



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

