



June 2025 (R7) 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
			Egg, Beans, Beans Product	Fresh Milk, Dairy Product, Small Fish, Seaweeds	Green & Yellow Vegetables	Light coloured Vegetables, Fruits, Mushroom	Rice, Bread, Noodles, Potato, Sugar	Oil, Seeds
2	mon	rice vegetables stir fry seaweed salad	pork meat, shrimp, squid, kamaboko (fish cake) tuna	fresh milk seaweed mix	carrot bokchoy carrot	garlic ginger cabbage onion kikurage bamboo shoot bean sprout corn cucumber	rice sugar starch sugar	sesame oil
3	tue	rice bibimbap (Korean rice dish) fruits punch	beef meat	fresh milk	carrot spinach	ginger garlic green japanese leek bean sprout orange peach pineapple	rice sugar shiratama dango (white ball mochi dumplings)	sesame oil sesame seed
4	wed	rice kami kami menu (4th to 10th between teeth and mouth) chicken burdock glass noodles soup	chicken meat pork meat	fresh milk	carrot chinese chive	burdock greenpeas ginger garlic onion	rice starch sugar glass noodles	oil sesame oil
5	thu	rice soybeans seaweed flavor crispy salad kozakana almond	soybean chicken meat agehan	fresh milk hijiki seaweed	carrot green beans carrot	onion konyaku cabbage cucumber yellow pickled radish	rice potato sugar sugar	sesame oil small fish almond
6	fri	rice with seaweeds grilled shishamo fish lotus root and pork meat stir fried inakajiru	pork meat deep fried tofu aburaage miso	fresh milk wakame seaweed shishamo (willow leaf fish)	chinese chive	ginger garlic lotus root yellow pickled radish	rice sugar	sesame oil
9	mon	rice Local Products Week (9th -) small sardines fry cucumber with japanese plum tofu and wakame miso soup	dried bonito tofu miso	fresh milk small sardines		cucumber japanese plum lemon onion enoki mushroom	rice	oil olive oil sesame seeds
10	tue	bareley rice Delicious Etajima Day mori-mori mabo donburi etajima baby sardines & cucumber hiroshima made lemon jelly	pork meat tofu miso	fresh milk	carrot tomato green onion leaf	garlic ginger shiitake mushroom, onion, zucchini cucumber	rice bareley rice sugar starch sugar	sesame oil sesame seeds
11	wed	small butter bread fried udon spicy beans	pork meat agehan soybean	fresh milk	carrot green onion leaf	ginger garlic onion cabbage	butter bread udon rice flour starch	oil
12	thu	rice bonito with savory miso with nuts kikurage mushroom soup	bonito miso pork meat	fresh milk	carrot green onion leaf	onion kikurage mushroom	rice sugar	oil almond sesame oil
13	fri	brown sugar bread grilled marmalade chicken french salad consomme soup	chicken meat bacon	fresh milk		garlic marmalade cabbage cucumber corn garlic onion cabbage	brown sugar bread sugar	oil oil
16	mon	rice stewed thick fried tofu chinese style cucumber namul	pork meat namaage ham	fresh milk	carrot bokchoy carrot	onion shiitake mushroom garlic ginger cucumber	rice sugar starch sugar	oil sesame oil sesame seeds
17	tue	brown rice Food Educational day marinated horse mackerel mini tomato potato miso soup	horse mackerel aburaage tofu miso	fresh milk	carrot green bell pepper mini tomato carrot green onion leaf	onion yellow bell pepper onion	rice brown rice sugar potato	oil
18	wed	Flavored rice with ginger chicken meat with japanese plum boiled vegetables togan soup ajisai jelly	chicken meat chickpeas	fresh milk	carrot green onion leaf	seasonal ginger japanese plum cabbage white gourd shiitake mushroom	rice sugar	sesame oil
19	wed	rice chicken meat rice bowl vegetables and chikuwa sesame salad	chicken meat freeze-dried tofu agehan egg chikuwa	fresh milk	carrot japanese spinach carrot	onion green peas cabbage bean sprout	rice potato sugar sugar	oil sesame seeds
20	fri	bareley rice eggplant and minced meat curry corn salad	beef meat	fresh milk	carrot green bell pepper japanese spinach carrot	garlic ginger onion eggplant cabbage corn	rice bareley rice potato sugar	oil
23	mon	rice chicken barbeque with sauce boiled vegetables egg soup	chicken meat egg	fresh milk		ginger garlic grated apple cabbage onion enoki mushroom shiitake mushroom	rice sugar starch	
24	tue	rice stamina rice bowl hijiki and green soybeans salad	pork meat chikuwa ham tuna	fresh milk hijiki seaweed	carrot chinese chive carrot bokchoy	garlic ginger onion cabbage konyaku green soybeans	rice sugar sugar	sesame oil sesame seeds sesame oil
25	wed	chinese noodles soysauce ramen simmered thick deep fried tofu genki yogurt	pork meat chicken meat namaage soybean chikuwa	fresh milk hijiki seaweed yogurt	carrot bokchoy carrot	ginger garlic onion bean sprout kikurage ginger burdock bamboshoot green soybeans konyaku	chinese noodles sugar	oil
26	thu	rice mackerel's green onion soysauce marinated cucumber eggplant miso soup	mackerel aburaage miso	fresh milk	green onion leaf	ginger garlic cucumber pumpkin carrot green onion leaf eggplant onion	rice sugar	sesame oil
27	fri	burger bread chicken teriyaki boiled vegetables seafood chowder	chicken meat squid shrimp	fresh milk		cabbage onion shimeji mushroom greenpeas	burger bread flour sugar starch potato	oil butter
30	mon	rice deep fried chikuwa tuna salad chicken meat soup	chikuwa tuna chicken meat	fresh milk dried green laver		cabbage cucumber corn burdock ginger shiitake mushroom onion	rice flour sugar	oil sesame oil

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

[Standard Nutrient Intakes for the month]

	Energy(kcal)	Protein(g)	Salt(g)		Energy(kcal)	Protein(g)	Salt(g)
Primary school	613	26.5	1.9	Junior high school	753	32.0	2.6

10th 「Delicious Etajima Day」

Daily Menu with many



Every 19th is food educational day seasonal ingredients

• horse mackerel, seasonal

