






























FY2025 February 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 contioning | | Yellow: Mainly a souce of energy | | |
| | | | | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 | |
| | | | | Fish/Meat/Egg/Beans/Beans Product | Fresh milk/Dairy Products/Small Fish/ Seaweed | Green & Yellow Vegetables | Light-coloured vegetables/Fruits/Mushroom | Rice/Bread/Noodles/Potato/Sugar | Oil/ Seeds | |
| 2 | Mon |  |  | Simmered potatoes Burdock and Nuts salad | pork meat namaage agehan tuna | milk | carrot carrot | ginger onion greenpeas burdock radish cabbage | rice potato sugar starch | almond non-egg mayonnaise |
| 3 | Tue |  |  | Setsubun Menu Grilled Sardines Boiled vegetables Chinese cabbage miso soup Setsubun Beans | sardines aburaage miso soybean | milk | onion leaf | ginger cabbage chinese cabbage onion | rice sugar starch | oil sesame |
| 4 | Wed |  |  | Stir-fried udon Karu Chan Salad | pork meat agehan tuna | milk white bait hijiki(brown seaweed) | carrot onion leaf carrot | ginger garlic onion cabbage corn raddish | flavored bread udon sugar | sesame oil |
| 5 | Thurs |  |  | Request menu: Enou Bunkyu Elementary/Junior High School Hayashi rice Corn Salad Genki yogurt | beef meat | fresh cream yogurt | carrot japanese spinach carrot | garlic onion shimeji mushroom cabbage corn | rice sugar sugar | oil butter oil |
| 6 | Fri |  |  | Oval shaped bread (Elementary School) Deep fried bread sweetened soyflour(Junior High School/Bunkyu) Pork Beans Tuna Salad Blueberry and margarine(Elementary School) | soybean flour pork meat soybean tuna | milk | carrot green bean carrot | onion cabbage corn | bread roll bread roll granulated sugar potato sugar sugar | oil oil blueberry and margarine |
| 9 | Mon |  |  | Grilled Mackerel with sweet vinegar Cabbage with salted kelp Radish clear soup | mackerel chikuwa aburaage | milk kelp wakame seaweed | onion leaf | cabbage raddish shitake mushroom | rice sugar | |
| 10 | Tues |  |  | Bulgogi Potato Salad | pork meat ham | milk | carrot bok-choy chinese chive | garlic onion eringi mushroom corn cucumber | rice sugar potato | sesame sesame oil non egg mayonnaise |
| 11 | Wed | National Foundation Day | | | | | | | | |
| 12 | Thurs |  |  | Oden Pickeled thin dried stripe of raddish | chicken meat namaage chikuwa | milk kelp white bait seaweed | carrot carrot | konnyaku radish dried raddish stripe cabbage | rice potato sugar sugar | oil |
| 13 | Fri |  |  | Deep fried bread sweetend soyflour(Elementary School) Oblong,japanese bread roll(Junior High School/Bunkyu) Beef Stew French Salad Blueberry and Margarine(Junior High School/Bunkyu) | soybean flour beef meat ham | milk fresh cream | carrot carrot | garlic onion mushroom cabbage cucumber corn | bread roll granulated sugar bread roll potato sugar sugar | oil oil |
| 16 | Mon |  |  | Grilled Shisamo(fish) Lotus root and porkmeat stir fried Nameko Mushroom Miso Soup | pork meat tofu aburaage miso | milk shishamo | chinese chive | ginger garlic lotus root japanese yellow pickled raddish nameko japanese leek | rice sugar | sesame oil |
| 17 | Tues |  |  | Request Menu: Ogaki Junior High School Bibimbap Tteok-bokki soup Baked pudding tart | beef meat | fermented milk(joie) | spinach carrot carrot chinese chives | ginger garlic japanese leek beans sprout onion chinese cabbage shitake mushroom | rice sugar tteok-bokki baked pudding tart | sesame oil sesame sesame oil |
| 18 | Wed |  |  | Soybean Udon Simmered Hijiki | soybean aburaage kamaboko(fish cake) chicken meat agehan | milk hijiki(brown seaweed) | carrot onion leaf carrot | onion shitake mushroom ginger lotus root stem bean konnyaku | udon potato sugar | sesame oil |
| 19 | Thurs |  |  | Food Educational Day Cod(Fish)marinated sweet vinegar Broccoli Salad Potato and Wakame miso soup | cod tuna aburaage miso | milk | broccoli carrot carrot onion leaf | raddish corn onion shimeji mushroom | rice brown rice sugar | oil |
| 20 | Fri |  |  | Hamburg Boiled vegetables Egg soup | hamburg bacon egg | milk | carrot parsley | cabbage onoin | burger bread starch | oil |
| 23 | Mon | The Emperor's Birthday | | | | | | | | |
| 24 | Tues |  |  | Request Menu: Noumi Junior High School 3-2 Salmon fried with cheese Marinated Cucumber Pork soup Strawberry Crepe | salmon fried with cheese pork meat namage miso | milk | carrot | cucumber raddish burdock japanese leek | rice taro konnyaku crepe | oil |
| 25 | Wed |  |  | Penne meat sauce Cheese Salad | beef meat | milk cheese | carrot green pepper tomato carrot | garlic ginger onion mushroom cabbage cucumber corn | rich bread penne sugar sugar | oil oil |
| 26 | Thurs |  |  | Chopsuey Mix seaweed salad | pork meat shrimp squid tuna | milk seaweed mix | carrot bok-choy carrot | gaelic ginger chinese cabbage onion wood ear mushroom bamboo shoots bean sprout corn cucumber | rice sugar starch sugar | sesame oil |
| 27 | Fri |  |  | "Hiroshima school lunch" Menu Gapao rice with Hiroshima na cabbage consomme soup | chicken meat egg bacon | milk | carrot green bell pepper rag bell pepper hiroshima cabbage bok-choy carrot | garlic onion garlic onion corn | rice sugar potato | oil olive oil |

The menu may be changed due to the situation of the ingrdients
All of your school lunch expenses are used for food materials.
【Nutritional Reference intakes for this month】

| | Calories (kcal) | Protein (g) | Salt(g) | | Calories (kcal) | Protein (g) | Salt(g) |
|-------------------|--------------------|----------------|---------|--------------------|--------------------|----------------|---------|
| Elementary school | 621 | 25.4 | 2.0 | Junior high school | 760 | 30.7 | 2.6 |



Every 19th is Food Educational Day
Seasonal Ingredients
• Cod