

## 2024 October School lunch menu

Etajima city School Lunch Communal kitchen

Dat e							Main	narodionto		
	1				Red:Mainly a sourc	e of body building		ngredients purce of body conditioning	Yellow:Mainly a sc	purce of energy
	Day			Menu	Group1	Group2	Group3	Group4	Group5	Group6
					fish/meat/egg/bean products		Green&yellow vegetables	Light colores vegetables/fruits/mushroom	rice/bread/noodles/potato/sugar	oil/seeds
		rice			,,				rice	
	_	~~~	đ	simmered chicken& root vegetables	chicken chikuwa		carrot string beans	lotus root burdock konnyaku	potato sugar	oil
1	Tue		¥ŸL	vegetables with sesame&vinegar	ham		carrot japanese mustard spinach	cabbage	sugar	sesame
									3%'	
		rice							rice	
			_	Mackerel with green onion&soy sauce	mackerel		green onion	ginger garlic	1100	sesame oil sesame
2	Wed	6.0	¥⊊L	boiled vegetables	Indokerer		green onion	cabbage		
		$\mathbf{i}$		hearty soup	aburaaga tofu miso		carrot	japanese raddish shimeji mushroom japanese leek	taro	
			_	nearly soup	aburaage tofu miso		carrot	japanese raddish shirieji hidshroom japanese leek	taro via a	
		rice	_	llavashi risa	L (	C 1		and the second	rice	1.1.0.
3	Thu		¥şl	Hayashi rice	beef	fresh cream	carrot	garlic onion shimeji mushroom	sugar	oil butter
				corn salad			carrot japanese mustard spinach	cabbage corn	sugar	oil
		-	_	Sight Dov monu					Lassa Lassa L	
		burger brea	d	Sight Day menu					burger bread	
1	Fri	$\sim$	đ	minced meat cutlet	minced meat cutlet					oil
4	FTI		) <mark>#§L</mark>	boiled vegetables(sauce)				cabbage		
		$\sim$		ABC soup	bacon		carrot japanese mustard spinach	onion	potato macaroni	oil
				blueberry jam					blueberry jelly	
		rice	_	- lasar and a black of a sure					rice	
7	Mon		#şl	simmered chicken & egg	chicken freeze dried tofu agehan egg		carrot	onion green peas	potato sugar	oil
		$\mathbf{i}$		vegetables & chikuwa with sesame seeds	chikuwa		carrot japanese mustard spinach	cabbage bean sprout	sugar	sesame
		0								
		steamed ri	ce		chicken aburaage		carrot	ginger burdock shiitake edamame	rice glutinous rice sugar	
8	Tu e			simmered sardine with ginger	sardine			ginger		
5	е		- 51	boiled vegetables				cabbage		
				chikuwa crear soup	chikuwa	wakame seaweed	carrot green onion	onion enoki mushroom		
-	1	small							sesame bread	
9	We	sesame bre		jajang yakisoba	pork beef		carrot green onion	garlic ginger onion shiitake	chinese noodles	
5	d	$\sim$	#SI	Genki salad	bonito flakes roast pork	hijiki seaweed	carrot	cabbage corn	sugar	oil
	L									
	<u> </u>	rice							rice	
10	Th	<u></u>	Ĩ	yangnyeom chicken	chicken			garlic	starch sugar	sesame oil sesame
10	u	( · · · )	<mark>‡⊈L</mark>	bean sprouts namul			carrot	bean sprouts	sugar	sesame oil sesame
	1		1	tteok-bokki soup			carrot chinese chive	onion chinese cabbage shiitake	tteok-bokki	sesame oil
	1	wheat ric	e ,					-	rice wheat	
		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~		muchroom oursy	pork beef		carrot	ginger garlic onion		
11	Fri	$(\cdot, \cdot)$	¥⊈L	mushroom curry	pork beel		carrot	mushroom(shimeji, eringi,maitake)	potato	
				french salad	ham		carrot	cabbage cucumber corn	sugar	oil
					•	D				
14	Mon	1				Day	of Sports			
		brown ric	0	Food educational Day					rice brown rice	
		~	° –	Grilled salmon with mayonnaise	a almana mata a				rice brown rice	
15	Tue	6.	¥⊊L		salmon miso		carrot green pepper	onion		non-egg mayonaise
				Broccoli dressed with bonito flakes	bonito flakes		broccoli		sugar	
		0	_	Autumn flavor soup	tofu miso		carrot green onion	japanese raddish maitake mushroom onion	sweet potato	
		rice	_	alaan anadiina in Mana anaa					rice	
16	Wed		¥ŸL	glass noodles in Mapo sauce	pork miso		carrot chinese chive	ginger garlic shiitake onion	glass noodles sugar	sesame oil
		N ~ 1	- 210	cabbage & spinach namul	roast pork		carrot spinach	cabbage	sugar	sesame oil sesame
	1							Cappage	ougu:	sesame on sesame
							,		-	
		rice							rice	
17	Thu	rice		simmered soy beans & seaweed		hijiki seaweed	carrot strips bean	onion konnyaku	rice potato sugar	sesame oil
17	Thu	rice	<mark>∓⊊L</mark>	simmered soy beans & seaweed komatsuna dressed with sesame		hijiki seaweed			rice	
17	Thu	rice	<b>₽ŝr</b>	komatsuna dressed with sesame		hijiki seaweed	carrot strips bean	onion konnyaku	rice potato sugar sugar	sesame oil
17	Thu	rice		komatsuna dressed with sesame Greece food school lunch	soy beans chicken agehan		Carrot strips bean komatsuna(japanese mustard spinach)	onion konnyaku bean sprouts takuan	rice potato sugar sugar brown sugar bread	sesame oil sesame
		rice		komatsuna dressed with sesame Greece food school lunch moussaka	soy beans chicken agehan	hijiki seaweed cheese	carrot strips bean komatsuna(japanese mustard spinach) tomato	onion konnyaku bean sprouts takuan ginger garlic onion eggplant	rice potato sugar sugar	sesame oil sesame olive oil
	Thu Fri	rice		komatsuna dressed with sesame Greece food school lunch moussaka chickpeas & vegetable soup	soy beans chicken agehan	cheese	Carrot strips bean komatsuna(japanese mustard spinach)	onion konnyaku bean sprouts takuan	rice potato sugar sugar brown sugar bread	sesame oil sesame
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18	Fri	rice		komatsuna dressed with sesame Greece food school lunch moussaka chickpeas & vegetable soup	soy beans chicken agehan	cheese	carrot strips bean komatsuna(japanese mustard spinach) tomato carrot carrot hiroshimana(green	onion konnyaku bean sprouts takuan ginger garlic onion eggplant	rice potato sugar sugar brown sugar bread potato sugar	sesame oil sesame olive oil
18		rice		komatsuna dressed with sesame Greece food school lunch Moussaka chickpeas & vegetable soup yogurt Hiroshima all star★Tantan-bowl	soy beans chicken agehan beef pork bacon chickpeas pork miso	cheese	carrot strips bean komatsuna(japanese mustard spinach) tomato carrot	onion konnyaku bean sprouts takuan ginger garlic onion eggplant garlic shimeji onion cabbage garlic ginger eringi corn lemon	rice potato sugar sugar brown sugar bread potato sugar rice sugar	sesame oil sesame olive oil olive oil sesame oil sesame
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## [Nutritional Reference Intakes for this month]

~	Calories(kcal)+	Protein(g)	Salt(g)	4	Calories(kcal)	Protein(g)	Salt(g)
Elementary school	645	25.0	1.9	Junior high school	<b>793</b>	30.0	2.5



