

Example of school lunch menu 1. Staple

Colorful clam bowl

Sweet soy-sauce flavored clams and vegetables go together very well. Texture of each ingredient is also enjoyable.

[Ingredients]	Per person	__ persons
○ <i>Oishii Asari</i> (prepared clams)	30 g	
Japanese mustard spinach	15 g	
Corn kernels	15 g	
Bean sprouts	15 g	
Carrot	10 g	
A	Ginger (grate 2g and squeeze juice)	2 g
	Sugar	4 g
	Regular soy sauce	4 g
	Sake	3 g
B	Dashi	3 g
	Regular soy sauce	0.25
	Mirin	0.25
	White sesame	A little
Salt	A little	
☆ Calcium-enriched rice for school lu	1 g	
Polished rice	75 g	



[How to cook]

<Preparation>

- Defrost *Oishii Asari*.
 - Cut carrot into 3cm-long fine sticks.
- (1) Rinse polished rice, adjust water, add calcium-enriched rice and cook the rice.
 - (2) Put the ingredients B in a pan to prepare soup base.
 - (3) Put clams, clam juice and seasoning A in a pan and boil down.
 - (4) Boil the spinach, carrot, corn kernels and bean sprouts, soak them in cold water and squeeze the water out.
Chop spinach into 3 cm-long bunches and mix it with roasted white sesame.
 - (5) Pour the soup base prepared in (2) over vegetable.
 - (6) Put cooked rice in a bowl and arrange the five ingredients beautifully on the rice.

Nutritive values are described for each recipe.

[Nutritive values of the dish (per serving)]

Energy (kcal)	332	Magnesium (mg)	62	Vitamin B2 (mg)	0.12
Protein (g)	8.1	Iron (mg)	3.5	Vitamin C (mg)	8
Fat (g)	1.4	Zinc (mg)	1.6	Dietary fiber (g)	1.8
Sodium (mg)	551	Vitamin A (μg)	113	Salt equivalent (g)	1.4
Calcium (mg)	117	Vitamin B1(mg)	0.12		