , carrot bamboo shoots , scallion Chinese chive	sweet bean paste Chinese chili paste sake , soy sauce	634	24.0	
		Egg soup	egg	starch	ginger , carrot , dried shiitake bamboo shoots , scallion	chicken broth , sake , salt pepper , soy sauce			
		Chinese salad with Chinese cabbage		vegetable oil , sesame oil sesame seed paste	carrot , Chinese cabbage cucumber	vinegar , salt , pepper , soy sauce			
		milk	milk						
8	Thu	tuna toast	tuna	bread , mayonnaise	onion , corn	pepper	609	22.6	
		curry noodle soup	chicken	vegetable oil , flour macaroni	garlic , ginger , onion carrot , cabbage	chicken broth , salt , pepper powdered bay leaf , curry powder			
		bell pepper salad		vegetable oil	red bell pepper , yellow bell pepper cabbage , cucumber , onion	vinegar , salt , pepper			
		milk	milk						
9	Fri	World Food ☆ Korea ☆						673	28.0
		bibimbap	pork , egg	rice , (light brown) sugar sesame oil , vegetable oil roasted sesame seeds	garlic , ginger , scallion bean sprouts , komatsuna	soy sauce , salt , vinegar Chinese chili paste			
		seaweed soup	wakame	roasted sesame seeds	ginger , scallion	chicken broth , salt pepper , soy sauce			
		toppogi	chicken	vegetable oil , sesame oil toppogi , (light brown) sugar	garlic , carrot , cabbage , scallion	Chinese chili paste , soy sauce			
yogurt drink	yogurt drink								
11	Sun	National Foundation Day							
12	Mon	Substitute day off							
13	Tue	Stamina bowl	pork	rice , vegetable oil (white) sugar , starch	garlic , ginger , bamboo shoots onion , bell pepper red bell pepper	sake , soy sauce , salt , pepper oyster sauce	638	24.1	
		tofu and wakame soup	tofu , wakame	roasted sesame seeds	ginger , scallion , bamboo shoots	chicken broth , salt pepper , soy sauce			
		Chinese salad with noodle		udon noodle , vegetable oil sesame oil sesame seed paste	carrot , cabbage , cucumber	vinegar , salt , pepper , soy sauce			
		milk	milk						
14	Wed	World Event Food Day ☆ Valentines' Lunch ☆						678	23.0
		mushroom spaghetti	bacon , nori	vegetable oil , spaghetti olive oil , starch	garlic , ginger , onion carrot , shimeji , eringi mushroom	sake , salt , pepper , soy sauce			
		Iron salad	hijiki(seaweed) chirimen jako	(light brown) sugar vegetable oil , sesame oil white sesame seeds	cabbage , cucumber , radish	salt , soy sauce vinegar , pepper , sake			
		chocolate chip cake	egg , milk	(white) sugar , flour vegetable oil chocolate chips		cocoa , baking powder			
milk	milk								

☆Menus may change due to availability of food.

日	曜	Menu	Main ingredients and their purposes				energy	protein
			For building our bodies	For warming our bodies	For balancing our bodies	Others	kcal	g
15	Thu	bread		bread			599	23.3
		vegetable chowder soup	milk	vegetable oil , potato flour	onion , carrot , ginger , corn	chicken broth , salt , pepper powdered bay leaf		
		grilled chicken with marmalade	chicken		garlic , ginger , marmalade	soy sauce , white wine		
		cabbage salad		vegetable oil	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		milk	milk					
16	Fri	curried pilaf with eggplant	ground pork , chickpeas	rice , vegetable oil flour	garlic , ginger , onion , carrot eggplant	tomato puree , salt , nutmeg powdered bay leaf , curry powder	635	20.1
		crispy salad		vegetable oil wonton wrapper	carrot , cabbage , cucumber onion	vinegar , salt , pepper		
		fruit (apple)			apple			
		milk	milk					
19	Mon	rice cooked with soy sauce and sake		rice		sake , soy sauce , kombu	578	19.1
		oden	tube shaped fish cake hanpen , fish ball	(light brown) sugar konnyaku	radish	fish shavings (soup) , kombu sake , salt , soy sauce		
		marinated vegetable w/seaweed	nori		komatsuna , Chinese cabbage bean sprouts	soy sauce		
		rice flour dumpling with soy bean flour	soy bean flour	rice flour , (white) sugar granuated sugar		salt		
		milk	milk					
20	Tue	salted fried noodle	pork	vegetable oil , sesame oil Chinese noodles	carrot , onion , cabbage bean sprouts , Chinese chive shiitake	sake , salt , pepper soy sauce , oyster sauce	535	20.2
		seaweed salad	mixed seaweed	vegetable oil , sesame oil white sesame seeds	radish , cucumber	vinegar , salt soy sauce , pepper		
		fruit (orange)			orange			
		milk	milk					
21	Wed	rice w/ umeboshi and chirimen jako	chirimen jako	rice	umeboshi		638	26.1
		miso soup with turnip and fried tofu	fried tofu , miso		turnip , scallion	fish shavings (soup)		
		omelet	ham , egg	vegetable oil (light brown) sugar	onion , bamboo shoots , shiitake scallion , ginger	sake , salt , soy sauce		
		marinated komatsuna with sesame		(light brown) sugar white sesame seeds	komatsuna , carrot Chinese cabbage	soy sauce		
		milk	milk					
22	Thu	corn mayonnaise toast	cheese	bread , mayonnaise	onion , corn	pepper	674	27.7
		pork and beans	ground pork , soy bean	vegetable oil , potato	celery , carrot , onion , ginger	chicken broth , red wine , salt powdered bay leaf , pepper		
		sweet potato and broccoli salad		sweet potato , vegetable oil	carrot , broccoli cucumber , onion	vinegar , salt , pepper		
		milk	milk					
23	Fri	barley rice		rice , barley			653	25.9
		miso soup with nameko tofu and mushroom	miso , tofu		nameko mushroom , komatsuna scallion	fish shavings (soup)		
		fried Patagonian grenadier	Patagonian grenadier , egg	flour , panko , vegetable oil		salt , pepper Worcestershire sauce		
		coleslaw salad		vegetable oil (light brown) sugar	carrot , cabbage , cucumber	vinegar , salt , pepper		
		milk	milk					
26	Mon	okara and ground chicken bowl	egg , okara (soy pulp) ground chicken	rice , vegetable oil (light brown) sugar roasted sesame seeds	onion , ginger	salt , sake , soy sauce	573	23.8
		mushroom miso soup		taro , konnyaku , starch	carrot , radish , shiitake , shimeji enoki mushroom , scallion	kombu , fish shavings (soup) salt , soy sauce		
		marinated komatsuna			komatsuna , Chinese cabbage bean sprouts	soy sauce		
		milk	milk					
27	Tue	bean sprout ramen	ground pork	Chinese noodles vegetable oil , sesame oil	garlic , ginger , scallion , shiitake bean sprouts , Chinese chive	chicken broth , soy sauce salt , pepper	550	21.2
		cabbage Chinese salad		vegetable oil , sesame oil	carrot , cabbage , cucumber	vinegar , salt , soy sauce , chili oil		
		apple jelly	agar powder (kanten)	(white) sugar	apple juice , canned pineapple			
		milk	milk					
28	Wed	Japanese local food ☆ Oita Prefecture ☆ ~					670	30.3
		barley rice		rice , barley				
		dago miso soup	pork , egg	vegetable oil , rice flour flour	carrot , Chinese cabbage , scallion komatsuna	fish shavings (soup) , sake salt , soy sauce		
		chicken tempura	egg , chicken	flour , (white) sugar vegetable oil	garlic , ginger	salt , pepper , sake , soy sauce		
		pickled dried radish		sesame oil (light brown) sugar roasted sesame seeds	carrot , dried radish , cucumber	salt , vinegar , soy sauce mixture of red pepper and six other spices		
		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.