



2025 October 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	
			fish/meat/egg/beans product	fresh milk/dairy products/small fish/seaweed	green & yellow vegetables	light colors vegetables/fruits/mushroom	rice/bread/noodles/potato/sugar	oil/seeds	
1	Wed	rice simmered chicken and root vegetables vegetables with sesame vinegar	chicken meat chikuwa ham	fresh milk	carrot green beans japanese spinach carrot	lotus root burdock konnyaku cabbage	rice potato sugar sugar	oil sesame	
2	Thu	rice grilled mackerel komatsuna dressed with bonito flakes vegetable soup	mackerel chikuwa bonito flakes namaage aburaage miso	fresh milk	onion leaf japanese spinach carrot carrot onion leaf	ginger garlic onion burdock	rice sugar sugar taro	sesame oil	
3	Fri	burger bread minced meat cutlet boiled vegetables(sauce) ABC soup	minced meat cutlet bacon	fresh milk	carrot japanese spinach	cabbage garlic cabbage	burger bread potato macaroni	oil	
6	Mon	chestnut rice Moon viewing day's menu simmered taro with sesame and miso chikuwa clear soup moon viewing rice dumpling	chicken meat agehan miso chikuwa	fresh milk	carrot green beans wakame seaweeds carrot onion leaf	konnyaku radish onion enokimushroom	rice taro sugar plain rice dumpling	chestnut black sesame oil sesame	
7	Tue	rice simmered chicken and egg komatsuna dressed with sesame	chicken meat freeze dried tofu agehan egg	fresh milk	carrot japanese spinach	onion green peas bean sprout radish pickles	rice potato sugar sugar	oil sesame	
8	Wed	small sesame bread seafood fried noodles hijiki and edamame salad	porkmeat shrimp squid ham tuna	fresh milk	onion leaf carrot hijiki seaweed carrot bok-choy	ginger garlic onion cabbage stem soy bean	sesame bread chinese noodles sugar	sesame oil sesame sesame oil	
9	Thu	rice chicken breast strips lemon sauce cabbage with salted kelp taro miso soup Sight Day Menu	chicken breast aburaage tofu miso	fresh milk	carrot onion leaf	lemon cabbage onion	rice starch sugar taro	oil	
10	Fri	barley rice mushroom curry french salad blueberry jelly	pork meat beef meat ham	fresh milk	carrot japanese spinach carrot	ginger garlic onion mushroom(enoki,shimeji,eringi) cabbage corn	rice barley potato sugar	oil blueberry jelly	
13	Mon	Day of Sports							
14	Tue	steamed glutinous rice sardines simmered with plum sauce boiled vegetables tofu clear soup	chicken meat aburaage sardines tofu	fresh milk	carrot carrot onion leaf	ginger burdock mushroom stem soybean plum cabbage onion	rice glutinous rice sugar		
15	Wed	beef udon hijiki mixed vegetable stew genki yogurt	beef kamaboko chicken meat agehan	fresh milk	carrot onion leaf carrot	ginger onion enokimushroom ginger lotus root stem soybean konnyaku	udon potato sugar	sesame oil	
16	Thu	brown rice grilled salmon with mayonnaise broccoli dressed with bonito flakes autumn flavor soup	salmon miso bonito flakes tofu miso	fresh milk	carrot green pepper broccoli carrot onion leaf	onion radish maitakemushroom onion	rice brown rice sugar sweet potato	non egg mayonnaise	
17	Fri	twist bread cream stew tuna salad	chicken meat tuna	fresh milk	carrot parsley carrot	onion cabbage corn	twist bread potato sugar	butter	
20	Mon	rice hiroshima all star tantan bowl chinese salad	pork meat miso ham egg	fresh milk	carrot hiroshima green leaf	garlic ginger eringi mushroom corn lemon cabbage cucumber	rice sugar glass noodles sugar	sesame oil sesame sesame oil sesame	
21	Tue	rice yangnyeom chicken bean sprout namul tteok-bokki soup	chicken meat	fresh milk	carrot carrot chinese chives	garlic bean sprout onion chinese cabbage mushroom	rice starch sugar sugar tteok-bokki(korean rice cake)	oil sesame sesame oil sesame sesame oil	
22	Wed	small butter bread mushroom spaghetti japanese style genki salad	bacon bonito flakes roast pork	fresh milk	carrot japanese spinach carrot	garlic onion mushroom(enoki,shimeji,eringi mushroom) cabbage corn	spaghetti sugar	oil butter oil	
23	Thu	rice cod(fish)and potato with chili sauce sweet potato miso soup cocoa bavaois	cod aburaage miso	fresh milk	wakame seafood carrot onion leaf	garlic ginger onion	rice potato sugar sweet potato cocoa bavaois	oil	
24	Fri	rice stir fried pork and chinese chives egg soup	pork meat egg	fresh milk	carrot chinese chives carrot	ginger garlic cabbage onion onion shimeji mushroom green japanese leek	rice starch starch	oil sesame oil	
27	Mon	rice starchy sauce rice bowl wakame stem salad	porkmeat shrimp squid kamaboko(steamed fish cake) ham	fresh milk	carrot wakame stem carrot broccoli	onion chinese cabbage bamboo shoot wood ear mushroom cabbage	rice sugar starch sugar	oil sesame oil	
28	Tue	rice simmered tofu with curry mix plum and bonito flakes	porkmeat grilled tofu bonito flakes	fresh milk	carrot	ginger onion greenpeas cabbage cucumber plum	rice sugar starch		
29	Wed	rice grilled horse mackerel with mirin cabbage flavored lemon egg drop soup	horse mackerel egg	fresh milk	carrot carrot onion leaf	cabbage lemon onion mushroom(enoki,shiitake)	rice sugar	sesame	
30	Thu	rice simmered soybean and seaweed spinach with sesame seed	soybean chicken meat asabao chikuwa	fresh milk	carrot greenbeans spinach	onion konnyaku cabbage	rice potato sugar sugar	sesame oil sesame	
31	Fri	burger bread chicken meat cutlet(sauce) boiled vegetables pumpkin stew	chicken meat cutlet bacon	fresh milk	carrot pumpkin parsley	cabbage onion shimeji mushroom	burger bread potato	oil	

Nutritional Reference intake for this month.

	Calories(kcal)	Protien(g)	Salt(g)
Elementary School	645	25.0	1.9
Junior High School	793	30.3	2.5

October is "Food Loss Reduction Month"

The spirit of "Mottanai" should not be forgotten!

Every 19th is Food Educational Day.

Seasonal ingredients.

- Salmon
- Sweet potatoes
- Mushrooms

