

## July 2024 (R6) School Lunch Menu

Etajima City School Lunch Communal Kitchen

D	D	Menu		Ingredients						
a	а			Red:Mainly a source of body building		Green:Mainly a so	urce of body conditioning	Yellow:Mainly a so		
у	t			Mena	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
y	е				fish.meat.eggs.beans.beans product	fresh mik.dairy product.small fish.seaweeds	green and yellow vegetables	coloured vegetables.fruits.mushroom	rice,bread,noodles,.potato,sugar	oil, seeds
	M	seeaweeds rice				milk seaweeds			rice	
1	0			Fried Bonito	fry bonito					oil
Ι'	n		‡₫Γ	Sesame seeds salad	chikuwa		carrot	bean sprout	sugar	sesame seeds
	11	$\smile$		Miso soup with eggplant			onoin leaf	eggplant enoki-mushroom onion		
	Т	chirashi zushi		Tanabata Menu	chikuwa	milk	carrot	burdock green soybean mushroom	rice sugar	
2	u	1	4	Star shaped Hamburger Steak	star-shaped hamburger					
-	e	(2)	#gL	seaweed soup		mozuku(seaweed)	carrot okra onion leaf	onion		
		<b>(</b>	_	Tanabata Crepe					crepe	
	W	mini		-		milk			brown sugar bread	
3	е	brown sugar bread		Fried Noodles	porkmeat agehan		carrot bokchoy	onion cabbage	chinese noodles	oil
ľ	d	(m)	椒	Karu Chan Salad	tuna	dried white bait hijiki	carrot	corn cucumber	sugar	sesame seeds oil
	u									
	Τ	rice				milk			rice	
4	h		#¶L	Chicken meat rice bowl	chicken meat freeze-dried tofu agehan egg		carrot	onion green peas	potato sugar	oil
Ι'	u		221	Vegetables and Chikuwa sesami salad	chikuwa		carrot japanese spinach	cabbage bean sprout	sugar	sesame seeds
<u> </u>		•								
1	F	twist bread		<u> </u>		milk			twist bread	
5	r	m		Beef Stew	beef meat		carrot	garlic onion mushroom green soybean	potato	
ľ	Hil		#gL	Tuna Salad	tuna		carrot	cabbage corn	sugar	
_										
1	М	rice	_			milk			rice	
8	0	1	19#	Mabo eggplant	pork miso		carrot chives	garlic ginger mushroom onion egg plant	sugar starch	sesame oil
0		(2)	200	Pickled cucumber	pork miso		OUT OF OTHERS	cucumber	sugar starch	sesame oil sesame oil
	n			Tioniou oudumboi				dudumber	Sugar Staron	SCSUITC OIL SCSUITC OIL
	т	hijiki rice			chicken meat aburaage	milk hijiki	carrot	green soybean	rice sugar	sesame oil
_	' '	~~~	4	Marinated Cucumber	onioken meat abaraage	mink mjiki	ourrot	cucumber	noc ougui	SCSUIIC OII
9	u		戦	Cabbage and bacon miso soup	hacon miso		carrot scallion	onion cabbage	potato	
	е		_		Dadon midd		our of country	onion sabbago	potato	
	W	rice				milk			rice	
10		~~~	4	Sea bass fish with paprika salad	suzuki(sea bass)fish	THE CONTRACTOR OF THE CONTRACT	green bell pepper redbell pepper	onion yellow bell pepper	starch sugar	oil
10	е	( )	#\$L	Japanese Egg Drop Soup			carrot onion leaf	onion enoki-mushroom mushroom	starch sugar	i on
	d			Ice pineapple	V-0-0		Carrot Chich loar	Ice pine	otaron oagar	
	т	rice				milk		Too pino	rice	
1.1		~~~	4	Bitter Melon and tofu Stir-Fry	roasted tofu porkmeat agehan egg	TO THE STATE OF TH	carrot	ginger garlic bitter melon beans sprout	sugar starch	sesame oil sesame seeds
11	h	( )	非型L	sesame seeds soup	namaage miso		carrot onion leaf	onion konyaku	taro	sesame seeds
	u		_					,		
	F	wheat rice				milk			rice wheat	
12		~~~		Summer Vegetables Curry	beef meat		pumpkin tomato	ginger garlic onion eggplant	potato	oil
12	r	(2)	報	Tuna cucumber	tuna			cucumber		
	1	$\smile$								
	М									
15	0				,	_				
13						Da	y of Sea			
	n									
	T	brown rice		Food Educational Day		milk			rice brown rice	
16	u	1		Kisu fish(sand borer) fry	kisu fry					oil
10	u e	9	#\$I	salted seaweed with vegetables		kelp seaweed		cabbage cucumber lemon		
				Tougan(winter melon) soup	aburaage miso		carrot onion leaf	tougan onion enoki-mushroom		
1	W e	mini sesame				milk	-		sesame bread	
17		seeds bread		penne meat sauce	beef meat		carrot greenbell pepper tomato	garlic ginger onion mushroom	penne sugar	oil
l' ′		$\mathcal{C}$	#\$I	Cheese salad		cheese	carrot	cabbage cucumber corn	sugar	oil
	d			The midsummer day of the OX menu /						
1	Т	rice	_	elementary school lunch		milk	-		rice	
18		<b>(i)</b>	:314	Beef and burdock rice bowl	beef meat egg		carrot onion leaf	burdock onion	sugar starch	oil
10				Bonito with Ume salad	dried bonito flakes			cabbage cucumber plum		
	u			colourful jelly					colourful jelly	
1	F	koppe pan	, ]	Last Day of Eno school and junio		milk				
19	r	m		pumpkin stew	bacon	milk	carrot pumpkin parsley	onion shimeji	potato	oil
1 3	I ; I		₩₽	chewy soybeans salad	soybean		carrot	cabbage corn cucumber	sugar	oil
<u> </u>	1			blueberry and margarine					blueberry and margirine	
						[Mutuitional Pafaranas ]	Intakes for this month!			

ж i ne menu maybe changed due το the situation of the ingredients.
All of your school lunch expenses are used for food materials.

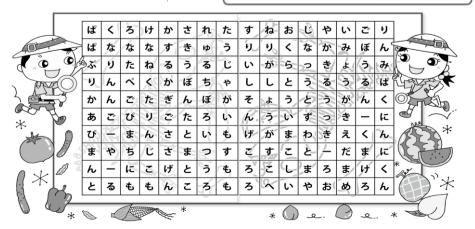
[Nutritional Reference Intakes for this month] +

٠	Onlosies(konl)	Protein(g)	Salt(g)		Onlosies(kenl)	Protein(g)	Salt(g)	4
Elementary school	641.	24.3.	1.9.	Junior high school*	792.	29.8.	2.6.	4

## Discover the words!

"Summer vegetables and fruits'

ゲームのルール		クイズ (薫の名前です)				こたえ		
※たてだけとよこだけをつかいます。ななめはだめです。		め	あ	い		め	あ	い
<b>※おなじ字は2かいまでつかえます。</b>		か	ľ	か		(p)	Ľ	か
※若ページと定ページにまたがってもいいです。		さ	ば	ŋ		t	ば	り



ころもとして(メロメ) (スーメージ・マーキペン) マチンコーをしょ (アース) かっかっかい かんにんしょ からいい かんにんしょ かんしん (スロス) かんにんしん かんしん (スロス) かん よて(上から) れなず、なな、きゅうり、らっきょう、かぼちゃ、ししとう、とうか はぶりず(パンけか)、ローヤー (コーヤー)、おくたりか、おくら、みょうが、たまた(マイア)、いかがいむ、 急むき、 ひまっか、 ひまっか、 ひまっか。 ロばら、 じんにく こんかい こばら、 こんごく

There are 28 names of summer vegetables and fruits [vertically] and [horizontally]

Let's look for them.

