

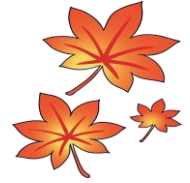
School Lunch letter

Oct 2024(R6)

<Etajima City School Lunch communal kitchen>

As the saying goes, “autumn is the season of appetite” and “autumn is the season for horses to grow fat,” and many delicious foods are available in autumn. In early autumn, fruits and mushrooms that contain many vitamins and minerals that were lost during the hot summer months are in season. As autumn deepens, potatoes and root vegetables, which contain a lot of energy, come into season. We would like to share the “Harvest season” with children through school lunches.

Greek school lunch is now served!



Etajima City has been engaged in exchange activities with Greece since the city was registered as a host town of the Republic of Greece for the Tokyo Olympics and Paralympics. We are deepening our exchange with Greece through olive oil, a common specialty.

Greek food is arranged and served in school lunches. The olive oil used for the Greek school lunch was made by the Enoh bunkyu(class).

Please enjoy the olive oil that the students of Enoh bunkyu(class) have worked so hard to make!



【Mouissaka】

A popular dish that is said to represent Greek Cuisine.

It is standard to use eggplant and potatoes, but there are many variations depending on the home and region. sometimes zucchini and mushroom are added.

At the school lunch menu, we try to cook Musaka uses eggplant and potatoes.

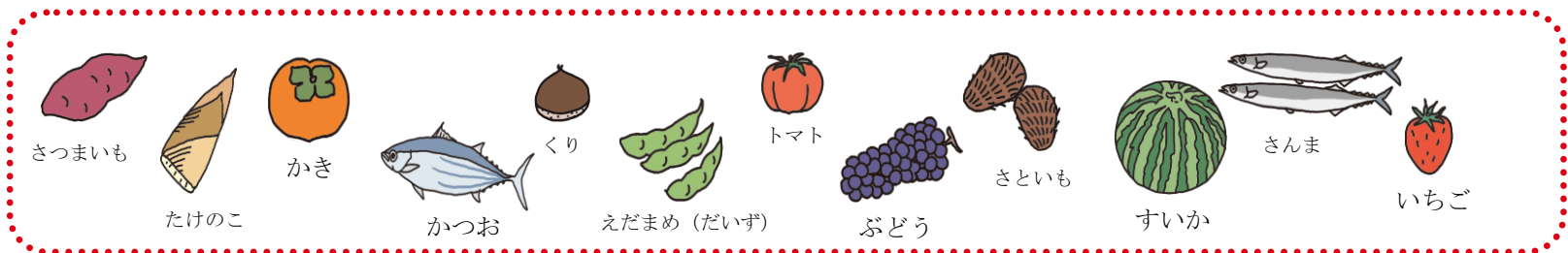
We use Olive oils from Eno Bunkyu school



Let's taste seasonal food !

Nowadays, we can get what we want to eat all year round. However, there are certain seasons when food grows well and in abundance in different regions. The time of year when each type of food is most abundant and tastes best is called the “Shun (=In season/ Best season)” of the food.

Which food is in Autumn season? write ○ on it. The answer is in the lower right corner.



We also use Autumn delicious foods for school lunch. Please enjoy seasonal foods at home.



School lunch message from students



- 9/2(Mon) School Lunch was in my heart. The refreshing taste of the cheese salad and hayashi rice were delicious. (Mitaka junior high school 1st grade)
- 9/3(Tue) It was so delicious that my cheeks were ragged like a soboro when I ate a bowl of soboro. (Etajima junior high school 1st grade)
- 9/4(Wed) I was surprised to hear that tuna is a white fish. Thank you for always telling me interesting stories. The tuna and cheese went well together and it was delicious. The miso soup was so warm that it was soaked into my body.(Nakamachi elementary school 5th grade)
- 9/5(Thu) The bibimbap had both vegetables and meat, so it was very satisfying and delicious. Everyone loves fruits punches and the tension has risen. (Ogaki junior high school 2nd grade)
- 9/13(Fri) Thank you so much for the school lunch everyday ! ! The simmered potatoes & minced meat and rice were very warm and tasty! The salad too!(Noumi juniot high school 2-1))
- 9/17(Tue) The simmered Taro with Sesame & Miso, the Taro was so tender and delicious.(Mitaka elementary school 3rd grade)
- 9/18(Wed) The salt-grilled pacific saury was taste like sea, it was delicious.(Kanokawa elementary school 1st grade)

