

SCHOOL LUNCH LETTER

FY2025(R7) December
〈Etajima city School lunch center〉

The cold has truly set in this season. Only one month remains of this year. This is a time when it's easy to get ill. We may strive to maintain regular daily habits so we can greet the winter break in good health.

Introduce Request menu

Nakamachi Elementary school 6th grader

Served on November 4th (Tue)



- Rice
- Fried chicken
- Marinated with yukari
- Clear soup
- Frozen Pineapple



One by one, carefully, coat them in flour and fry

【Impressions】

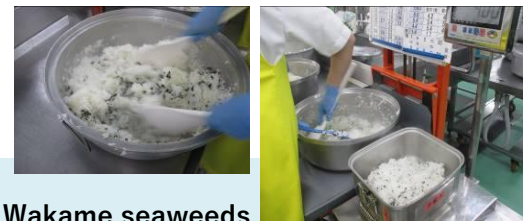
- Today's lunch was delicious again. Nakamachi Elementary's taste is excellent.
- The fried chicken was crispy and delicious.
- Everything was delicious today, so I had second helping.

Mitaka Elementary school 6th grader

Served on November 6th(Thu)



- Seaweed rice
- Fried Gyoza
- Stir-fried Lotus root
- Fruits punch



Wakame seaweeds mix with rice by hands

【Impressions】

- Requested menu and all school lunch was also delicious!
- Fruits punch was delicious.
- Request menu was best match and so delicious

Emergency school lunch

Served on November 5th (Wed)

Children may find difficult to accept emergency food that they don't normally eat. If they experience to eat before, they feel safe and realized that they think "This is what I ate in school lunches!" and familiar to eat this. Through emergency food supplies, let's raise awareness about disaster preparedness and consider what to eat during disasters at home. We serve Emergency food once a year at school lunch.



just eat it as is.

【Impressions】

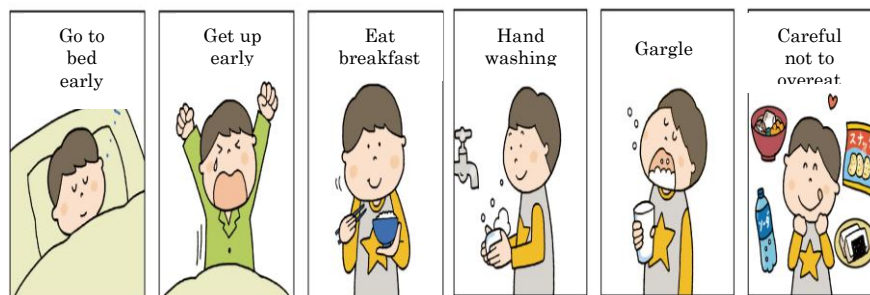
- It's delicious even it's cold and I thought about disaster.
- Kyukyu curry(Emergency food rescue curry) is more delicious than before and I enjoyed to eat it. After eating that curry, I realized how often I enjoy warm, delicious meals. It made me think again about how important food is in our lives.

How to spend your winter vacation

Even during winter vacation, aim to go to bed early, get up early and eat breakfast properly just like on school days.

Balanced meals, moderate exercise and sufficient sleep to boost immune system

Also winter vacation includes event such as Christmas, New year's eve and New year's day. Please be careful not to overeat and enjoy your time.



School lunch message from students



- Nov 11th(Tue) The "Rice bowl full of nutrients" was delicious with meat was juicy and refreshing spinach making it easy to eat. I hope you'll make it again. I don't like sweet potatoes, yet a sweet sauce-like flavor spread through my mouth. (Kanokawa elementary school 4th grade)
- Nov 14th(Fri) Navy curry is my favorite school lunch so I was happy and enjoyed it. Also corn salad was delicious. (Etajima junior high school 1st grade)
- Nov 17th(Mon) The Pickled dry radish was delicious with wonderfully crunchy texture. It's also nice to pay attention the sound it makes when you biting it. (Nakamachi elementary school 6th grade)
- Nov 17th(Mon) The sound of crunching pickled dry radish was quite pleasant. (Mitaka elementary school 6th grade)