



2024 October School lunch menu

Etajima city School Lunch Communal kitchen

Date	Day	Menu	Main Ingredients					
			Red:Mainly a source of body building		Green:Mainly a source of body conditioning		Yellow:Mainly a source of energy	
			Group1	Group2	Group3	Group4	Group5	Group6
		fish/meat/egg/bean products	fresh milk/dairy products/small fish/seaweed	Green&yellow vegetables	Light colores vegetables/fruits/mushroom	rice/bread/noodles/potato/sugar	oil/seeds	
1	Tue	rice simmered chicken& root vegetables vegetables with sesame&vinegar	chicken chikuwa ham		carrot string beans carrot japanese mustard spinach	lotus root burdock konnyaku cabbage	rice potato sugar sugar	oil sesame
2	Wed	rice Mackerel with green onion&soy sauce boiled vegetables hearty soup	mackerel aburaage tofu miso		green onion carrot	ginger garlic cabbage japanese raddish shimeji mushroom japanese leek	rice taro	sesame oil sesame
3	Thu	rice Hayashi rice corn salad	beef	fresh cream	carrot carrot japanese mustard spinach	garlic onion shimeji mushroom cabbage corn	rice sugar sugar	oil butter oil
4	Fri	burger bread Sight Day menu minced meat cutlet boiled vegetables(sauce) ABC soup blueberry jam	minced meat cutlet bacon			cabbage onion	burger bread potato macaroni blueberry jelly	oil oil
7	Mon	rice simmered chicken &egg vegetables &chikuwa with sesame seeds	chicken freeze dried tofu agehan egg chikuwa		carrot carrot japanese mustard spinach	onion green peas cabbage bean sprout	rice potato sugar sugar	oil sesame
8	Tue	steamed rice simmered sardine with ginger boiled vegetables chikuwa crear soup	chicken aburaage sardine chikuwa		carrot wakame seaweed	ginger burdock shiitake edamame ginger cabbage onion enoki mushroom	rice glutinous rice sugar	
9	Wed	small sesame bread Jajang yakisoba Genki salad	pork beef bonito flakes roast pork	hijiki seaweed	carrot green onion carrot	garlic ginger onion shiitake cabbage corn	sesame bread chinese noodles sugar	oil
10	Thu	rice yangnyeom chicken bean sprouts namul tteok-bokki soup	chicken		carrot carrot chinese chive	garlic bean sprouts onion chinese cabbage shiitake	rice starch sugar sugar	sesame oil sesame sesame oil sesame sesame oil
11	Fri	wheat rice mushroom curry french salad	pork beef ham		carrot carrot	ginger garlic onion mushroom(shimeji, eringi,maitake) cabbage cucumber corn	rice potato sugar	oil
14	Mon	Day of Sports						
15	Tue	brown rice Food educational Day Grilled salmon with mayonnaise Broccoli dressed with bonito flakes Autumn flavor soup	salmon miso bonito flakes tofu miso		carrot green pepper broccoli carrot green onion	onion japanese raddish maitake mushroom onion	rice brown rice sugar sweet potato	non-egg mayonnaise
16	Wed	rice glass noodles in Mapo sauce cabbage & spinach namul	pork miso roast pork		carrot chinese chive carrot spinach	ginger garlic shiitake onion cabbage	rice glass noodles sugar sugar	sesame oil sesame oil sesame
17	Thu	rice simmered soy beans & seaweed komatsuna dressed with sesame	soy beans chicken agehan	hijiki seaweed	carrot strips bean komatsuna(japanese mustard spinach)	onion konnyaku bean sprouts takuan	rice potato sugar sugar	sesame oil sesame
18	Fri	brown sugar bread Greece food school lunch moussaka chickpeas & vegetable soup yogurt	beef pork bacon chickpeas	cheese yogurt	tomato carrot	ginger garlic onion eggplant garlic shimeji onion cabbage	brown sugar bread potato sugar	olive oil olive oil
21	Mon	rice Hiroshima all star★Tantan-bowl chinese salad	pork miso ham egg		carrot hiroshimana(green leaf)	garlic ginger eringi corn lemon cabbage cucumber	rice sugar glass noodles sugar	sesame oil sesame sesame oil sesame
22	Tue	rice chicken breast strips lemon sauce cabbage with salted kelp taro miso soup	chicken aburaage tofu miso	kelp		lemon cabbage japanese raddish enoki mushroom	rice starch sugar taro	oil
23	Wed	small butter bread mushroom spaghetti Japanese style hijiki&edamame salad	bacon ham tuna	hijiki	carrot japanese mustard spinach carrot bok-choy	garlic onion mushroom(enoki shimeji eringi) edamame	spaghetti sugar	oil butter sesame oil sesame
24	Thu	rice Stir-fried Pork and Chinese Chives. egg soup colorful jelly(grape flavor)	pork egg		carrot chinese chives carrot	ginger garlic cabbage onion onion shimeji-mushroom japanese leek	rice starch starch colorful jelly	sesame oil sesame
25	Fri	twist bread beef stew tuna salad	beef tuna		carrot carrot	garlic onion mushroom edamame cabbage corn	twist bread potato sugar	
28	Mon	rice grilled horse mackerel with mirin lemon flavored cabbage egg drop soup	horse mackerel egg		carrot carrot green onion	cabbage lamon onion enoki-mushroom shiitake-mushroom	rice sugar	sesame
29	Tue	rice starchy sauce rice bowl caramelized sweet potato	pork squeed kamaboko		carrot	onion chinese cabbage bamboo shoot wood ear mushroom	rice sugar starch sweet potato sugar honey	oil oil sesame black sesame
30	Wed	rice simmered tofu with curry seaweed salad	pork grilled tofu	wakame seaweed	carrot carrot	ginger onion greenpeas cabbage cucumber	rice sugar starch sugar starch	sesame oil sesame
31	Thu	chicken rice pumpkin salad pumpkin bavaois	chicken sausage		carrot pumpkin broccoli	ginger garlic onion edamame onion	rice sugar pumpkin bavaois	non-egg mayonnaise

【Nutritional Reference Intakes for this month】

	Calories(kcal)	Protein(g)	Salt(g)		Calories(kcal)	Protein(g)	Salt(g)
Elementary school	645	25.0	1.9	Junior high school	793	30.0	2.5

October is "Food Loss ReduReduction Month".
The spirit of "Mottainai" should not be forgotten.



Food Education Day on the 19th of every month

- Seasonal Foods
- Salmon
 - Sweet potatoes
 - Mushrooms

