

Etajima city School Lunch Communal kitchen

Principal Continue	1111	Y								y School Lunch Co	mmunai Kitchen
Section   Sect						Dad:Maialy a assura	a af la adve la vilalia a			Vallaus Mainly a a	······································
Second Company   Seco	ate Day	Menu			Menu			-			
Second Content of March   Second Content o									'		oil/seeds
Service and an experimental and a service and an experimental and a service and a serv		rice			School lunch starts at Junior high school & Eno school		fresh milk				,
Service and an experimental and a service and an experimental and a service and a serv	2 Mon	1		1 H		beef	fresh cream	carrot	garlic onion shimeji mushroom		oil butter
Secretary of the content of the co	Z	(2)	±2,r	C	heese salad		cheese	carrot	cabbage cucumber corn	sugar	oil
Secretary of the content of the co		•		Τ,	Onbert house state at Florenteen school						
Tree		rice		_		alatata a santa a san	fresh milk				- 11
Professional Register   Prof	3 Tue	(2,2)	#gL								OII
First Station Accesses				۳	toot vegetables soup	abui aage		Carrot green onion	radistr Kottilyaku Stilitake mushi oom	taro staron	
Total Care County		rice					fresh milk			rice	
Comparison   Com	1 Wed	6				fried salmon& cheese					oil
Egy Table   Specific plane   Specific pl	1		非电						cabbage		
Second correct   consequence		)		Ш	ofu clear soup	tofu		carrot green onion	onion		
Full trains processed and the processes of the processes		rice	4	B	Rihimhan (Korean rice dish)	frooh milk	tresh milk	oningah garrat	gianas gaulia iananasa laak basa ansast		annomo ail annomo anno
Support proof to the part of t	5 Thu	(2,2)	<b>华宝L</b>	۱Ę	ruits nunch	ITESTITIIIK		Spinach Carrot			sesame on sesame seed
Port				Ť.	Tuito punon				orange pedon pineappie	Write sweet dumpings	
Process   Proc		plain brea	i				fresh milk			plain bread	
Deep Fried-Tofu mabo Rice models chinese saled Rice models chinese sal		$\sim$				pork soy beans		carrot string beans	onion	potato sugar	
Second content of the content of t	6 Fri	$(\ \ \ \ \ \ \ )$	#&r	<u>  F</u>	rench salad	ham		carrot	cabbage cucumber corn	sugar	oil
Second content of the content of t				-							
9 viv   Deptided fold mabby on find reful map on	+	rico	1	+			froch milk			rioo	
Procedure of the control of the co	,   <sub></sub>	7.100		լե	eep fried-tofu maho	pork fried tofu miso	n con milk	carrot chinese chives	onion shiitake mushroom ginger garlio		sesame oil
Fried mackerel  Fried mackerel	y  Mon	( )	# <b>\$L</b>	虓	Rice noodles chinese salad						sesame oil sesame seed
10   Top	$\perp$		╧	ľ					,		
10		rice		L			fresh milk			rice	
See	0 Tue	( , , )		١ĮĘ	ried mackerel	mackerel					oil
The content of the			-131				kombu seaweed			atavah	
10   10   10   10   10   10   10   10		amall butter 1	d	뚜	.66 90uh	egg	fresh milk	carrot green onion	oriion enoki mushroom		
Comparison of the comparison	1	small butter bre	4	ьY	'aki udon	pork fried fish cake	II esii iiiik	carrot bok-chov	ginger garlic onion cabbage		
To the power of the control of the c	Wed		#¶L				hijiki seaweed				oil
12 Tro				_							
Total   Triple   Tr		rice			1 1 1 1 1 22 1						
13   Fri	2 Thu	( , , )	<b>#</b> ¶L	١⊢			kombu seaweed				
Separation   Sep				111	una & vegetadie salad with sesame sauce	tuna		carrot	cucumber cabbage	sugar	sesame seed
Separation   Sep	+	rice	+ ,	+		•	fresh milk			rice	
Marinated seame & vinegar   Image:	2 [:	6	<u> </u>			pork fried tofu fried fish cake		carrot	ginger onion green peas		
Respect for the Aged Day (Holiday)	o Fri		431								sesame seed
Respect for the Aged Day (Holiday)		)									
To	6 Mon					•	D	A I D /II .!! I	•		
17   Tue	O IVIOII						Respect for the	Aged Day (Holiday	")		
Chikuwa clear soup		chestnuts ri	e		Moon viewing day's menu		fresh milk			rice	chestnut
United with a control of the contr	7 Tue	C						carrot string beans	konnyaku japanese radish	taro sugar	oil sesame seed
Property	<i>'</i>		+11			chikuwa	wakame seaweed	carrot green onion	onion enoki seaweed		
18   West   Salt-grilled pacific Saury   poorfic saury   poo		hrown rio	+				frooh mills				
The composition of the composi		brown ric		1 5	Salt-grilled pacific saury	nacific saury	Iresti tilik			rice prown rice	
Trice Trice Simmered freeze dried tofu Crispy salad Simmered freeze dried tofu egg Crispy salad Crispy salad Crispy salad Simmered freeze dried tofu egg Crispy salad Cri	8 Wed	( )	#¶L				seaweed flakes	japanese spinach carrot	cabbage		
Simmered freeze dried tofu   Crispy salad   Carrot   Ca	$\perp$			/ ⊢					•		
Pri   Fri		rice					fresh milk				
Collaby Salau   Carrot   Calbage countries takunifadah pokles   Sugar	9 Thu	6	12:01			chicken freeze dried tofu egg					oil
Sweet potato stew Karu chan salad tuna young sardnes hijki seaweed bok -choy carrot cabbage sugar seasone oil  Substitute holiday  Sweet and sour pork Chinese egg soup egg Carrot carrot paprika green pepper bamboo shoot onion shitake mushroom starch sugar oil carrot paprika green pepper bamboo shoot onion shitake mushroom starch sugar oil carrot onion corn shimeji mushroom eggplant. Seasone oil  Eggplant & tomato spaghetti bacon turmeric pear tur			- 212	۲	nispy salad			carrot	cabbage cucumber takuan(radish pickles)	sugar	
Sweet potato stew Karu chan salad tuna young sardnes hijki seaweed bok -choy carrot cabbage sugar seasone oil  Substitute holiday  Sweet and sour pork Chinese egg soup egg Carrot carrot paprika green pepper bamboo shoot onion shitake mushroom starch sugar oil carrot paprika green pepper bamboo shoot onion shitake mushroom starch sugar oil carrot onion corn shimeji mushroom eggplant. Seasone oil  Eggplant & tomato spaghetti bacon turmeric pear tur	+	rich broo	+	+		·	fresh milk			rich hread	
Substitute holiday  Trice Thu  Simple Cheese bread  Thu  White curry  Seawed salad  Seawed salad  Seawed firesh milk  Thu  Thu  Thu  Thu  Salad  Sala		TION DI ES		18	Sweet potato stew	chicken		carrot parslev	onion		butter
Substitute holiday  Trice Tric	U	( $)$	学堂L	IJĸ	(aru chan salad						
Trice  Tr											
Trice   Fresh milk   Fresh mi	3 Man					·	<b>^</b>	Andre halleton			
Sweet and sour pork Chinese egg soup egg carrot paprika green pepper bamboo shoot onion shitake mushroom seame oil oil onion corn shimeji mushroom seame oil oil onion corn shimeji mushroom seame oil onion corn shimeji mushroom eggplant seame oil onion corn shimeji mushroom eggplant spaghetti sugar oil oil orion corn shimeji mushroom eggplant spaghetti sugar oil oil orion corn shimeji mushroom eggplant spaghetti sugar oil olive oil oil orion edamame(green soy beans) orion edamame(green soy beans	U INIOII						Substi	tute noliday			
Chinese egg soup   egg   carrot   onion corn shime ji mushroom   sesame oil		rice					fresh milk			rice	
Seaweed salad tuna seaweed mix carrot cucumber corn shime ji mushroom gagar oil onion corn shime ji mushroom egg harti sugar oil vogurt cucumber corn sugar sesame oil vogurt seaweed mix carrot cucumber corn sugar sesame oil oil oil solled vegetables Minestrone bacon carrot tomato garlic onion clery shime ji mushroom egg harti sugar oil cucumber cabbage corn non-egg mayor oil	4 Tue	1		S	Sweet and sour pork	pork		carrot paprika green pepper	bamboo shoot onion shiitake mushroom	starch sugar	
Cheese bread   Chee			- 4	JC	Chinese egg soup	egg		carrot	onion corn shimeji mushroom		sesame oil
Cheese bread   Chee		<b>)</b>	-	-			£			-hh	
Vegetable mayonnaise Pear    Vegetable mayonnaise   young sardines kombu seaweed   carrot   cucumber cabbage corn   non-egg mayor	_1		d 🗐	1	ggnlant & tomato enaghetti	haoan	tresn milk	tomata grass non	garlia anian ahima ii muah		oil
Pear pear pear pear pear pear pear pear p	5 Wed	SHOOSO DIE				naculi	voling sardines kombu seawood			spagnetti Sugar	non-egg mayonnaise
turmeric rice				ľP	Pear		J - 210 San autoo Normbu Seaweeu				Vaa majoimuloe
Thu rice Seaweed salad tuna seaweed mix carrot cucumber corn sugar sesame oil  Seaweed salad funa seaweed mix carrot cucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot cucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot cucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot cucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot coucumber corn sugar sesame oil  The seaweed salad funa seaweed mix carrot carrot carrot carrot carrot seaweed salad funa seaweed seaweed salad funa carrot seaweed salad funa seaweed seaweed salad funa seaweed seaweed salad funa seaweed salad fun		turmeric		T			fresh milk			rice	olive oil
Seaweed salad tuna seaweed mix carrot cucumber corn sugar sesame oil    Seaweed salad   Seaweed mix   Seaweed mix	6 Thu	rice	4			chicken	fresh milk fresh cream	carrot	onion edamame(green soy beans)		
Pri		(:)	非型L	JĮŠ	Seaweed salad	tuna		carrot	cucumber corn	sugar	sesame oil
Fried hoki fried hoki cabbage cabbage carrot tomato garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed shishamo garlic onion celery shimeji mushroom potato sugar olive oil sauce fresh milk wakame seaweed ship sauce fresh milk wakam		buwasa '		G	ienki yogurt						
Boiled vegetables   Cabbage   Minestrone   Dollar Sauce   Monormal Sauce   Monormal Sauce   Carrot tomato		purger bre	d	-	riad haki	Auto at to a fut	tresh milk			burger bread	- 9
Minestrone bacon carrot tomato garlic onion celery shime ji mushroom potato sugar olive oil  wakame rice Grilled shishamo shishamo shishamo Burdock&nuts salad tuna carrot burdock cabbage almond egg mar	7 Fri	~	₫			tried noki			cahhana		OII
Sauce   Fresh milk wakame seaweed   Fresh milk wakame seaw	' [ ' ''		#gL			bacon		carrot tomato	•	potato sugar	olive oil
30 Mon wakame rice Grilled shishamo shishamo shishamo burdock &nuts salad tuna carrot burdock cabbage almond egg ma						DUCOII		our or romaro	Barno omon ocici y simile ji mushirouffi	potato sugai	SHYO OII
30 Mon Grilled shishamo shishamo shishamo burdock cabbage almond egg ma		wakame rio	e .				fresh milk wakame seaweed			rice	
Dayle course	0 Mon	6		1 6	Grilled shishamo						
Pork soup   pork tofu miso     carrot   onion radish japanese leek konnyaku   sweet potato   This year's		(	- 531	_	Burdock&nuts salad						almond egg mayonnaise
Ville manuful manuful a harmonia di a harmon	/TI-							carrot	Jonion radish japanese leek konnyaku	sweet potato	This year's

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[Nutritional Reference Intakes for this month]

	Calories(kcal)	Protein(g)	Salt(g)		Calories(kcal)	Protein(g)	Salt(g)
Elementary school	653	24.5	1.9	Junior high school	799	29.4	2.6

Every 19th is Food Educational Day! Seasonal ingredients •Pacific saury •eggplant •pumpkin

