



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		milk			rice	
3	Tue	   Setsubun Menu Grilled Sardines Boiled vegetables Chinese cabbage miso soup Setsubun Beans	pork meat namaage agehan		carrot	ginger onion greenpeas	potato sugar starch	
4	Wed	   Stir-fried udon Karu Chan Salad	tuna		carrot	burdock radish cabbage	almond non-egg mayonnaise	
5	Thurs	   Request menu: Enou Bunkyu Elementary/Junior High School Hayashi rice Corn Salad Genki yogurt		milk			flavored bread	
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)	pork meat agehan	carrot onion leaf	ginger garlic onion cabbage	udon		
9	Mon	   Grilled Mackerel with sweet vinegar Cabbage with salted kelp Radish clear soup	mackerel				rice	
10	Tues	   Bulgogi Potato Salad	beef meat	fresh cream	carrot	garlic onion shimeji mushroom	oil butter	
11	Wed	National Foundation Day						
12	Thurs	   Oden Pickled thin dried stripe of radish	chicken meat namaage chikuwa	milk	carrot	konnyaku radish	rice	
13	Fri	   Deep fried bread sweetened soyflour (Elementary School) Oblong Japanese bread roll (Junior High School/Bunkyu) Beef Stew French Salad Blueberry and Margarine (Junior High School/Bunkyu)	kelp			cabbage	sugar	
16	Mon	   Grilled Shisamo(fish) Lotus root and porkmeat stir fried Nameko Mushroom Miso Soup	pork meat	shishamo	chinese chive	ginger garlic lotus root japanese yellow pickled radish	rice	
17	Tues	   Request Menu: Ogaki Junior High School Bibimbap Tteok-bokki soup Baked pudding tart	tofu aburaage miso	fermented milk(joie)			sugar	
18	Wed	   Soybean Udon Simmered Hijiki		milk	carrot onion leaf	onion shiitake mushroom	rice	
19	Thurs	   Food Educational Day Cod(Fish) marinated sweet vinegar Broccoli Salad Potato and Wakame miso soup	cod				sugar	
20	Fri	   Hamburg Boiled vegetables Egg soup	hamburg	milk			oil	
23	Mon	The Emperor's Birthday						
24	Tues	   Request Menu: Noumi Junior High School 3-2 Salmon fried with cheese Marinated Cucumber	salmon fried with cheese	milk			rice	
25	Wed	   Penne meat sauce Cheese Salad	pork meat namage miso		carrot	raddish burdock japanese leek	oil	
26	Thurs	   Chopsuey Mix seaweed salad	pork meat shrimp squid	milk	carrot bok-choy	ginger garlic chinese cabbage onion wood ear mushroom bamboo shoots bean sprout	rice	
27	Fri	   "Hiroshima school lunch" Menu Gapao rice with Hiroshima na cabbage consomme soup	chicken meat egg		carrot green bell pepper red bell pepper hiroshima cabbage	garlic onion	sugar	
			bacon		bok-choy carrot	garlic onion corn	potato	

The menu may be changed due to the situation of the ingredients

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



Every 19th is Food Educational Day
Seasonal Ingredients
• Cod