



April 2025 (R7) School Lunch Menu

Etajima City School Lunch Center

day	曜	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/bean product	fresh milk/dairy product/small fish/seaweed	green and yellow vegetable	coloured vegetables/fruit/mushroom	rice/bread/noodle/potato/sugar	oil/seed	
8	Tue	rice Junior high and Eno school lunch start soboro rice root vegetables soup	chicken meat pork meat aburaage	fresh milk	carrot carrot green onion leaf	ginger onion green peas radish konnyaku shitake mushroom	rice sugar taro starch	oil	
9	Wed	rice Elementary school lunch start hashed beef rice french salad	beef meat ham	fresh milk fresh cream	carrot carrot	garlic onion shimeji mushroom cabbage cucumber corn	rice sugar sugar	oil butter oil	
10	Thu	rice deep fried hoki fish(sauce) boiled vegetables potato miso soup	deep fried hoki fish	fresh milk		cabbage	rice	oil	
11	Fri	barley rice chicken curry corn salad	chicken meat	fresh milk	carrot carrot komatsuna(japanese mustard spinach)	garlic ginger onion cabbage corn	rice barley potato sugar	oil oil	
14	Mon	rice mabo tofu rice noodles chinese style salad baked pudding tart	pork meat tofu miso ham	fresh milk	carrot chinese chive carrot	garlic ginger mushroom onion bean sprouts cucumber cabbage	rice sugar starch rice ,noodles sugar baked pudding tart	sesame oil sesame seeds	
15	Tue	rice baked chicken with sesame marinade with red perilla soup containing a variety of ingredients	chicken meat	fresh milk		ginger cabbage	rice	sesame seeds	
16	Wed	boiled udon boiled udon with meat simmered hijiki genki yogurt	beef meat fish cake chicken meat	fresh milk yogurt	carrot green onion leaf carrot	ginger onion enoki mushroom ginger lotus root green soybeans konnyaku	potato udon potato sugar	sesame oil	
17	Thu	brown rice Food Educational Day deep fried spanish mackerel spring cabbage with konbu seaweed atsuage miso soup	spanish mackerel	fresh milk		ginger cabbage	rice brown rice starch	oil	
18	Fri	twist bread omelet with ketchup sauce cabbage	omelet tuna bacon chick peas	fresh milk		cabbage	twist bread		
21	Mon	rice stir-fried pork and ginger wakame seaweed soup	pork meat	fresh milk	carrot chinese chive carrot	garlic ginger onion bean sprouts cabbage onion	potato starch	oil sesame oil sesame seeds	
22	Tue	rice simmered chicken and egg energy salad cocoa bavarian cream	chicken meat,freeze-dried tofufu,egg bonito flakes roasted pork	fresh milk hijiki seaweed	carrot carrot	onion green peas cabbage cucumber corn	rice potato sugar sugar cocoa bavarian cream	oil oil oil	
23	Wed	rice deep-fried shisamo fish marinade with bonito flakes tofu with vegetables soup	shishamo bonito flakes	fresh milk		cabbage	rice	oil	
24	Thu	rice minced meat with vegetables young sardine salad strawberry	pork meat agehan miso	fresh milk	carrot carrot	lotus root,konnyaku, green peas cabbage radish strawberry	rice taro sugar sugar	oil sesame seeds sesame oil	
25	Fri	flavoured bread chicken beans cheese salad	chicken meat soy beans	fresh milk cheese	carrot sayangen beans carrot	onion cabbage cucumber corn	flavored bread potato sugar sugar	oil oil	
28	Mon	rice simmered chicken and root vegetables vinegared dish	chicken meat chikuwa	fresh milk wakame seaweed	carrot sayangen beans carrot	lotus root burdock konnyaku cucumber bean sprouts	rice potato sugar sugar	oil	
29	Tue	Showa Day (Holiday)							
30	Tue	rice tofu with curry flavoured stew	pork meat baked tofu miso	fresh milk	carrot asparagus carrot	ginger onion green peas cabbage	rice sugar starch sugar	oil sesame seeds	

※ The menu changed due to the situations of ingredients
All of your school lunch fee is used for food expenses.

	Elementary school	Junior high school
Calories (kcal)	631	776
Protein (g)	25.8	31.2
Salt (g)	2	2.6

Every 19th is Food educational day
Seasonal ingredients
• spring cabbage

Congratulations on your enrollment & new grade !

The new school year has started. We provide approximately 1,200 meals to all elementary, junior high schools and the Eno school in Etajima City from the Etajima City School Lunch Center.

We will make every effort to provide "Safe and Secure" and "delicious" school lunches that support children's minds and bodies. Thank you for your understanding and cooperation.

Preparing for school lunch incharge is an important part of the work

- ★ Let's cut the nails short.
- ★ Let's wash our hands with soap thoroughly.
- ★ Put the mask properly.



- ★ Wear a white cap. Don't let your hair comes out. Please cover it.
- Request**
When the children take the apron

