

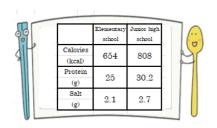
April 2024 (R6) School Lunch Menu

Etajima city School Lunch Communal kitchen

						Main	arodionto		munai kitchen
				Main Ingredients Red:Mainly a source of body building Green:Mainly a source of body conditioning				Yellow:Mainly a source of energy	
day	menu			Group 1 Group 2		Group 3 Group 4		Group 5 Group 6	
				fish·meat·egg·bean·bean products			light colored vegetable fruit mushroom	rice·bread·noodle·potato·sugar	oil·seed
	rice		Juniour high school starts school		fresh milk	, con ana yonon rogotasi	0	rice	011 000 u
Ω	~~~	4	Nikujaga (Meat and potato stew)	nork	TI COTT THINK	carrot, ingen beans	onion, konnyaku	potato, sugar	oil
8 Non	(2)	华华L	wakame seaweed salad	pork	wakame seaweed		bean sprout, cabbage, cucumber		
			wakame scawcca salaa		wakaiile Seaweeu	carrot	bean sprout, cabbage, cucumber	sugar	sesame, sesame oil
	rice		Elementary school starts school		f			i	
_	rice	—	deep fried Hoki fish (sauce)		fresh milk			rice	
9 Tue	()	#§I.		deep fried Hoki ifsh					oil
Tue			boiled vegetabled				cabbage		
	•		potato miso soup	fried tofu, miso	wakame seaweed	carrot, green onion	onion	potato	
	rice	¥\$1.			fresh milk			rice	
10			boiled chicken and egg	chicken, freeze-dried tofu, fish cake, egg		carrot	onion, green peas	potato, sugar	oil
Wed			energy salad	bonito flakes, roasted pork	hijiki seaweed	carrot	cabbage, scucumber, corn	sugar	oil
	rice				fresh milk			rice	
11		#\$r	mabo tofu	pork, tofu, miso		carrot, chinese chive	garlic, ginger, mushroom, onion	sugar, starch	
Thu			rice noodles chinese style salad	ham		carrot	bean sprout, cucumber, cabbage	rice noodles, sugar	sesame, sesame oil
			baked pudding tart					baked pudding tart	
	oats rice	#₹ L	Marine curry day		fresh milk			rice, wheat	
12			Etajima marine curry	beef		carrot	garlic, ginger, onion	potato, milk chocolate	olive oil
12 Fri			topping	soy beans	baby sardine			starch	olive oil, oil
		- 13 F	corn salad	, 200110		carrot,	cabbage, corn	sugar	oil
	rice	1 -			fresh milk	,		rice	
1 5	~~~~	\Rightarrow	baked chicken with sesame	chicken	II COIT HIIIN		ginger	1100	cacama
15 Mon	(#¶L	marinade with red perilla	OTHOREIT					sesame
			soup containing a variety of ingredients	tofu, miso	wokomo caassaa d	porrot green said	cabbage onion, enoki mushroom	notate milli shaailia.	
			Food educational	totu, miso	wakame seaweed	carrot, green onion	onion, enoki mushroom	potato, milk chocolate	
10	brown rice	4			fresh milk			rice, brown rice	
16 Tue		#gL	deep fried spanish mackerel	spanish mackerel			ginger	starch	oil
rue			spring cabbage with konbu seaweed		konbu seaweed		cabbage		
			thick fried tofu miso soup	thick fried tofu, miso	C 1 :11	carrot, green onion	onion, enoki mushroom	11.1	
	small	п			fresh milk			small butter bread	
' '	butter bread		yakisoba (fried noodles)	pork, fish cake		carrot , spring onion	onion, cabbage	chinese noodle	oil
Wed	(±81r	cucumber colorful salad	tuna fish		carrot	cabbage, cucumber, corn	sugar	oil
			yogurt		yogurt				
	rice				fresh milk			rice	
18		¥₹L	hashed beef rice	fresh milk	fresh cream	carrot	garlic, onion, shimeji mushroom	sugar	oil, butter
Thu			french salad	ham		carrot	cabbage, cucumber, corn	sugar	oil
							,		
	twist bread				fresh milk			twist bread	
19		4	omelet with ketchup sauce	omelet					
Fri		#gL	cabbage	tuna fish			cabbage		
			milk soup with Komatsuna	bacon, chick peas	fresh milk	carrot. Komatsuna(Japanese mustard spinach)	onion, shimeji mushroom, corn	potato	oil
22 Mon						chool Lunch			
	rice			·	fresh milk			rice	
23 Tue	Carried Marie	#§L	minced meat with vegetables	pork, fish cake, miso		carrot	rotus root, konnyaku, greenpeas	taro, sugar	
Tue		==	young sardine		wakame seaweed, young sardine	carrot	cabbage, japanese radish	sugar	sesame, sesame oil
	$\overline{}$		strawberry				strawberry		
	rice				fresh milk			rice	
24	C.	₫	deep-fried shishamo fish	shishamo	seaweed				oil
24 Wed		#gL	marinade with bonito flakes	bonito flakes			cabbage		
	$\overline{}$		tofu with vegetables soup	chicken, tofu, fried tofu		carrot, green onion	burdock, konnyaku, shiitake mushroom		sesame oil
	rice	_		, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	fresh milk	, ,	, , , , , , , , , , , , , , , , , , , ,	rice	
25	~~~		tofu with curry flavored stew	pork, baked tofu		carrot	ginger, onion, green peas	sugar. starch	
25 Thu		华红	asparagaus with sesame,miso,vinegar dressing	miso		carrot. Asparagus	cabbage	sugar	sesame
		\Box'				os. rot. rioparaguo			55041110
_	seasoned bread			·	fresh milk	raddeijpu		bread	
26 Fri			chicken beans	chicken, soy beans	II COII IIIIIV		onion		oil
	('')	#gL	cheese salad	omonem, soy beans	ahaaaa	carrot, sayaingen beans	onion	potato, sugar	
			oncose salau		cheese	carrot	cabbage, cucumber, corn	sugar	oil
29 Mon									
	ricw			·	fresh milk			rice	
30	~~		simmered chicken and root vegetables	chicken, chikuwa		carrot, sayaingen beans	rotus root, burdock, konnyaku	potato, sugar	oil
Tue		#¶L	vinegared dish	omonom, omnuwa	wakame seaweed	carrot	cucumber, bean sprouts		OII .
			Thiogai ou dioii		wandille sedweed	oai1Ut	oucumber, bean sprouts	sugar	
		1	Ť	i	İ	i		i .	1

*The menu is subject to change due to availability of ingredients.

 $\ensuremath{\ensuremath{\mathbb{X}}}\xspace All$ of your school lunch fee is used for food expenses.







Congratulations for enrollment & new grade!

The new school year has started.

We provide approximately 1,200 meals to all elementary , junior high schools and the Eno school in Etajima city from the Etajima city school lunch communal kitchen.

We will make every effort to provide "safe and secure" and "delicious" school lunches that support children's minds and bodies. Thank you for your understanding and cooperation.



Preparing for lunch duty is an important part of the



★ Wash hands thoroughly with soap.

★ Wear a mask properly.

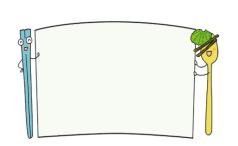


★ Wear a hat to keep your hair out.

When your child brings home the school apron from school, please



【今月の栄養摂取平均値】



卒業生のみなさん、終了します。 学校給食の取組に深いご理解とご協力をいただき、誠にありがとうどざいました。 来年度もどうそよろしくお願いいたします。

1年間ありがとうございました

今年度の給食は、3月25日 (金)で終了します。学校給食の取 組に深いご理解とご協力をいた だき、誠にありがとうございま した。来年度もどうぞよろしく お願いいたします。

	小学校	中学校
エネルギー (kcal)	654	808
たんぱく質 (g)	25.0	30.2
食塩 (g)	2.1	2.7