

June 2024 (R6) School Lunch Menu

Etajima City School Lunch Communal kitchen

							ln ~	rodionto		1
Dat	Da	M		N 4	Red: Mainly a souc	e of body building		redients ource of body conditioning	Yellow: Mainly a so	urce of energy
е	у	Menu		ivienu	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
	-				, meat, egg, bean, beans prod	fresh milk, dary product, small fish, seaweeds	green & yellow vegetables	ploured vegetables, fruits,mushroo	rice,bread,noodles,sweet potato, mushroom	oil, seeds
		rice				milk			rice bread noodles sweet potato mushroom	
3	Мо	() A	#3.r	vegetables stir fry	pork meat shrimp squid		bokchoy	garlic ginger cabbge onion kikurage bamboo shoot bean sprout corn cucumber	sugar starch	
Ŭ	n		***	seaweed salad	tuna	kaisou mix	carrot	corn cucumber	sugar	sesame oil
	т.,	rice	4	kami kami menu (4th to 10th between teeth and mouth he chicken burdock	chicken meat	milk		hurdook groop pood	rice	oil
4	Tu e		#gL	glass noodles soup	chicken meat		carrot garlic chives	burdock green peas onion	starch sugar glass noodles	sesame oil
	Ŭ			Sidoo iioodioo oodp					0	
		small				milk			bread	
5	Wed	rich bread		fried noodles	meatpork agehan		carrot green onoin	onoin cabbage	chinese noodles	oil
			#\$I	spicy beans	soybean				wheat flour starch	oil
						milk			rice	
6	Thu		4	soybeans seaweeds flavor	soybean chickenmeat agehan	hijiki	carrot green beans	onion konyaku	potato sugar	sesame oil
0				crispy salad			carrot	cabbage cucumber yello pickled radish	sugar	
				kozasakana almond		91-			akiah hara d	small fish almond
	Fri	stick bread	4	frankfurt	pork sausage	milk			stick bread	
7		\bigcirc		boiled vegetables	pork daddago			cabbage		
$ldsymbol{\sqcup}$			_	corn cream soup	chickenmeat	milk	carrot parsley	onion corn	potato	oil
ΙĪ	Mo n	rice	1	Local Products Week (10th-14th)	abiatan	milk			rice	
10			Mary Art 1	chicken barbeque with sauce refresh plum pickles	chickenmeat dried bonito flakes	dried whitebait		ginger garlic apple cucumber plum pickles lemon	sugar	olive oil sesame seeds
				egg soup	egg	unou wiiitopait	carrot green onoin	onion enoki mushroom mushroom	starch	OHVE OH SESAME SEEUS
		rice	_			milk	<u> </u>		rice	
11	Tu	1. J.		japanese fish cake	chikuwa	green laver			wheat flour	oil
[' ']	е		#gl	tuna salad	tuna		annat muchanis I C	cabbage cucumber corn	sugar	
		barley rice		chicken meat and burdock clear soup Delicious Etajima Day	chickenmeat	milk	carrot green onion leaf	burdock ginger mushroom onion	rice wheat	sesame oil
1.0		Darley rice	4	mori mori mabo bowl	porkmeat tofu miso	IIIIK	carrot tomato green onion	garlic ginger mushroom onion zukkini	sugar starch	
12	Wed	(2)		Etajima dried young sardines&cucumber	'		Ü	cucumber	sugar	sesame oil sesame seeds
		<u> </u>		hiroshima lemon jelly					hiroshima kensan lemon jelly	
		rice		bonito with nuts miso soup	books field out a	milk			rice	all almost d
13	Thu			kikurage soup	porkmeat		carrot green onion leaf	onion kikurage mushroom	sugar	oil almond sesame oil
				Kikurugo ooup	portuneat		an or grown onton tour	onen maan oon		occurre on
		rice				milk			rice	
14	Fri		₫	pork curry	porkmeat		carrot	garlic ginger onion	potato	oil
			¥¶L	french salad	ham		carrot	cabbage cucumber corn	sugar	oli
			T.	<u> </u>		milk			rice	
17	Мо	1		stamina donburi	porkmeat japanese fish cake		carrot garlic chives	garlic ginger onion cabbage konniyaku	sugar	sesame oil
1 /	n	()	= 35AT	Japanese radish pickeles		dried white bait kelp seaweed	carrot	dried radish strips	sugar	
				orange jelly Food educational		milk			orange jelly rice brown rice	
4.0	Tu	brown rice	#	marinated horse macherel	horse macherel	IIIIK	carrot green pepper	onion red pepper	starch rice flour sugar	oil
18	Tu e			mini tomato			mini tomato			
				potato miso soup	aburaage tofu miso		carrot onion leaf	onion	potato	
		small sesame bread	ا	Í						
19	Wed			lananaga mushraans asash-11!	haaan	milk	oorrot jananaa asissala	gadio anian anakimusha	sesame bread	oil buttor
		a	<u>#₹L</u>	japanese mushroom spaghetti hiiiki and green sovbean salad			carrot japanese spinach	garlic onion enokimushroom shimeji mushrom iringi mushroom green sovbeans	spaghetti	oil butter sesame seeds sesame oil
		\Box		japanese mushroom spaghetti hijiki and green soybean salad		milk hijiki	carrot japanese spinach carrot bokchoy	garlic onion enokimushroom shimeji mushroom iringi mushroom green soybeans		
		fried rice		hijiki and green soybean salad	ham tuna porkmeat egg		·		spaghetti	
20	Thu	~~	#	hijiki and green soybean salad shumai	ham tuna	hijiki milk	carrot bokchoy	green soybeans garlic ginger onoin	spaghetti sugar	sesame seeds sesame oil
20	Thu	fried rice		hijiki and green soybean salad	ham tuna porkmeat egg	hijiki	carrot bokchoy	green soybeans	spaghetti sugar	
20	Thu	~~	#	hijiki and green soybean salad shumai	ham tuna porkmeat egg	hijiki milk	carrot bokchoy	green soybeans garlic ginger onoin	spaghetti sugar	sesame seeds sesame oil
				shumai wakame soup	ham tuna porkmeat egg shumai	hijiki milk seaweed	carrot bokchoy	green soybeans garlic ginger onoin	spaghetti sugar rice	sesame seeds sesame oil
20			村	shumai wakame soup grilled marmalade chicken boiled vegetables	ham tuna porkmeat egg shumai chickenmeat	hijiki milk seaweed	carrot bokchoy carrot onion leaf onion	garlic ginger onoin onion garlic marmalade cabbage cucumber	spaghetti sugar rice	sesame seeds sesame oil sesame seed sesame oil
		brown sugar bread	村	shumai wakame soup	ham tuna porkmeat egg shumai	hijiki milk seaweed milk	carrot bokchoy	garlic ginger onoin onion garlic marmalade	spaghetti sugar rice kokutou bread	sesame seeds sesame oil
21	Fri			shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup	ham tuna porkmeat egg shumai chickenmeat bacon	hijiki milk seaweed	carrot bokchoy carrot onion leaf onion carrot spinach	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn	spaghetti sugar rice kokutou bread	sesame seeds sesame oil sesame seed sesame oil oil
21		brown sugar bread		shumai wakame soup grilled marmalade chicken boiled vegetables	ham tuna porkmeat egg shumai chickenmeat	hijiki milk seaweed milk	carrot bokchoy carrot onion leaf onion	garlic ginger onoin onion garlic marmalade cabbage cucumber	spaghetti sugar rice kokutou bread	sesame seeds sesame oil sesame seed sesame oil
21	Fri	brown sugar bread		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage	hijiki milk seaweed milk milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy	green soybeans garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger	spaghetti sugar rice kokutou bread rice sugar starch	sesame seeds sesame oil sesame seed sesame oil oil
21	Fri Mo	brown sugar bread		hijiki and green soybean salad shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage	hijiki milk seaweed milk milk milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy	green soybeans garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger	spaghetti sugar rice kokutou bread rice sugar starch	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil
21	Fri Mo n	brown sugar bread		hijiki and green soybean salad shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage	hijiki milk seaweed milk milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber	spaghetti sugar rice kokutou bread rice sugar starch sugar	sesame seeds sesame oil sesame seed sesame oil oil
21	Fri Mo	brown sugar bread		hijiki and green soybean salad shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham	hijiki milk seaweed milk milk milk milk small sardine	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil
21	Fri Mo n	brown sugar bread		hijiki and green soybean salad shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham	hijiki milk seaweed milk milk milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber	spaghetti sugar rice kokutou bread rice sugar starch sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil
21 24 25	Fri Mo n	rice		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans	hijiki milk seaweed milk milk milk smilk small sardine seaweeds milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21	Fri Mo n	rice		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso	hijiki milk seaweed milk milk milk smilk small sardine seaweeds milk dried white bait hijiki	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil
21 24 25	Fri Mo n	rice rice nan		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25 26	Fri Mo n	rice		hijiki and green soybean salad shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad genki salad	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans	hijiki milk seaweed milk milk milk smilk small sardine seaweeds milk dried white bait hijiki	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25	Fri Mo n	rice rice nan		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans tuna	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar rice	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25 26	Fri Mo n Tu e	rice rice nan rice		shumai shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad genki salad sukiyaki style stew	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans tuna beefmeat grilled tofu	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt milk crumbled seaweeds	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato carrot bokchoy carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar rice potato sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25 26	Fri Mo n Tu e	rice rice nan		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad genki salad sukiyaki style stew seaweed salad	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans tuna beefmeat grilled tofu dried bonito	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt milk	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato carrot bokchoy carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar rice potato sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25 26	Fri Mo n Tu e	rice rice nan rice burger bread		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad genki salad sukiyaki style stew seaweed salad chicken teriyaki	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans tuna beefmeat grilled tofu	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt milk crumbled seaweeds	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato carrot bokchoy carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas cabbage onion burdock eringi mushroom, white green onion konnyaku cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar rice potato sugar	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter
21 24 25 26	Fri Mo n Tu e	rice rice nan rice burger bread		shumai wakame soup grilled marmalade chicken boiled vegetables consomme soup Stewed thick fried tofu in Chinese style cucumber namul small sardines fry marinated shiso tofu and seaweeds miso soup keema curry karuchan salad genki salad sukiyaki style stew seaweed salad	ham tuna porkmeat egg shumai chickenmeat bacon porkmeat namaage ham tofu miso porkmeat hiyokobeans tuna beefmeat grilled tofu dried bonito	hijiki milk seaweed milk milk milk milk small sardine seaweeds milk dried white bait hijiki yogurt milk crumbled seaweeds	carrot bokchoy carrot onion leaf onion carrot spinach carrot bokchoy carrot carrot green onion carrot green pepper tomato carrot bokchoy carrot bokchoy	garlic ginger onoin onion garlic marmalade cabbage cucumber onion cabbage corn onion mushroom garlic ginger cucumber cabbage onion enokimushroom garlic ginger onion greenpeas cabbage	spaghetti sugar rice kokutou bread rice sugar starch sugar rice nan wheat flour sugar rice potato sugar burger bread wheat flour sugar starch	sesame seeds sesame oil sesame seed sesame oil oil oil sesame seed sesame oil oil buttter

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).	a	Calories(kcal).	Protein(g).	Salt(g).
Elementary school€	632₽	26.1₽	2.0₽	Junior high .	776₽	31.5₽	2.6₽

12th 「Delicious Etajima Day」

Daily menu with many ingredients



