

April

19th of every month is Dietary Education Day!

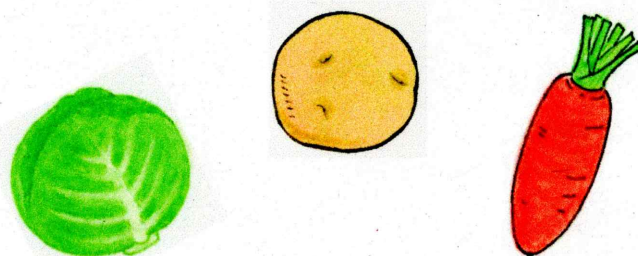
4 School Lunch Menu



Matsugaekita Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
 	<p>12</p> <p>Entrance Ceremony</p>	<p>13 Promotion Celebration Menu</p> milk a bowl of rice with gingered beef clear soup with rice flour dumplings cover cabbage and beef on the rice	<p>14</p> milk rice hijiki seaweed saute fried smelt fish miso soup with cabbage	<p>15</p> milk bread cabbage and dried young sardine saute liver simmered with ketchup black beans and kinako cream Chinese soup
<p>18</p> milk rye bread mix jam scramble egg soy milk soup with bacon	<p>19 Dietary Education Japanese Food Menu</p> milk rice carrot and cabbage sauted with sesame simmered mackerel with ginger young bamboo shoots soup	<p>20 1st grade: School Lunch Start</p> milk mix fruits curry and rice pour it on the rice	<p>21</p> milk small bread made in Fukuoka tuna salad meat sauce spaghetti	<p>22 Vegetable Menu</p> milk rice sea slug with dried green seaweed deep-fried tofu boiled in sugar syrup chop suey
<p>25 Chewing Menu</p> milk crams and vegetables seasoned with dressing rice chicken and egg stew	<p>26 Nagasaki Local Food Fun Menu</p> milk small black sugar bread fried spring rolls mini Amao Strawberry Jelly Sara Udon Noodles	<p>27</p> milk barely rice bean sprouts seasoned with sesame vinegar hijiki seaweed Furikake pork and potatoes boiled in sugar	<p>28</p> milk twist bread almond salad beans stew	<p>29</p> <p>Showa Day</p>

※ Nagasaki dish of fried noodles with cabbage and other toppings



英語で食育(4月の給食献立)



★ Let's chew well
and savor your meal ★

