

## Example of school lunch menu 3. Main dish

# Grilled salmon with mayonnaise

Grilled fish with western-style flavor to suit children's taste.  
It also use green soy bean paste to add dietary fibers.

[Ingredients]	Per person	persons
Salmon (or any other fish)	40 g	
Milk	3 g	
Salt and pepper	a little	
Aluminum foil plate	1 piece	
Onion (thinly sliced)	15 g	
Red paprika (thin strips)	5 g	
Shimeji mushroom (divided into bunches)	10 g	
Corn kernels (frozen)	5 g	
Mayonnaise	10 g	
☆ Green soy bean paste	5 g	
Milk	3 g	
☆ <i>Classmate</i> cheese powder	1 g	
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Parsley (powdered)	a little	



### [How to cook]

- Defrost green soy bean paste.
  - Season fish with milk, salt and paper.
  - Combine *Classmate* cheese powder and parsley.
- (1) Combine green soy bean paste, mayonnaise, milk and *Classmate* cheese powder, add cut vegetables and n
  - (2) Place fish on the aluminum foil plate, spread (1) over the fish, sprinkle it with *Classmate* cheese powder and  
(At 180°C for about 10 minutes)

Nutritive values are described for each recipe.

### [Nutritive values of the dish (per serving)]

Energy (kcal)	118	Magnesium (mg)	23	Vitamin B2 (mg)	0.11
Protein (g)	11.1	Iron (mg)	0.5	Vitamin C (mg)	11
Fat (g)	5.3	Zinc (mg)	0.5	Dietary fiber (g)	1.2
Sodium (mg)	259	Vitamin A (μg)	22	Salt equivalent (g)	0.6
Calcium (mg)	30	Vitamin B1(mg)	0.15		