



2025 December 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 Eggs Beans/Beans Product	Milk/Dairy Products/Small Fish/Seaweed	Green&Yellow Vegetables	Light-coloured vegetables/fruits/mushrooms	Rice/Bread/Noodles/Potato/Sugar	Oil/Seeds	
1	Mon			sukiyaki sesame seeds with vinegar	beef meat namaage ham	milk	carrot carrot japaneses spinach	onion chinese cabbage endomushroom burdock konnyaku japanese leek cabbage	rice sugar sugar	 oil sesame seeds
2	Tues			Etajima Elementary School Request chicken teriyaki marinate with perilla powder chinese cabbage miso soup cocoa babaroa	 chicken meat miso	 milk wakame wakame seaweeds	 carrot onion leaf chinese cabbage radish onion shitake mushroom	 cabbage	rice brown rice sugar starch	
3	Wed			spaghetti meat sauce ricchan salad	beef meat ham bonito flakes	milk seaweeds	carrot tomato carrot	garlic ginger onion mushroom cabbage cucumber corn	spaghetti sugar sugar	oil oil
4	Thurs			mapo tofu cabbage and spinach namul	pork tofu miso roast pork	milk	carrot chinese chive carrot spinach	garlic ginger mushroom onion cabbage	rice sugar starch sugar	 sesame oil sesame seeds
5	Fri			deep fried bread with sweetened soyflour(Elementary school) bread roll(Junior high school/Bunkyu) cream stew cheese salad soybean choco(Junior high school, Bunkyu)	roasted soybean flour	milk cheese	 carrot parsley carrot	 onion corn cabbage corn	breadroll granulated sugar bread roll potato sugar soybean choco	oil butter oli
8	Mon			grilled salmon with mirin sauteed burdock pumpkin miso soup	salmon agehan aburaage miso	milk	 carrot green beans carrot pumpkin onion leaf	 burdock konnyaku raddish	rice sugar sugar	 sesame oil sesame seeds sesame oil
9	Tues			 bean sprout namul wakame soup	pork meat soybean	milk wakame seaweeds	carrot carrot spinach carrot	garlic ginger mushroom bamboo shoot burdock japanese leek edamame bean sprout onion	rice glutinous rice sugar	sesame oil sesame oil sesame seeds sesame oil sesame seeds
10	Wed			Kirikushi Elementary School request Menu flavoring for milk (cocoa) lotus root chips consomme soup apple	 chicken meat chicken sausage	 milk wakame seaweed	 carrot spinach apple	 lotus root onion cabbage corn	rice flavoring for milk	 oil oil
11	Thurs			tanin donburi(pork and egg rice bowl) seaweed salad	pork fish cake egg	milk seaweed	 onion leaf carrot	 onion mushroom cabbage radish	rice sugar sugar	 sesame oil
12	Fri			deep fried bread with sweetened soyflour(Junior high school/Bunkyu) bread roll (Elementary school) pumpkin stew french salad soybeans choco(Elementary school)	soybean flour bacon ham	milk milk	 carrot pumpkin parsley carrot	 onion shimeji mushroom cabbage cucumber corn	bread roll granulated sugar bread roll potato sugar soybeans choco	oil oil
15	Mon			bibimbap korean soup	beef meat chicken meat	milk wakame seaweeds	carrot spinach carrot onion leaf	ginger garlic japanese leek beans sprout onion	rice sugar korean rice cake	sesame oil sesame seeds sesame oil
16	Tues			Food Educational Day deep fried mackerel fillet japanese spinach lemon dressed turnip miso soup	mackerel aburaage miso	milk	 japanese spinach carrot onion leaf	 chinese cabbage lemon onion turnip	rice brownrice sugar	 oil
17	Wed			Ohuru Elem.School request menu soy sauce ramen tuna and cucumber pudding	 pork tuna	milk	 carrot bok-choy carrot	 ginger garlic onion beans sprout wood ear mushroom cucumber	chinese noodles pudding	
18	Thus			Christmas Menu star-shaped hamburger consomme soup christmas cake (choco flavor)	chicken meat hamburger bacon	milk	carrot carrot spinach	ginger garlic onion edamame garlic onion cabbage corn	rice sugar olive oil	
19	Fri			pork sausage boiled vegetables corn cream soup	pork sausage chicken meat	milk	 carrot parsley	 cabbage onion corn	burger bread potato	 oil
22	Mon			Winter Solstice Menu.Last day of Elementary School pumpkin with minced sauce mochi balls soup yuzu jelly	chicken meat aburaage	milk	pumpkin carrot onion leaf	ginger onoin radish chinese cabbage	rice sugar starch mochi balls yuzu jelly	oil
23	Tues			Last day menu (Junior high school and Bunkyu) fried chicken with sweet sauce cabbage with salted kelp tofu and wakame miso soup	chicken meat aburaage tofu miso	milk wakame seaweeds	 carrot onion leaf	 cabbage onion enoki mushroom	rice starch sugar	 oil

The menu maybe changed due to the situation of the ingredients.
All of your school lunch expenses are used for food materials.

Changements of the Soybeans

【Standard Nutrients Intakes of the month】

	Elementary School	Junior high School
Calorie (kcal)	620	776
Protein (g)	25.1	30.4
Salt (g)	1.9	2.6

Every 19th is food educational day
Seasonal ingredients
• mackerel
• turnip

