



July 2024 (R6) School Lunch Menu

Etajima City School Lunch Communal Kitchen

Date	Menu	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
1 Mon	seafoods rice Fried Bonito Sesame seeds salad Miso soup with eggplant Tanabata Menu	fish: bonito	milk: seaweeds	green and yellow vegetables	coloured vegetables, fruits, mushroom	rice, bread, noodles, potato, sugar	oil, seeds
2 Tue	chirashi zushi Star shaped Hamburger Steak seaweed soup Tanabata Crepe	chikuwa, aburage miso, chikuwa	milk	carrot, onion leaf	eggplant, enoki-mushroom, onion, burdock, green soybean mushroom	rice, sugar	
3 Wed	mini brown sugar bread Fried Noodles Karu Chan Salad	pork meat, agehan, tuna	milk	carrot, bokchoy, carrot	onion, cabbage, corn, cucumber	chinese noodles, sugar	oil, sesame seeds, oil
4 Thu	rice Chicken meat rice bowl Vegetables and Chikuwa sesame salad	chicken meat, freeze-dried tofu, agehan, egg, chikuwa	milk	carrot, carrot, japanese spinach	onion, green peas, cabbage, bean sprout	rice, potato, sugar	oil, sesame seeds
5 Fri	twist bread Beef Stew Tuna Salad	beef meat, tuna	milk	carrot, carrot	garlic, onion, mushroom, green soybean, cabbage, corn	potato, sugar	
8 Mon	rice Mabo eggplant Pickled cucumber	pork, miso	milk	carrot, chives	garlic, ginger, mushroom, onion, egg plant, cucumber	sugar, starch	sesame oil, sesame oil, sesame oil
9 Tue	hijiki rice Marinated Cucumber Cabbage and bacon miso soup	chicken meat, aburage, bacon, miso	milk, hijiki	carrot, carrot, scallion	green soybean, cucumber, onion, cabbage	rice, sugar	sesame oil
10 Wed	rice Sea bass fish with paprika salad Japanese Egg Drop Soup Ice pineapple	suzuki (sea bass), fish, egg	milk	green bell pepper, red bell pepper, carrot, onion leaf	onion, yellow bell pepper, enoki-mushroom, mushroom, lee, pine	rice, starch, sugar	oil, starch, sugar
11 Thu	rice Bitter Melon and tofu Stir-Fry sesame seeds soup	roasted tofu, pork meat, agehan, egg, namaage, miso	milk	carrot, carrot, onion leaf	ginger, garlic, bitter melon, beans sprout, onion, konyaku	rice, sugar, starch	sesame oil, sesame seeds, sesame seeds
12 Fri	wheat rice Summer Vegetables Curry Tuna cucumber	beef meat, tuna	milk	pumpkin, tomato	ginger, garlic, onion, eggplant, cucumber	rice, wheat, potato	oil
15 Mon	Day of Sea						
16 Tue	brown rice Food Educational Day Kisu fish (sand borer) fry salted seaweed with vegetables Tougan (winter melon) soup	kisu fry, aburage miso	milk, kelp seaweed		cabbage, cucumber, lemon, tougan, onion, enoki-mushroom	rice, brown rice	oil
17 Wed	mini sesame seeds bread penne meat sauce Cheese salad	beef meat	milk	carrot, green bell pepper, tomato, carrot	garlic, ginger, onion, mushroom, cabbage, cucumber, corn	sesame bread, penne, sugar	oil, oil
18 Thu	rice Beef and burdock rice bowl Bonito with Ume salad colourful jelly	beef meat, egg, dried bonito flakes	milk	carrot, onion leaf	burdock, onion, cabbage, cucumber, plum	rice, sugar, starch	oil, colourful jelly
19 Fri	koppe pan Last Day of Eno school and junior high school lunch pumpkin stew chewy soybeans salad blueberry and margarine	bacon, soybean	milk	carrot, pumpkin, parsley, carrot	onion, shimeji, cabbage, corn, cucumber	potato, sugar	oil, oil

*: The menu may be changed due to the situation or the ingredients.
All of your school lunch expenses are used for food materials.

【Nutritional Reference Intakes for this month】

	Calorie(kcal)	Protein(g)	Salt(g)	Calorie(kcal)	Protein(g)	Salt(g)	
Elementary school	641	24.3	1.9	Junior high school	792	29.8	2.6

Discover the words!

"Summer vegetables and fruits"

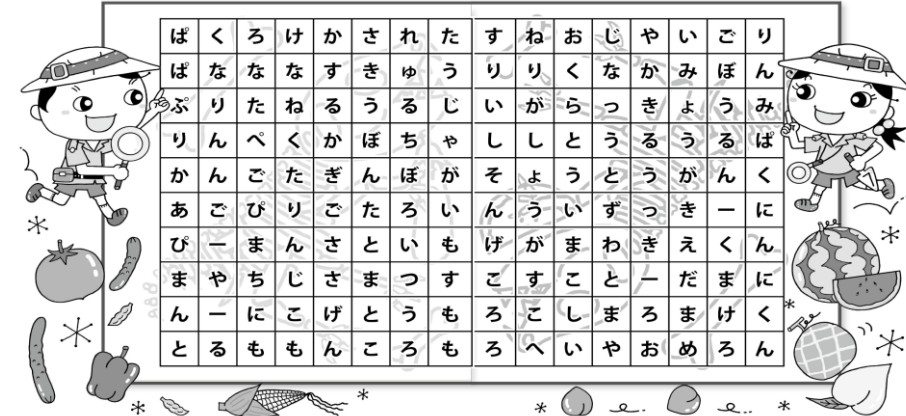
ゲームのルール

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- ※おなじ字は2かいまでつかえます。
- ※右ページと左ページにまたがってもいいです。

クイズ(真の名前です)

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There are 28 names of summer vegetables and fruits [vertically] and [horizontally].
Let's look for them.



Every 19th is Food Educational Day!

Seasonal ingredients in July

- kisu fish (sand borer)

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