



2026 January School Lunch Menu

Etajima City School Lunch Center

Date	Day	Menu	Main Ingredients					
			Red: Mainly a source of body building		Green: 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/Beans/Beans Product	Fresh Milk/Dairy Product/Small Fish/Seaweed	Green & Yellow Vegetables	Coloured Vegetables/Fruits/Mushroom	Rice/Bread/Noodles/Potato/Sugar	Oil/Seeds
7	Wed	rice bibimbap (Korean rice dish) wakame soup	beef miso	milk	carrot spinach carrot	ginger garlic floweringfern bean sprouts onion	rice sugar	sesame oil sesame oil sesame
8	Thurs	rice New Year's menu chicken teriyaki red and white namasu miso dumpling soup	chicken meat miso aburaaga	milk whitebait	kintoki-carrot carrot japanese spinach onion leaf	radish chinese cabbage onion	rice wheatflour sugar starch sugar mochi balls	sesame
9	Fri	rice pork curry fruit punch	pork meat	milk	carrot	garlic ginger onion yellow peach pineapple mikan	rice potato mochi balls	
13	Tues	rice Request Menu by Noumi Junior High School3-1 fried chicken glass noodles salad egg soup baked pudding tart	chicken meat ham egg	milk wakame seaweeds	carrot onion leaf	ginger garlic cucumber onion enokimushroom shitakemushroom	rice starch glassnoodles sugar starch baked pudding tart	oil sesame oil sesame
14	Wed	small butter bread fried noodles corn salad	pork meat agehan	milk	carrot onion leaf carrot japanese spinach	onion cabbage radish corn	butter bread chinese noodles sugar	oil oil
15	Thurs	rice sweet and sour pork chinese egg soup	pork meat egg	milk	carrot red bell pepper green bell pepper carrot	bamboo shoots onion shitakemushroom onion corn shimejimushroom	rice starch sugar starch	oil sesameoil
16	Fri	brown sugar bread cream stew cheese salad	chicken meat	milk milk cheese	carrot parsley carrot	onion cabbage corn green soybeans	brown sugar bread potato sugar	butter oil
19	Mon	brown rice cod and vegetables sweet and sour chinese cabbage and turnip miso soup	cod tofu miso	milk	carrot red bell pepper green bell pepper carrot onion leaf	onion chinese cabbage turnips	rice brownrice sugar	oil
20	Tues	rice simmered chicken and root vegetables vegetables with sesame vinegar	chicken meat chikuwa ham	milk	carrot green beans carrot japanese spinach	lotus root burdock konnyaku cabbage	rice potato sugar sugar	oil sesame
21	Wed	boiled chinese noodles Request menu by Enou bunkyu soysauce ramen cabbage with salted kelp pudding	pork meat	milk	carrot bok-choy	ginger garlic onion bean sprouts wood ear mushroom cabbage	chinese noodles pudding	
22	Thurs	rice horse mackerel fry marinated cucumber with plum soup containing a variety of ingredients	horse mackerel fry bonito flakes tofu chikuwa miso	milk white bait	carrot onion leaf	cucumber japanese plums lemon radish onion shimejimushroom	rice olive oil sesame	
23	Fri	flavored bread omelets boiled vegetables seafood chowder	omelets squid shrimp	milk	carrot	cabbage onion shimejimushroom greenpeas	flavored bread potato	oil butter
26	Mon	barley rice flavored nori seaweed grilled salmon pickles suitson(flour dumpling soup)	salmon aburaage	milk nori seaweeds	carrot onion leaf	pickles burdock radish konnyaku	rice barley suitson(flour dumpling)	
27	Tues	moburi rice marinated yukari (perilla powder) bishu-nabe (sake hot pot)	shrimp chicken meat	milk whitebait	carrot	burdock shitakemushroom green soybeans cabbage	rice taro sugar	oil oil
28	Wed	barley rice hayashi rice etajima salad	beef soybeans	milk fresh cream	carrot carrot	garlic onion shimejimushroom greenpeas cabbage radish cucumber lemon	rice barley sugar sugar	oil butter olive oil
29	Thurs	rice Request menu by EtajimaJunior High School 3rd glader fried chicken cabbage with salted kelp pork vegetables soup baked pudding tart	chicken meat porkmeat tofu miso	milk seaweeds	carrot	ginger garlic cabbage radish onion burdock konnyaku japanese leek	rice starch taro baked pudding tart	oil
30	Fri	rice freeze dried tofu with egg japanese spinach with sesame seeds small sardines miso	chickenmeat freeze-dried tofu agehan egg miso	milk white bait	carrot carrot japanese spinach onion leaf	onion greenpeas bean sprouts	rice potato sugar sugar	oil sesame sesame oil

	Elementary School	Junior High School
Calorie (kcal)	617	757
Protein (g)	25.0	29.9
Salt (g)	2.0	2.6

Every 19th in food educational day
seasonal ingredients
• cod
• japanese spinach
• chinese cabbage

National School Lunch Week

New Year Menu

On January 8th(Thurs) the New Year Menu will be served. Each dish in the New Year's feast carries wishes for such as health and long life. For school lunch, we will serve "Red and White Namasu" that represents happiness and good luck and "Miso dumpling soup" featuring shiratama dumplings resembling zōni rice cakes.



Jan 26th(Mon) Old Days Menu

Jan 27th(Tues)【Etajima Local food】 Moburi Rice with Bishu Nabe (Sake Pot) uses Etajima's sake.

Jan 28th(Wed)【Etajima's cucumber】 Etajima Salad

Jan 29th(Thurs)【Request Menu】 Etajima High School grade 3-1

Jan 30th(Fri)【Etajima Local food】 Small Sardines Miso



