



# May 2024 (R6) School Lunch Menu

Etajima city School Lunch Communal kitchen

date	day	Menu	Ingredients					
			Red: Mainly a source of body building		Green: Mainly a source of body conditioning		Yellow: Mainly a source of energy	
			Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
			fish, meat, egg, bean, beans products	fresh milk, dairy product, small fish, seaweeds	green & yellow vegetables	light-coloured vegetables, fruits, mushroom	rice, bread, noodles, sweet potato, sugar	oil, seeds
1	Wed	rice Children's day menu fried chicken dressed with yukari (red shiso leaves powder) potato miso soup kashiwa mochi	chicken meat	fresh milk		ginger, garlic cabbage	rice starch	oil
2	Thu	rice mabo glass noodle cabbage and spinach namul	pork meat, miso roast pork, meat	fresh milk	carrot, chinese chive carrot, spinach	ginger, garlic, mushroom, onion cabbage	rice glass noodle, sugar sugar	sesame oil sesame oil, sesame seed
3	Fri	Constitution day						
6	Mon	Substitute day						
7	Tue	rice teriyaki hamburger dressed with sesame seeds kamaboko clear soup	hamburger ham kamaboko(fish cake)	fresh milk			rice sugar, starch sugar	sesame seed
8	Wed	small butter bread stir-fried udon japanese salad	pork meat, agehan roast pork	fresh milk	carrot bokchoy carrot	ginger, garlic, onion, cabbage bean sprout, cucumber	butter bread udon sugar	sesame oil
9	Thu	rice chinese style simmered fried tofu bangsan-soo(glass noodles salad)	pork meat, squid, fried tofu ham, egg	fresh milk	carrot	mushroom, onion, bamboo shoot, green peas cucumber	rice sugar, starch glass noodle, sugar	oil, sesame oil sesame oil, sesame seed
10	Fri	barley rice Etajima Navy Curry Day Etajima Navy Curry (topping)soybeans and dried baby sardines corn salad	beef meat soybean	fresh milk	carrot dried baby sardines	garlic, ginger, onion	rice, barley potato, milk chocolate starch	olive oil oil, olive oil oil
13	Mon	rice simmered minced potato dressed dried baby sardines	pork meat, fried tofu, fried fish cake	fresh milk	carrot baby sardines	ginger, onion, green peas cabbage, cucumber	rice, wheat potato, sugar, starch sugar	sesame seeds, sesame oil
14	Tue	rice Whitebait fish with lemon flavour boiled vegetables mozuku seaweed soup	hoki fish	fresh milk		lemon cabbage, cucumber	rice starch, rice flour, sugar	oil
15	Wed	rice rice with hashed meat energy salad	porkmeat dried bonito flakes	fresh cream hijiki seaweed	carrot carrot	garlic, onion, shimeji mushroom cabbage, cucumber, corn	rice sugar sugar	oil, butter oil
16	Thu	rice simmered beans pickled plum dressed with bonito flakes	chicken meat, fried tofu, soybean dried bonito flakes	fresh milk dried seaweeds	carrot, string bean	burdock, konyaku cabbage, cucumber, pickled plum	rice potato sugar	oil
17	Fri	brown cane sugar bread pork beans burdock with almond salad orange	porkmeat soybean tsuna	fresh milk	carrot, string bean carrot	onion burdock, cucumber, cabbage orange	brown cane sugar bread potato, sugar	oil almond, non egg mayonnaise
20	Mon	brown rice Food educational day simmered deep fried bonito asparagus dressed with sesame seeds chinese chives and egg soup	bonito egg				rice, brown rice sugar, starch sugar	oil sesame seeds
21	Tue	fuji no hana rice grilled chicken with salted koji canola flower dressed tofu clear soup	black soybean chicken meat	fresh milk			rice	
22	Wed	small bread Spaghetti with asparagus and bamboo shoots cucumber salad	bacon soybean	fresh milk	carrot, asparagus carrot	onion, bamboo shoots, garlic cabbage, cucumber, lemon	bread spaghetti sugar	olive oil olive oil
23	Thu	rice Bulgogi kuki wakame salad	pork meat ham	fresh milk stem seaweeds	carrot, bok-choy, chinese chives carrot, broccoli	garlic, onion, eringi mushroom cabbage	rice sugar sugar	sesame oil, sesame seeds sesame oil
24	Fri	flavored bread omelets vegetables salad onion soup yogurt	omelets bacon	fresh milk yogurt		coloured pepper carrot, parsley	flavored bread sugar	oil butter
27	Mon	rice Stir-Fried meat with green Pepper meat ball soup	pork meat meat ball	fresh milk	green pepper, coloured pepper carrot, bok-choy, chinese chives	ginger, garlic, bamboo shoot, bean sprout onion	rice sugar, starch	oil
28	Tue	rice grilled spanish mackerel with sweet vinegar happiness cabbage wakatake soup	spanish mackerel	fresh milk			rice sugar	
29	Wed	rice spicy nikujaga bean sprout namul	pork meat	fresh milk	carrot spinach, carrot	garlic, ginger, onion, greenpeas bean, sprout	rice potato, sugar sugar	sesame oil, sesame seeds
30	Thu	rice stir fried atsuga tofu and miso eggplant mozuku seaweed soup	porkmeat, fried tofu, miso	fresh milk mozuku seaweed	carrot, green pepper carrot, green onion	onion, eggplant onion	rice sugar, starch	oil
31	Fri	twist bread cream stew hijiki with green soybean salad	chicken meat ham, tuna	fresh milk hijiki seaweed	carrot, parsley carrot, bok-choy	onion, corn green soybean	twist bread potato	butter sesame oil, sesame seeds

※The menu may be changed due to the situatio of the ingredients.  
 ※All of your school lunch fee is used for food expenses.

**[Nutritional Reference Intakes for this month]**

	calories(kcal)	protein(g)	salt(g)		calories(kcal)	protein(g)	salt(g)
Elementary school	635.	25.0.	2.0.	Junior high school	778.	19.7.	2.6.

**Every 19th is Food educational day seasonal ingredients**

- mackerel
- chinese chives
- asparagus

