



# 2025 February 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/Beans/Beans Product			Fresh Milk/Dairy Products/Small Fish/Seaweed		Green & Yellow Vegetables		light-coloured vegetables/Fruits/Mushroom		Rice/Bread/Noodles/Potato/Sugar		Oil/Seeds		
3	Mon	rice Setsubun Menu Grilled Sardines Boiled vegetables Chinese cabbage miso soup Setsubun Beans	sardines	milk			ginger cabbage	rice sugar starch		sesame seed			
4	Tue	Deep fried bread&sweetened soyflour(Elementary School) Croissant(Junior High School/Bunkyu) Pumpkin stew French Salad	soybean flour	milk				bread roll sugar croissant		oil			
5	Wed	rice Chikuzenni(Simmered Chicken&Vegetables) Veges with Sesame seeds&vinegar	chicken meat Chikuwa (fish pastecake) ham	milk			carrot stringbeans japanese spinach carrot	lotus root burdock konnyaku cabbage	rice potato sugar	oil sesame seed			
6	Thu	Request Menu Noumi Junior High School 3- Bulgogi Potato Salad Crepe(chocolate flavor)	pork meat ham				carrot bok-choy chinese xhinese-chive corn cucumber	garlic onion eringi mushroom crepe	rice sugar	sesame seed sesameoil non egg mayonnaise			
7	Fri	barley rice Etajima Navy Curry Day Navy Curry Topping(Soybeans,Whitebait) Corn Salad	beef meat soybeans	milk white bait			carrot japanese spinach carrot	garlic ginger onion cabbage corn	rice barley potato milk chocolate	olive oil oil olive oil			
10	Mon	seaweed rice Request Menu Ogaki Junior High School Salmon with Cheese Fry Genki Salad Soup containing variety of ingredients Custard Pudding	salmon with cheese fry bonito flakes roast pork pork meat miso	milk seaweed hijiki				rice cabbage corn potato	oil oil				
11	Tue	National Foundation Day											
12	Wed	rice Grilled Shishamo(fish) Stir-Fried Lotus Root &Pork Meat Nameko Mushroom Miso Soup		milk shishamo					rice				
13	Thu	rice Oden Picked Thin dried stripe of raddish	chicken meat deep fried tofu chikuwa(fish paste cake)	milk kelp(seaweeds) white bait seaweed			carrot carrot	konnyaku raddish dried radish stripe cabbage	rice potato sugar	oil			
14	Fri	rice Chop Suey Seaweed salad	pork meat shrimp squid tuna	milk seaweeds mix			carrot bok-choy carrot	garlic ginger chinese cabbage onion kikuragi(mushroom)/bamboo shoots bean sprouts corn cucumber	rice sugar starch			sesameoil	
17	Mon	brown rice Food Educational Day Wakasagi(Fish) sweet vinegar flavour Broccoli salad Potato miso soup	wakasagi tuna aburaage miso	milk wakame(seaweed)			broccoli carrot carrot onion leaf	raddish corn onion shimeji (mushroom)	rice brown rice sugar	oil			
18	Tue	Deep fried bread&sweetened soyflour(Junior High School/Bunkyu) Croissant(Elementary School) Cream stew Breast chicken &lemon dressing	soybean flour chicken meat sasami(chicken breast)	milk					bread roll sugar croissant	oil			
19	Wed	boiled udon Gomoku Udon(noodles&vegetables) Simmered Hijiki&vegetables	chicken meat aburaagi chicken meat agehan	milk hijiki(seaweed)			carrot onion leaf carrot	ginger burdock onion ginger lotus root green-soybeans konnyaku	boiled udon potato sugar			sesame oil	
20	Thu	Get smarter Hiroshima Sea bream rice Hiroshima School Lunch Menu Genki Salad Hiroshima Lemon&Vegetables Miso Soup	black sea bream bonito flakes roast pork tofu miso	milk hijiki(seaweed)			hiroshimana cabbage carrot	ginger cabbage cucumber corn	rice sugar	sesame seed olive oil oil			
21	Fri	Request Menu Etajima Junior High School 3-2 Fried Chicken Tuna Salad Wakame(seaweed)Soup Flavoured Pudding(Soymilk)	chicken meat tuna salad	milk wakame(seaweed)				ginger garlic cabbage corn onion	rice starch sugar	oil		sesame oil sesame seed	
24	Mon	Substitute Holiday											
25	Tue	rice Bunkyu Request Menu Grilled Salmon with mayonnaise Broccoli dressed with bonito flakes Autumn flavor soup Donuts	salmon miso bonito flakes tofu miso	milk			carrot green bell pepper broccoli carrot onion leaf	onion raddish maitake(mushroom)/onion	rice sugar sweet potato			non egg mayonnaise	
26	Wed	small rich bread Penne Meat Sauce Cheese Salad	beef meat	milk cheese			carrot green bell pepper tomato carrot	garlic ginger onion mushroom cabbage cucumber corn	rich bread penne sugar	oil			
27	Thu	rice Grilled Mackerel with sweet vinegar Boiled vegetables Raddish clear soup	mackerel chikuwa aburaage	milk wakame(seaweed)				cabbage raddish mushroom	rice sugar				
28	Fri	rice Chicken & Egg Rice Bowl Kelp seaweed salad	chicken meat kamaboko(fish cake) egg roast pork	milk kelp(seaweed)			onion leaf carrot	onion mushroom cabbage raddish	rice sugar starch			sesame oil	

The menu changed due to the situation of the ingredients  
All of your School Lunch Fee is used for food expenses\*

【Nutritional Reference intakes for this month】

	Calories(kcal)	Protein(g)	Salt(g)		Calories(kcal)	Protein(g)	Salt(g)
Elementary School	633	25.8	1.9	Junior High School	780	31.4	2.5



Every 19th is Food Educational Day  
Seasonal ingredients  
• Wakasagi(Fish)  
• Broccoli