



# December 2024 (R6) School Lunch Menu

Etajima City School Lunch Communal Kitchen

日	曜	Menu	Main Ingredients								
			Red:Mainly a source of body building		Green:Mainly a source of body contioning		Yellow:Mainly a source of energy				
			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	
2	m on	rice Hoki chille sauce boiled vegetables meat ball soup	ほき Meat ball	Milk		Garlic Ginger onion	rice flour sugar	oil			
3	tu es	rice sukiyaki sesame seeds with vinegar	beefmeat namaage ham	milk	carrots	onion chinese cabbage erok mushroom konnyaku green japanese leek burdock cabbage	rice sugar	oil		sesame seeds	
4	w ed	nan kima curry lotus root chips caramel pudding	pork meat chick peas	fermented milk(joie)	carrots greenpepper tomato	garlic ginger onion eggplant greenpeas lotus root	nan brown rice	butter		oil	
5	th urs	rice grilled salmon lotus root kinpira pumpkin miso soup	salmon agehan aburaage miso	milk		yuzu carrot green beans carrot pumpkin green onion leaf	rice starch sugar			sesame seeds sesame oil	
6	fri	stick bread wiener sausage boiled vegetables corn cream soup	sausage chicken meat	milk			burger bread			oil	
9	m on	rice Kirikushi Elem.School fried chicken happiness cabbage pork vegetables soup cocoa babaroa	chicken meat porkmeat toufu miso	milk	carrots	ginger garlic cabbage onion raddish chinese shimeji mushroom japanese konnyaku	rice starch	oil			
10	tu es	rice bean sprout namul wakame soup	porkmeat soybean	milk	carrots	garlic ginger mushroom bamboo shoot burdock green japanese leek	ricr mochigome sugar	sesame oil sesame seeds		sesame oil sesame seeds	
11	w ed	small sesame bread mushroom' wafu spaghetti hijiki with green soybean salad	bacon ham tuna	milk	carrots japanese spinach carrots bok-choy	garlic onion enokimushroom shimeji mushroom eringi mushroom green soybean	sesame bread spaghetti	oil butter		sesame oil sesame seeds	
12	th urs	rice pork simmer dried radish with sweet vinegar	pork freezedried tofu egg	milk	carrots	onion konnyaku greenpeas dried raddish raddish beansprout	rice potato sugar	oil		sesame seeds	
13	fri	barley rice navy curry (topping)soybean and dried baby sardines corn salad	milk soybeans	milk	carrots	garlic ginger onion carrots japanese spinach	rice barley potato chocolate cake	olive oil		oil olive oil	
16	m on	rice bibimbap korean soup	beefmeat chicken meat	milk	carrots spinach carrots green onion leaf	ginger garlic greenjapanese leek beansprout onion	rice sugar	sesame oil sesame seeds		sesame oil	
17	tu es	chicken rice Christmas Menu griil hamburg consomme soup christmas cake	chicken meat hamburger bacon	milk	carrots	ginger garlic onion stembeans onion cabbage corn garlic	rice sugar			olive oil	
18	w ed	boiled udon soybean udon simmered hijiki	soybean aburaage kamabuko chicken meat agehan	milk	carrots green onion leaf carrots stringbeans	onion mushroom ginger lotus root konnyaku	udon sugar			sesame oil	
19	th urs	brown rice Food stamina roast mackerel japanese mustard spinach with spinach turnip soup	mackerel toufu abuaage miso	milk	green onion leaf japanese spinach carrots grron onion leaf	ginger garlic chinese cabbage yuzu turnip enokimushroom	rice brown rice sugar	sesame oil			
20	fri	rice Winter Solstice Menu.Last dayof Elementary school pumpkin with sauce mochi balls soup yuzu jelly	chicken meat aburaage	milk	pumpkin carrot green onion leaf	ginger onion raddish chinese cabbage	rice sugar starch	oil			
23	m on	rice Last day menu of junior high school and graded school pork kimochi donburi radish japanese soup milk donuts	porkmeat aburaage miso	milk	carrot chinese chive carrot	ginger garlic onion mushroom(shimeji)chinese cabbage kimochi hamag choot beansprout radish green japanese leek	rice sugar			oil	

\*The menu may changed due to the situation of the ingredients\*  
\*All of your School Luchn Fee is used for food expenses.\*

## Changements of the Soybeans

【Nutritional Reference intakes for this

	Elementary School	Junior high school
Calories (kcal)	623	770
Protein (g)	25.3	29.5
Salt (g)	2.0	2.5

Every 19th is food educational day of seasonal ingredients

- mackerel
- turnip

