



2025 March 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 contouring		Yellow: Mainly a source of energy	
			Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
			Meat/Egg/Beans/Beans Prd	Fresh milk/Dairy Products/Small fish/Seaweed	Green & Yellow Vegetables	oured vegetables/Fruits/N	Rice/Bread/Noodles/Potato/Sugar	Oil/Seeds
3	Mon	Hinamatsuri Menu	steamed fish cake(chikuwa)	milk	carrot	burdock stembeans mushroom	rice sugar	
		chicken teriyaki	chicken meat				wheat flour sugar starch	
		happiness cabbage		kelp		cabbage		
		steamed fish cake(chikuwa)clear soup	steamed fish cake(chikuwa)	seaweeds	carrot green onion leaf	onion enokimushroom		
4	Tues	rice		milk			rice	
		japanese chicken and egg rice bowl	chicken meat frozen tofu agehan egg		carrot	onion green peas	potato sugar	oil
		vegetables and chikuwa with sesame seeds dressed	chikuwa		carrot japanese spinach	cabbage bean sprout	sugar	sesame seed
5	Wed	small seasoned		milk			flavoured bread	
		stir fried udon	pork meat agehan		carrot bokchoy	ginger garlic onion cabbage	udon	
		karuchan salad	tuna	whitebait hijiki	carrot	corn japanese radish	sugar	sesame seeds oil
		Junior High School and Eno class Graduation Celebration Menu						
6	Thurs	bareley rice		milk			rice barley	
		keema curry with plenty of iron	pork meat liver		carrot tomato	garlic ginger onion	sugar	
		radish colourfol salad	tuna		carrot	japanese radish cabbage corn	sugar	oil
		strawberry chocolate cake					strawberry chocolate cake	
7	Fri	bread		milk			bread	
		pork beans	pork meat soybeans		carrot string bean	onion	potato sugar	oil
		french salad	ham		carrot	cabbage cucumber corn	sugar	oil
10	Mon	fried rice	pork meat egg	milk	carrot onion leaf	garlic ginger onion	rice	
		shumai	shumai					
		glass noodles soup	pork meat		carrot chinese chive	ginger garlic onion	glass noodles	sesame oil
11	Tues	rice		milk			rice	
		nikujaga(meat and potato stew)	pork meat		carrot	onion konnyaku green peas	potato sugar	oil
		dressed with sesame seeds	ham		carrot japanese spinach	cabbage	sugar	sesame seeds
12	Wed	chinese noodles		milk			chinese noodles	
		soysauce ramen	pork meat		carrot bokchoy	ginger garlic onion beansprout kikuage ginger garlic cabbage onion		
		stir fried egg and chinese chive	beefmeat egg		carrot chinese chive	ginger garlic cabbage onion	starch	sesame oil
		genki yoghurt		yoghurt				
13	Thurs	rice		milk			rice	
		hoki(fish)with sesame sauce	hoki			ginger	starch sugar	oil sesame seeds
		stir fry				cabbage		
		pork and a variety vegetables soup	pork meat tofu miso		carrot	radish onion burdock green japanese leek konnyaku	sweet potato	
14	Fri	rice		milk			rice	
		pork curry	pork meat		carrot	garlic ginger onion	potato	oil
		corn salad			carrot japanese spinach	cabbage corn	sugar	oil
17	Mon	brown rice		milk			rice brown rice	
		grated spanish mackerel sauce	spanish mackerel			japanese radish	sugar	
		boiled vegetables				cabbage		
		green japanese scallion egg drop soup	tofu egg		green japanese scallion	onion enokimushroom mushroom	starch	
18	Tues	red rice		milk			rice glutinous rice	
		Elementary School Graduation Celebration Menu Last day of Mitaka Junior High School	red beans(Azuki)					
		deep fried Hoki fish (sauce)	hoki fry					oil
		boiled vegetables				cabbage		
19	Wed	rice		milk			rice	
		chicken meat clear soup	chicken meat		carrot green onion leaf	burdock ginger mushroom onion		sesame oil
		celebration(oiwai)strawberry jelly					strawberry jelly	
		Last day menu of graded school						
20	Thurs							
		Spring Equinox Day						
21	Fri	*brown sugar bread		milk			brown sugar bread	
		grilled marmalade chicken	chicken meat			garlic marmalade		
		boiled vegetables				cabbage		
		consomme soup	bacon		carrot spinach	onion corn	potato	oil
24	Mon	rice		milk			rice	
		Last day of School Lunch of Kanokawa, Nakamachi and Ofuru Elementary						
		hayashi rice	beef meat	fresh cream	carrot	garlic onion shimeji mushroom	sugar	oil butter
		tuna salad	tuna		carrot	cabbage corn	sugar	
25	Tues	rice		milk			rice	
		Last day of School Lunch of Etajima						
		full of nutrients rice bowl	pork meat soybeans		spinach onion leaf	garlic lemon	sugar	oil
		potato miso soup	aburaage miso		carrot onion leaf	onion	potato	

*The menu may be changed depending on the ingredients
*All of your school lunch fee are used for food ingredients

【Nutritional Reference intakes for month】

	Elementary School	Junior High School
Calories (kcal)		70
Protein (g)	25.7	32.1
Salt (g)	2.0	2.5

The 19th of every month is Food Educational Day
Seasonal ingredients
• Japanese Spanish Mackerel
• Green Japanese scallion

Thank you for the past year

This year's school lunch center ends on March 25th(Tues) Thank you very much for your understanding and cooperation in our school lunch initiative. We look forward to your continued



食育パズル

ヒントを見て縦に言葉を入れましょう。太枠の中に言葉があらわれます。



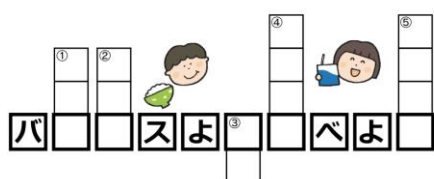
- ① 写真を撮る道具。
- ② 洋服などに使われる留め具。
- ③ スニーカー、サンダル、ブーツなどのこと。
- ④ 食材を包丁で切る時に下に置くもの。
- ⑤ 遠足の時などに食べるごはん。

Answer of the puzzle: バランスよくたべよう



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楽しくお願いいたします。

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