



2024 September 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	
			Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
		fish/meat/egg/bean/ bean products	fresh milk / daily products/small fish/seaweed	Green&yellow vegetables	Light colored vegetables/fruits/mushroom	rice/bread/noodles potato/sugar	oil/seeds	
2	Mon	rice School lunch starts at Junior high school & Eno school Hayashi rice cheese salad	beef	fresh milk fresh cream cheese	carrot carrot	garlic onion shimeji mushroom cabbage cucumber corn	rice sugar sugar	oil butter oil
3	Tue	rice School lunch starts at Elementary school Soboro bowl Root vegetables soup	chicken pork egg aburaage	fresh milk	carrot carrot green onion	ginger onion green peas radish konnyaku shiitake mushroom	rice sugar taro starch	oil
4	Wed	rice Fried salmon & cheese Marinated Yukari(perilla powder) Tofu clear soup	fried salmon& cheese tofu	fresh milk	carrot green onion onion	cabbage	rice	oil
5	Thu	rice Bibimbap (Korean rice dish) Fruits punch	fresh milk	fresh milk	spinach carrot	ginger garlic japanese leek bean sprout orange peach pineapple	rice sugar white sweet dumplings	sesame oil sesame seed
6	Fri	plain bread Pork beans French salad	pork soy beans ham	fresh milk	carrot string beans carrot	onion cabbage cucumber corn	plain bread potato sugar sugar	oil oil
9	Mon	rice Deep fried-tofu mabo Rice noodles chinese salad	pork fried tofu miso ham	fresh milk	carrot chinese chives carrot	onion shiitake mushroom ginger garlic bean sprout cucumber cabbage	rice sugar starch rice noodles sugar	sesame oil sesame oil sesame seed
10	Tue	rice Fried mackerel Cabbage with salted kelp Egg soup	mackerel egg	fresh milk kombu seaweed	carrot green onion	cabbage onion enoki mushroom	rice starch	oil
11	Wed	small butter bread Yaki udon Genki salad	pork fried fish cake bonito flakes baked pork	fresh milk hijiki seaweed	carrot bok-choy carrot	ginger garlic onion cabbage cabbage cucumber corn	butter bread udon sugar	oil
12	Thu	rice Soybeans boiled with various vegetables Tuna & vegetable salad with sesame sauce	chicken fried tofu soy beans tuna	fresh milk kombu seaweed	carrot string beans carrot	burdock konnyaku cucumber cabbage	rice potato sugar sugar	oil sesame seed
13	Fri	rice Simmered potato & minced meat Marinated sesame & vinegar	pork fried tofu fried fish cake ham	fresh milk	carrot japanese spinach carrot	ginger onion green peas cabbage	rice potato sugar starch sugar	sesame seed
16	Mon	Respect for the Aged Day (Holiday)						
17	Tue	chestnuts rice Moon viewing day's menu Simmered taro with sesame&miso Chikuwa clear soup Moon viewing dumpling	chicken fried fish cake miso chikuwa	fresh milk wakame seaweed	carrot string beans carrot green onion	konnyaku japanese radish onion enoki seaweed	rice taro sugar moon viewing dumpling rice brown rice	chestnut oil sesame seed
18	Wed	brown rice Food educational day Salt-grilled pacific saury Vegetables dressed with seaweed flakes Eggplant and Pumpkin miso soup	pacific saury bonito flakes aburaage miso	fresh milk seaweed flakes	japanese spinach carrot pumpkin green onion	cabbage eggplant enoki seaweed onion	rice	
19	Thu	rice Simmered freeze dried tofu Crispy salad	chicken freeze dried tofu egg	fresh milk	carrot carrot	onion konnyaku shiitake mushroom green peas cabbage cucumber takuan(radish pickles)	rice potato sugar sugar	oil
20	Fri	rich bread Sweet potato stew Karu chan salad	chicken tuna	fresh milk fresh milk young sardines hijiki seaweed	carrot parsley bok-choy carrot	onion cabbage	rich bread sweet potato sugar	butter sesame oil
23	Mon	Substitute holiday						
24	Tue	rice Sweet and sour pork Chinese egg soup	pork egg	fresh milk	carrot paprika green pepper carrot	bamboo shoot onion shiitake mushroom onion corn shimeji mushroom	rice starch sugar	oil sesame oil
25	Wed	small cheese bread Eggplant & tomato spaghetti Vegetable mayonnaise Pear	bacon	fresh milk young sardines kombu seaweed	tomato green pepper carrot	garlic onion shimeji mushroom eggplant cucumber cabbage corn pear	cheese bread spaghetti sugar	oil non-egg mayonnaise
26	Thu	turmeric rice White curry Seaweed salad Genki yogurt	chicken tuna	fresh milk fresh milk fresh cream seaweed mix yogurt	carrot carrot	onion edamame(green soy beans) cucumber corn	rice potato sugar sugar	olive oil oil sesame oil
27	Fri	burger bread Fried hoki Boiled vegetables Minestrone Sauce	fried hoki bacon	fresh milk	carrot tomato	cabbage garlic onion celery shimeji mushroom	burger bread potato sugar	oil olive oil
30	Mon	wakame rice Grilled shishamo Burdock&nuts salad Pork soup	tuna pork tofu miso	fresh milk wakame seaweed shishamo	carrot carrot	burdock cabbage onion radish japanese leek konnyaku	rice sweet potato	almond egg mayonnaise

※The menu maybe changed due to the situation of the ingredients.
※All of your school lunch expenses are used for food materials.

【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

