



# 2025 September School Lunch Menu

Etajima City School lunch center

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 fish/meat/egg/bean product	Group 2 fresh milk/dairy products/small fish/seaweed	Group 3 Green&Yellow vegetables	Group 4 light colored vegetables/fruits/mushroom	Group 5 rice/bread/noodles/potato/sugar	Group 6 oil/seeds
1	Mon	rice School lunch starts at Junior high and Eno Soboro bowl Root vegetables soup	chicken pork egg aburaage	fresh milk	carrot carrot green onion	ginger onion greenpeas radish konnyaku shitake mushroom	rice sugar sweet potato starch	oil
2	Tue	rice School lunch starts at Elementary school Hayashi rice(rice with hashed meat) Cheese salad	beef fresh cream cheese	fresh milk	carrot carrot	garlic onion shemiji mushroom cabbage cucumber corn	rice sugar sugar	oil butter oil
3	Wed	rice Pork rice bowl Marinated cucumber with plum Baked donut	pork bonito flakes	fresh milk whitebait	carrot	ginger garlic onion konnyaku cucumber plum lemon	rice sugar	oil olive oil sesame seed
4	Thurs	rice Fried salmon and cheese Marinated yukari(perilla powder) Tofu clear soup	Fried salmon and cheese tofu	fresh milk		cabbage carrot green onion onion	baked donut rice	oil
5	Fri	flavored bread Pork Beans French salad	pork soybeans ham	fresh milk	carrot string beans carrot	onion cabbage cucumber corn	flavored bread potato sugar sugar	oil oil
8	Mon	rice Deep fried tofu mabo Rice noodles chinese salad	pork fried tofu miso ham	fresh milk	carrot chinese chives carrot	onion shitake mushroom ginger garlic bean sprout cucumber cabbage	sugar starch rice noodles sugar	sesame oil sesame oil sesame seed
9	Tues	rice Fried mackerel Cabbage with salted kelp Egg soup	mackerel egg	fresh milk kombu seaweed		cabbage onion enoki mushroom	rice starch	oil
10	Wed	small butter bread Yaki udon (stir fried udon) Genki salad	pork agehan bonito flakes grilled pork	fresh milk hijiki seaweed	carrot bok-choy carrot	ginger garlic onion cabbage cabbage cucumber corn	udon sugar	butter bread oil
11	Thurs	rice Chicken with green onion soy sauce Cucumber dressed with red shiso leaves powder Tofu and seaweeds miso soup	chicken meat aburaage tofu miso	fresh milk wakame seaweed	green onion carrot green onion	ginger garlic cucumber onion	rice	sesame oil sesame seed
12	Fri	barley rice Navy curry Topping(soybean and dried baby sardines) Corn salad	beef soybean	fresh milk whitebait	carrot	garlic ginger onion	rice barley potato milk chocolate starch	olive oil oil olive oil oil
15	Mon	Respect for the Aged Day (Holiday)						
16	Tues	rice Sweet and sour pork chinese egg soup	pork egg	fresh milk	carrot red bell pepper green pepper carrot	bamboo shoot, onion shitakemushroom onion corn shimejimushroom	rice starch sugar starch	oil sesame oil
17	Wed	boiled chinese noodles Jajamen Stir fried lotus root Genki yoghurt Food Education	pork miso chicken	fresh milk yoghurt	carrot carrot chinese chives	garlic ginger onion shitakemushroom green onion leaf ginger garlic bean sprout burdock	chinese noodles sugar starch	oil
18	Thurs	brown rice Salt-grilled pacific saury Vegetables dressed with seaweed flakes Eggplant and pumpkin miso soup	pacific saury bonito flakes aburaage miso	fresh milk seaweed flakes	japanese spinach carrot pumpkin green onion	cabbage eggplant onion	rich bread	
19	Fri	Rich bread Sweet potato stew Karu Chan salad	chicken tuna	fresh milk fresh milk young sardines hijiki seaweed	carrot parsley bok-choy carrot	onion cabbage	sweet potato sugar	butter sesame oil
22	Mon	rice Fried gyoza Stir fried pork kimuchi Bean sprouts soup	gyoza pork	fresh milk wakame seaweed		ginger garlic onion kimuchi enokimushroom carrot green onion bean sprout onion	rice sugar	oil oil sesame oil
23	Tues	Autumnal Equinox Day (Holiday)						
24	Wed	small cheese bread Penne meat sauce Vegetables mayonnaise Pear	beef	fresh milk kombu seaweed	carrot green pepper tomato carrot	garlic ginger onion mushroom cucumber cabbage corn pear	cheese bread penne sugar	oil non-egg mayonnaise
25	Thurs	rice Simmered freeze dried tofu Crispy salad	chicken freeze dried tofu egg	fresh milk	carrot carrot	onion konnyaku shitakemushroom greenpeas cabbage cucumber yellow pickled radish	rice potato sugar sugar	oil
26	Fri	burger bread Fried Hoki fish (sauce) Boiled vegetables Minestrone	hoki fish fry bacon soybean	fresh milk	carrot tomato	cabbage garlic onion celery shimeji mushroom	burger bread	oil olive oil
29	Mon	wakame rice fried Small sardines Burdock and nuts salad Pork soup	tuna pork tofu miso	fresh milk wakame seaweed small sardines	carrot	burdock cabbage onion green onion leaf konnyaku	rice sweet potato	oil almond non egg mayonnaise
30	Tues	rice Fried chicken with cornflakes Cabbage with salted kelp Consomme soup	chicken bacon	fresh milk konbu seaweed		carrot	rice corn flakes	non egg mayonnaise oil

The menu may be change due to the situation of the ingredients  
All of your school lunch expenses are used for food materials

Nutritional reference Intakes for the month			
	Calorie(kcal)	Protein(g)	Salt(g)
Elementary School	626	25.3	2.0
Junior High School	780	30.6	2.6

Every 19th is food educational day!  
Seasonal ingredients  
Pacific saury Eggplant  
Pumpkin

