

July: School Lunch News

June 28, 6th year of Reiwa
Sapporo City Moiwa Minami
Elementary School

In the blink of an eye, it was the last month of the first semester.

In the coming season, there are dangers unique to summer, such as heat stroke and food poisoning. Let's be careful.

~A meal that doesn't know about summer heat~



The summer heat drains even healthy people. Before the full-fledged summer comes, let's hold down the key points of "eating without summer heat" and have a fun summer!

★ Take vitamin B1!

Vitamin B1 is an important vitamin that prevents chronic fatigue and is an important vitamin in the body for converting carbohydrates taken in meals into energy. However, vitamin B1 is easily soluble in water and comes out with sweat. Try to get vitamin B1 with three meals a day.

Foods high in vitamin B1: pork, liver, eel, soybeans, etc.



★ Prepare staple foods, main dishes, and side dishes

In summer, fatigue caused by the heat reduces digestive function and appetite tends to decrease. Therefore, don't you end up with "somen noodles that are good for your throat"? In such a diet, carbohydrates (sugars) are the main focus, and protein, vitamins, and minerals are deficient. I want to have a meal that includes a staple food, a main dish, and a side dish.

★ Don't drink too much cold juice or ice cream

When it's hot, it's tempting to eat ice cream, soft drinks, and sodas. However, these contain Mr./Ms.'s sugar. The coldness and carbonation make it difficult to feel the sweetness, so be careful not to take too much. In addition, taking too much cold food can upset your stomach. When you take it, it would be nice to be able to adjust the amount.

Recommended for summer!

School Lunch Menu





How to cook "pounded cucumbers"



It is a delicious tossed dish with the flavor of sesame oil. It's easy to make, and it's also recommended when you have just one dish left!

< Ingredients How to make > < for 4 people >

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| 2 cucumbers | (1) Cut the cucumbers into slices, boil lightly and cool in water. |
| A { | (2) Mix the drained cucumber with the seasoning in A. |
| | (3) After blending, add the white sesame seeds at the end. |
| | ☆ Boil the cucumber quickly to make it easier for the taste to soak in. |
| | |

Monday	Tuesday	Wedneseday	Thursday	Friday
1 Tanabata Menu	2	3	4	5
Hiyamugi Spicy potatoes Outoukan 	Pilaf with spinach Crispy fried sardines Kiriboshiradish salad	cooked rice In tofu oyster sauce Hijiki Harumaki Isoae	Yokowari Buns Carrot Pottage Easy croquettes Pine Kanzume	cooked rice Hotcurry sauce Age-Ebishu Mai Ohitashi
Soft cold barley, fried oil, shiitake mushrooms, cucumbers, green onions, potatoes, black pepper, canned yellow peaches/	Germ rice, barley, butter, bacon, carrot, onion, whole corn, spinach, crispy fried sardines, dried radish, boiled tuna, carrot, bean sprouts, cucumber, white sesame/	White rice / tofu pork bell pepper onion onion carrot ginger garlic / hijiki spring roll / komatsuna Chinese cabbage cut nori /	Split buns / bacon Onion Carrot Potato Parsley Flour Butter Cheese Skim milk Milk Soy milk / Potato croquettes (vegetables) / Canned pineapple /	White rice / thick fried pork, carrot, onion, green bean, ginger, garlic, curry roux / ShrimpShumai / SpinachChinese cabbage Thread bonito /
8	9 Let's eat Hokkaido	10	11	12
Pasta, Seafood and Tomato Sauce French Potatoes	Arrangement  Misoshiru Hokke sesame fries	cooked rice Genghis khan Gyoza Reito Mikan	Kakushoku Italian soup Menchikatsu Chocolate cream	curry rice Komatsuna and corn salad
Soft pasta, parsley, bacon, shrimp, squid, clams, onions, carrots, celery, garlic, canned tomatoes, potatoes, salt, black pepper/	Germ rice, barley, chicken, gingerOnion/Tofu, Komatsuna, Enokitake, Muro Aji/Hokke, Flour, Egg, Breadcrumbs, White Sesame/	White rice / lamb ginger garlic onion sprouts bell pepper cabbage potato apple / Fe-chan gyoza / frozen tangerine /	Kakushoku / Bacon, Potato, Onion, Carrot, Corn, Parsley, Macaroni, Menchi Cutlet, Soy Milk, Chocolate, Cocoa, Cornstarch/	White rice, pork, potato, carrot, onion, celery, apple, ginger, garlic, green peas, flour/komatsuna, corn, white sesame/
15 Marine Day	16	17	18	19
	Lettuce iri ya kibuta fried rice Pumpkin croquettes Watermelon	cooked rice Satsumiru Mackerel sauce yaki Mustard	Kurokoppepan Chili Con Carne Corn fly Outoukan	Stamina Don Misoshiru Pine Kanzume
	Germ rice, barley, pork, green onion, ginger, garlic, onion, carrot, whole corn, dried shiitake mushrooms, lettuce/pumpkin croquette/watermelon/	White rice / chicken sweet potato tofu konjac plate carrot radish burdock root green onion muro aji / mackerel ginger wheat flour potato starch white sesame / komatsuna Chinese cabbage	Black Koppe Bread / Pork, String Beans, Onion, Potato, Carrot, Parsley, Paprika, Corn Fries, Yellow Peach Cans /	White rice, pork, menma, carrot, bean sprouts, chives, onions, apples, ginger, garlic, potato starch, white sesame, thick-fried, komatsuna, muro, canned pineapple/
22	23	24	25 Closing Ceremony	
Piri kara hiyashi ramen Kinako Potatoes Cherry tomato	paella Wiener Fritters Fruit Cocktails	cooked rice Tonjiru Spice up for the first time NorinoTsukudani		
Soft ramen, ham, carrot, cucumber, corn, ground sesame, onion, ginger, garlic / potato soybean flour / cherry tomato /	Germ Rice, Barley, Saffron, Chicken, Peeled Shrimp, Clams, Tanzaku Squid, Onion, Canned Tomato, Red Bell Pepper, Bell Pepper, Garlic, Paprika/Chicken Wiener, Flour, Egg, Milk/Natsu Mandarin Can, Mandarin Orange Can, Pine Can, Yellow Peach Can, None Can, Apple Juice/	White rice / pork tofu potato konjac plate carrot radish onion burdock root onion ginger muro aji / buri ginger garlic potato starch flour / Mominori Hijiki beet sugar/		