



June 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
		meat, egg, bean, beans prod	fresh milk, dairy product, small fish, seaweeds	green & yellow vegetables	floured vegetables, fruits, mushroom	rice, bread, noodles, sweet potato, mushroom	oil, seeds	
3	Mon	rice vegetables stir fry seaweed salad	pork meat shrimp squid tuna	milk kaisou mix	bokchoy carrot	garlic ginger cabbage onion kikurage bamboo shoot bean sprout corn cucumber corn cucumber	sugar starch sugar	rice bread noodles sweet potato mushroom sesame oil
4	Tue	rice kami kami menu (4th to 10th between teeth and mouth health) chicken burdock glass noodles soup	chicken meat	milk		burdock green peas onion	rice starch sugar glass noodles	oil sesame oil
5	Wed	small rich bread fried noodles spicy beans	meat/pork agehan soybean	milk	carrot green onion	onion cabbage	bread chinese noodles wheat flour starch	oil oil
6	Thu	rice soybeans seaweeds flavor crispy salad kozasakana almond	soybean chickenmeat agehan	milk hijiki	carrot green beans carrot	onion konyaku cabbage cucumber yello pickled radish	rice potato sugar sugar	sesame oil small fish almond
7	Fri	stick bread frankfurt boiled vegetables corn cream soup	pork sausage chickenmeat	milk		cabbage onion corn	stick bread potato	oil
10	Mon	rice Local Products Week (10th-14th) chicken barbeque with sauce refresh plum pickles egg soup	chickenmeat dried bonito flakes egg	milk dried whitebait		ginger garlic apple cucumber plum pickles lemon onion enoki mushroom mushroom	rice sugar starch	olive oil sesame seeds
11	Tue	rice japanese fish cake tuna salad chicken meat and burdock clear soup	chikuwa tuna chickenmeat	milk green laver			rice wheat flour sugar	oil sesame oil
12	Wed	barley rice Delicious Etajima Day mori mori mabo bowl Etajima dried young sardines&cucumber hiroshima lemon jelly	porkmeat tofu miso	milk	carrot tomato green onion	garlic ginger mushroom onion zucchini cucumber	rice wheat sugar starch sugar hiroshima kensan lemon jelly	sesame oil sesame seeds
13	Thu	rice bonito with nuts miso soup kikurage soup	bonito fish miso porkmeat	milk	carrot green onion leaf	onion kikurage mushroom	rice sugar	oil almond sesame oil
14	Fri	rice pork curry french salad	porkmeat ham	milk	carrot carrot	garlic ginger onion cabbage cucumber corn	rice potato sugar	oil oil
17	Mon	rice stamina donburi Japanese radish pickles orange jelly	porkmeat japanese fish cake	milk dried white bait kelp seaweed	carrot garlic chives carrot	garlic ginger onion cabbage konnyaku dried radish strips	rice sugar orange jelly	sesame oil
18	Tue	brown rice Food educational marinated horse macherel mini tomato potato miso soup	horse macherel aburaage tofu miso	milk	carrot green pepper mini tomato carrot onion leaf	onion red pepper onion	rice brown rice starch rice flour sugar potato	oil
19	Wed	small sesame bread japanese mushroom spaghetti hijiki and green soybean salad	bacon ham tuna	milk hijiki	carrot japanese spinach carrot bokchoy	garlic onion enokimushroom shimeji mushroom iringi mushroom green soybeans	sesame bread spaghetti sugar	oil butter sesame seeds sesame oil
20	Thu	fried rice shumai wakame soup	porkmeat egg shumai	milk seaweed	carrot onion leaf onion	garlic ginger onion onion	rice	sesame seed sesame oil
21	Fri	brown sugar bread grilled marmalade chicken boiled vegetables consomme soup	chickenmeat bacon	milk		garlic marmalade cabbage cucumber onion cabbage corn	kokutou bread	oil
24	Mon	rice Stewed thick fried tofu in Chinese style cucumber namul	porkmeat namaage ham	milk	carrot bokchoy carrot	onion mushroom garlic ginger cucumber	rice sugar starch sugar	oil sesame seed sesame oil
25	Tue	rice small sardines fry marinated shiso tofu and seaweeds miso soup		milk small sardine seaweeds		cabbage onion enokimushroom	rice	oil
26	Wed	nan keema curry karuchan salad genki salad	porkmeat hiyokobeans tuna	milk dried white bait hijiki yogurt	carrot green pepper tomato carrot bokchoy	garlic ginger onion greenpeas cabbage	nan wheat flour sugar	buttter sesame seed oil
27	Thu	rice sukiyaki style stew seaweed salad	beefmeat grilled tofu dried bonito	milk crumbled seaweeds	carrot japanese spinach carrot	onion burdock eringi mushroom white green onion konnyaku cabbage	rice potato sugar	
28	Fri	burger bread chicken teriyaki boiled vegetables seafood chowder	chickenmeat squid shrimp	milk		cabbage	burger bread wheat flour sugar starch	oil butter

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

	Calories(kcal)	Protein(g)	Salt(g)		Calories(kcal)	Protein(g)	Salt(g)
Elementary school ²	632 ^a	26.1 ^a	2.0 ^a	Junior high school ¹	776 ^a	31.5 ^a	2.6 ^a

12th 「Delicious Etajima Day」
Daily menu with many ingredients

Every 19th is food educational day seasonal ingredients
• horse macherel • seasonal onion