



# 2025 January School Lunch Menu

Etajima City School Lunch Communal Kitchen

date	day	Menu	Main Ingredients					
			Red:Mainly a source of body building		Green:Mainly a source of body conditioning		Yellow:Mainly a source of energy	
			Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
			Fish/Meat/Beans Product	Fresh Milk/Dairy Products/Small Fish Seaweed	Green & Yellow Vegetable	Leafy Vegetables/Fruits/Mushroom	Rice/Bread/Noodles/Potato/Sugar	Oil/Seeds
8	Wed	rice minced rice bowl noppei soup	chicken meat pork meat egg aburaage	milk	carrot carrot green onion leaf	ginger onion greenpeas radish konyaku mushroom	rice sugar taro starch	oil
9	Thurs	rice New year chicken teriyaki red and white namasu miso ball soup	chicken meat miso	milk white bait	kintoki carrot carrot japanese spinach green onion leaf	raddish chinese cabbage onion	rice wheat flour sugar starch sugar rice cake balls	sesame seed
10	Fri	barley rice chicken curry fruits yogurt	chicken meat	milk yogurt	carrot	garlic ginger onion outou pineapple orange	rice barley potato nata de coco sugar	oil
14	Tues	seaweed rice Enoubun request deep fried pork boiled vegetables mushroom miso soup orange jelly	deep fried pork tofu miso	milk wakame seaweed	carrot green onion leaf	cabbage mushroom enoki mushroom nameko mushroom onion	rice orange jelly	oil
15	Wed	small butter bread fried noodles colorful cucumber salad	pork meat agehan tuna	milk	carrot green onion leaf carrot	onion cabbage raddish cucumber corn	butter bread chinese noodle sugar	oil olive oil
16	Thurs	brown rice Food cod and vegetables sweet and sour chinese cabbage and turnip miso soup	cod tofu miso	milk	carrot paprica green pepper carrot onion leaf	onion turnip chinese cabbage	rice brown rice starch sugar	oil
17	Fri	brown sugar bread cream stew cheese salad	chicken meat	milk milk cheese	carrot pasley carrot	onion cabbage corn stembean	brown sugar bread potato sugar	butter oil
20	Mon	rice mabo glass noodle cabbage and spinach namul	pork meat miso roast pork	milk	carrot chinese chive carrot spinach	ginger garlic mushroom onion cabbage	rice glass noodle sugar sugar	sesame oil sesame oil sesame seed
21	Tues	rice tanin dunburi seaweed salad	pork meat kamaboko egg	milk seaweed	onion leaf carrot	onion mushroom enokimushroom cabbage raddish	rice sugar sugar	oil sesame oil
22	Wed	seaweed rice Request Menu By Mitaka Junior High School fried chicken stir fry deep fried tofu miso soup baked pudding	chicken meat deep fried tofu miso	milk wakame seaweed	carrot onion leaf	ginger garlic cabbage onion enoki mushroom	rice starch baked pudding	oil
23	Thurs	barley rice hayashi rice etajima salad	beef meat soybean	milk fresh milk	carrot carrot	garlic onion shimeji mushroom greenpeas cabbage raddish cucumber lemon	rice barley sugar sugar	oil butter oliveoil
24	Fri	moburi rice National School Lunch Week(1/24~1/30) happiness cabbage bishunabe	chicken meat	milk whitebait kelp	carrot	burdock mushroom stembeans cabbage garlic chinese cabbage onion shimeji mushroom konyaku raddish green onion leaf	rice taro sugar	oil
27	Mon	rice Request Menu Etajima Junior High School G3 horse mackerel fry cucumber with plum soup containing a variety of ingredients pudding	horse mackerel fry dried bonito flakes tofu miso	milk white bait wakame seaweed	carrot onion leaf	onion green peas raddish onion shimeji mushroom	rice pudding	oil olive oil sesame seed
28	Tues	rice freeze dried tofu with egg japanese spinach with sesame seed sardines miso	chicken meat frozen dried tofu agehan egg miso	milk white bait	carrot japanese spinach carrot onion leaf	onion green peas bean sprout cabbage	rice potato sugar sugar	oil sesame seed sesame oil
29	Wed	chinese noodles Request menu by Noumi Junior High School jaja men noodles consomme soup cocoa babaroa flavored seaweed	pork meat miso sausage	milk	carrot carrot spinach	garlic ginger onion mushroom green onion leaf onion corn	chinese noodles sugar starch potato cocoa babaroa	
30	Thurs	barley rice grilled salmon pickles suito soup	salmon aburaage	milk seaweed	carrot green onion leaf	pickles	rice barley suito	
31	Fri	brown sugar bread omelet boiled vegetables seafood chowder	omelet squid shrimp	milk milk	carrot	cabbage onion shimeji mushroom green peas	brown sugar bread potato	oil butter

	Elementary School	Junior high school
Calorie (kcal)	620	770
Protein (g)	24.9	29.9
Salt (g)	2.0	2.5

Every 19th in food education day

seasonal ingredients

- yellow tail
- cod
- japanese spinach

## National School Lunch Week

Jan 24th(Fri){Etajima moburi rice

with Bishu Nabe Etajima (Sake Pot)



### New Year Menu

On January 9th the New Year Menu will be provided Japanese New Year for Jan 27th(Mon){Request Menu}Etajima Junior High School grade 3-1 have meaning of wishes,for example for health and long life.At school Red a Etajima cucumber with plum White Namasu that represents happiness and good luck and "Miso Ball Soup Jan 28th(Tues){Etajima Normal Menu} small sardines miso white dango(dumplings)are served as rice cakes will be on me Jan 29th(Wed){Request Menu} Noumi Junior High School grade 3-1 Jan 30th(Thurs) Old School Lunch Menu

