

December 2024 (R6) School Lunch Menu

Etajima City School Lunch Communal Kitchen

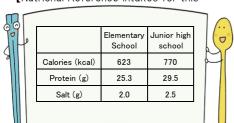
	1				Main Ingredients					
日曜		Menu		Menu	Red:Mainly a souce of body building		Green:Mainly a source of body contioning		Yellow:Mainly a source of energy	
		IVIETIU			Group 1 Group2		Group3 Group 4		Group 5	Group 6
					魚·肉·卵·豆·豆製品	牛乳·乳製品·小魚·海藻	緑黄色野菜	淡色野菜・果物・きのこ	米・パン・めん・いも・砂糖	油脂·種実
m		rice		11.1.2 . 1.90.		Milk		0 " 0"	rice	.,
2 m		2	±qL	Hoki chille sauce boiled vegetables	ほき			Garlic Ginger	flour sugar	oil
on) /			most bell sour	Meat ball		carrot bok-choy chinese chive	onion		
-				meat ball soup		milk			nia a	
3 tu		rice	—			ITIIIK		onion chinese cappage enoki	rice	
			<u>#\$1</u>	sukiyaki	beefmeat namaage		carrots	mushroom konnyaku green	sugar	oil
es	5			sesame seeds with vinegar	ham		carrot japanese spinach	cabbage	sugar	sesame seeds
)								
		nan	ジ	Ohuro Elem. School		fermented milk(joie)			nan	
4 w ed		m	=	kima curry	pork meat chick peas		carrots greenpepper tomato	garlic ginger onion eggplant greenpeas	brown rice	butter
) k	\bigcup	7	<u>lotus root chips</u>				lotus root		oil
_				caramel pudding	<u> </u>				caramel pudding	
th	1	rice	—		<u> </u>	milk			rice	
5 ur	. 6		#gL	grilled salmon	salmon			yuzu	starch	
s	1			lotus root kinpira	agehan		carrot green beans	lotus root konnyaku	sugar	sesame seeds sesame
		ick bread		pumpkin miso soup	aburaage miso	milk	carrot pumpkin green onion leaf	raddish	hurger bread	
6 fri	1 .	lok bread	\Rightarrow	wiener sausage	sausage	IIIIIA			burger bread	
	i <i>(</i>	(华华L	boiled vegetables	ouuoage			cabbage		
	1		/	corn cream soup	chicken meat	milk	carrots parsley	onion corn	potato	oil
-		rice		Kirikushi Elem.School	John Mout	milk	San Oto paroloy	S.I.O.I. GOITI	rice	
9 m				fried chicken	chicken meat			ginger garlic	starch	oil
		~~~	$\Rightarrow$	happiness cabbage		seaweeds		cabbage		
on	ı   🧗		- 200	pork vegetables soup	porkmeat toufu miso		carrots	onion raddish chinese shimeji		
					porkineat tourd miso		Carrots	mushroom japanese konnyaku		
_				cocoa babaroa					cocoa babaroa	
		rive			porkmeat soybean	milk	carrots	garlic ginger mushroom bamboo shoot burdock green japanese leek	ricr mochigome	sesame oil
10 tu	1			bean sprout namul			carrots spinach	beansprout	sugar	sesame oil sesame seed
o es	s   (			wakame soup		seaweeds	carrots	onion	Sugai	sesame oil sesame seed
				wakame eeap		000110000	our oto			occamo on cocamo coca
$\neg$		small			•	milk			sesame bread	
14/	ses	esame bread		mushroom' wafu spaghetti	haaan		correte ionenese eninceh	garlic onion enokimushroom shimeji		oil butter
11 W	1 /	m	非型L				carrots japanese spinach	mushroom eringi mushroom	spaghetti	
ed	) اد	$\bigcirc$	_	hijiki with green soybean salad	ham tuna	hijiki seaweeds	carrots bok-choy	green soybean	sugar	sesame oil sesame seed
_										
th	1	rice	#\$! 		1.6	milk			rice	- 1
12 ur	1	barley rice		pork simmer dried radish with sweet vinegar	pork freezedried tofu egg		carrots	onion konnyaku greenpeas dried raddish raddish beansprout	potato sugar	oil
S				uneu rauisii witii sweet viilegai	+		carrots	uried raddish raddish beansprout	sugar	sesame seeds
_	ha				· · · · · · · · · · · · · · · · · · ·	milk			rice barley	
				navy curry	milk	TTIME	oorroto		1100 buildy	
13 fri	1 (							garlic ginger onion	notato chocolate cake	olive oil
	`					whitebait	carrots	garlic ginger onion	potato chocolate cake starch	olive oil
				(topping)soybean and dried baby sardines	soybeans	whitebait	carrots japanese spinach		starch	olive oil oil olive oil
1	1	rice	Ì	(topping)soybean and dried baby sardines		whitebait milk		garlic ginger onion  cabbage corn	'	oil olive oil
ı e m		rice		(topping)soybean and dried baby sardines					starch sugar rice	oil olive oil oil
16 m		rice		(topping)soybean and dried baby sardines	soybeans		carrots japanese spinach	cabbage corn	starch sugar rice	oil olive oil oil
	1 (			(topping)soybean and dried baby sardines corn salad bibimbap korean soup	soybeans beefmeat chicken meat	milk wakame seaweeds	carrots japanese spinach	cabbage corn ginger garlic greenjapanese leek beansprout onion	starch sugar rice sugar	oil olive oil oil sesame oil sesame seed
on	chi	rice		(topping)soybean and dried baby sardines corn salad bibimbap korean soup Christmas Menu	beefmeat chicken meat	milk	carrots japanese spinach	cabbage corn ginger garlic greenjapanese leek beansprout	starch sugar rice sugar	oil olive oil oil sesame oil sesame seed
on	chi			(topping)soybean and dried baby sardines corn salad bibimbap korean soup Christmas Menu griil hamburg	beefmeat chicken meat chicken meat hamburger	milk wakame seaweeds	carrots japanese spinach carrots spinach carrots green onion leaf carrots	cabbage corn ginger garlic greenjapanese leek beansprout onion ginger garlic onion stembeans	starch sugar rice sugar トック	oil olive oil oil sesame oil sesame seed sesame oil
on	chi			(topping)soybean and dried baby sardines corn salad bibimbap korean soup Christmas Menu griil hamburg consomme soup	beefmeat chicken meat	milk wakame seaweeds	carrots japanese spinach carrots spinach carrots green onion leaf	cabbage corn ginger garlic greenjapanese leek beansprout onion	starch sugar rice sugar トック rice sugar	oil olive oil oil sesame oil sesame seed
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on tu es	chi			(topping)soybean and dried baby sardines  corn salad  bibimbap korean soup  Christmas Menu griil hamburg consomme soup christmas cake	beefmeat chicken meat chicken meat hamburger bacon	milk wakame seaweeds	carrots japanese spinach carrots spinach carrots green onion leaf carrots carrots carrots spinach	cabbage corn ginger garlic greenjapanese leek beansprout onion ginger garlic onion stembeans onion cabbage corn garlic	starch sugar rice sugar トック rice sugar christmas cake	oil olive oil oil sesame oil sesame seed sesame oil
on tu es	chi	nicken rice		(topping)soybean and dried baby sardines  corn salad  bibimbap korean soup  Christmas Menu griil hamburg consomme soup christmas cake  soybean udon	beefmeat chicken meat chicken meat hamburger bacon soybean aburaage kamabuko	milk wakame seaweeds milk milk	carrots japanese spinach carrots spinach carrots green onion leaf carrots carrots spinach carrots spinach	cabbage corn ginger garlic greenjapanese leek beansprout onion ginger garlic onion stembeans onion cabbage corn garlic onion mushroom	starch sugar rice sugar トック rice sugar christmas cake	oil olive oil oil sesame oil sesame seed sesame oil olive oil
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on tu es we do the three transfers on the transfers of th	bo br	nicken rice		(topping)soybean and dried baby sardines  corn salad  bibimbap korean soup  Christmas Menu griil hamburg consomme soup christmas cake soybean udon simmered hijiki  Food  stamina roast mackerel japanese mustard spinach with spinach turnip soup er Solstice Menu.Last dayof Element	beefmeat chicken meat chicken meat hamburger bacon soybean aburaage kamabuko chicken meat agehan mackerel toufu abuaage miso ary school	milk wakame seaweeds milk milk hijiki seaweeds	carrots japanese spinach carrots spinach carrots green onion leaf carrots carrots spinach carrots spinach carrots spinach green onion leaf carrots stringbeans green onion leaf japanese spinach	cabbage corn  ginger garlic greenjapanese leek beansprout onion  ginger garlic onion stembeans onion cabbage corn garlic  onion mushroom ginger lotus root konnyaku  ginger garlic chinese cabbage yuzu	starch sugar rice sugar トック rice sugar christmas cake udon sugar rice brown rice sugar sugar	oil olive oil oil sesame oil sesame seed sesame oil olive oil
on tu es	chi chi	piled udon		(topping)soybean and dried baby sardines  corn salad  bibimbap korean soup  Christmas Menu griil hamburg consomme soup christmas cake  soybean udon simmered hijiki  Food  stamina roast mackerel japanese mustard spinach with spinach turnip soup er Solstice Menu.Last dayof Element pumpkin with sauce	beefmeat chicken meat chicken meat hamburger bacon soybean aburaage kamabuko chicken meat agehan mackerel toufu abuaage miso ary school chicken meat	milk wakame seaweeds milk milk hijiki seaweeds milk	carrots japanese spinach carrots spinach carrots green onion leaf carrots carrots spinach carrots spinach carrots spinach green onion leaf japanese spinach carrots grren onion leaf japanese spinach carrots grren onion leaf	cabbage corn  ginger garlic greenjapanese leek beansprout onion  ginger garlic onion stembeans onion cabbage corn garlic  onion mushroom ginger lotus root konnyaku  ginger garlic chinese cabbage yuzu turnip enokimushroom ginger onion	starch sugar rice sugar トック rice sugar christmas cake udon sugar rice brown rice sugar sugar taro rice sugar starch	oil olive oil oil sesame oil sesame seed sesame oil olive oil
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on tu es	chi chi	piled udon		(topping)soybean and dried baby sardines  corn salad  bibimbap korean soup  Christmas Menu griil hamburg consomme soup christmas cake  soybean udon simmered hijiki  Food  stamina roast mackerel japanese mustard spinach with spinach turnip soup er Solstice Menu.Last dayof Element pumpkin with sauce mochi balls soup yuzu jelly	soybeans  beefmeat chicken meat hamburger bacon  soybean aburaage kamabuko chicken meat agehan  mackerel toufu abuaage miso ary school chicken meat aburaage	milk wakame seaweeds milk milk hijiki seaweeds milk milk	carrots japanese spinach carrots spinach carrots green onion leaf carrots carrots spinach carrots spinach carrots spinach green onion leaf japanese spinach carrots grren onion leaf japanese spinach carrots grren onion leaf	cabbage corn  ginger garlic greenjapanese leek beansprout onion  ginger garlic onion stembeans onion cabbage corn garlic  onion mushroom ginger lotus root konnyaku  ginger garlic chinese cabbage yuzu turnip enokimushroom ginger onion	starch sugar rice sugar トック rice sugar christmas cake udon sugar rice brown rice sugar taro rice sugar starch mochi balls yuzu jelly	oil olive oil oil sesame oil sesame seed sesame oil olive oil sesame oil
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*The menu may changed due to the situation of the ingredients*

*All of your School Lucnh Fee is used for food expenses.*

## **Changements of the Soybeans**

## [Nutrional Reference intakes for this



Every 19th is food educational day of seasonal includents

• mackerel



