



# 2025 March School Lunch Menu

Etajima City School Lunch Communal Kitchen

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		
Bread/egg/Beans/Beans Product		Fresh milk/Dairy Products/Small fish/Seaweed		Green & Yellow Vegetables		Red Vegetable/Fruits/Mus		Rice/Bread/Noodles/Potato/Sugar	Oil/Seeds	
2	Mon	wakame rice small sardines fry dressed in sesame sauce potato miso soup		milk wakame				rice	oil	
3	Tues	chirashi sushi Hinamatsuri menu chicken teriyaki cabbage with kelp steamed fish cake(chikuwa) clear soup tiny ball shaped rice cracker(hina-arare)	chikuwa chicken meat	milk konbu (edible kelp)	carrot carrot	green onion leaf onion	bean sprout burdock stembeans mushroom(shitake)	sugar rice sugar	sesame oil potato wheat flour sugar starch	
4	Wed	small butter bread seafood salt flavored fried noodles hijiki seaweed salad with edamame	pork meat shrimp squid ham tuna	milk hijiki	carrot carrot bok-choy	green onion leaf ginger garlic onion cabbage		butter bread chinese noodles sugar	sesame oil sesame seed sesame oil	
5	Thurs	rice hashed beef rice radish colorful salad harajuku dog (maple custard)	beef meat tuna	milk fresh cream milk	carrot carrot	green onion leaf ginger onion mushroom (shimeji)		rice sugar	oil butter oil	
6	Fri	brown sugar bread grilled marmalade chicken cabbage consomme soup	chicken meat tuna bacon	milk			chicken meat marmalade cabbage	brown sugar bread potato		
9	Mon	rice simmered soybeans and hijiki seaweed japanese spinach with sesame dressing	soybean chicken meat agehan chikuwa	milk hijiki	carrot spinach	green beans cabbage	onion konnyaku	rice potato sugar	sesame oil sesame seeds	
10	Tues	rice hoki(fish) with sesame sauce dressed with yukari(red shiso leaves powder) pork & variety vegetables soup	hoki pork meat tofu miso	milk		ginger cabbage		rice sugar	oil sesame seed	
11	Wed	boiled udon chicken and egg udon noodle soup marinated cucumber with plum genki yogurt	chicken meat japanese steamed fish cake egg bonito flakes	milk whitebait yogurt	carrot carrot green onion leaf	green onion leaf ginger onion mushroom(shitake)		udon starch	olive oil sesame seed	
12	Thurs	rice mapo tofu bok-choy namul	pork meat tofu miso ham	milk	carrot carrot bok-choy	chinese chives ginger mushroom(shitake) onion		rice sugar starch	sesame oil sesame seed	
13	Fri	barley rice navy curry toppings(soy beans & young sardines) corn salad	beef meat soy bean	milk whitebait	carrot	ginger ginger onion		rice barley potato milk chocolate starch	olive oil oil olive oil oil	
16	Mon	rice chicken meat and egg rice bowl root vegetables soup	chicken meat pork meat egg aburaage	milk	carrot carrot green onion left	ginger onion green peas radish konnyaku shitake(mushroom)		rice sugar	oil japanese taro starch	
17	Tues	brown rice Food educational day grated spanish mackerel sauce boiled vegetables green japanese leek egg drop soup	spanish mackerel tofu egg	milk		radish cabbage		rice brown sugar		
18	Wed	red rice Elementary School fried chicken marinated with red perilla chikuwa clear soup honey lemon jelly	red bean chicken meat chikuwa	milk wakame		ginger garlic cabbage		rice glutinous rice starch	oil	
19	Thurs	rice Last day menu of all graded school nikujaga(meat and potato stew) marinated sesame & vinegar	beef meat ham	milk	carrot carrot japanese spinach	onion konnyaku green peas cabbage		rice potato sugar	oil sesame seed	
20	Fri	Spring Equinox Day								
23	Mon	rice grilled mackerel with onion soy sauce marinated cucumber cabbage and bacon miso soup	mackerel bacon aburaage miso	milk		green onion leaf cucumber	ginger garlic onion cabbage	rice	sesame oil	
24	Tues	fried rice Elementary School last menu shumai glass noodles soup	pork meat egg shumai chicken meat	milk	carrot carrot chinese chive	green onion leaf ginger garlic onion		rice glass noodles	sesame oil	
25	Wed	Croissant bread Junior High School last napolitan consomme soup rare cheese with strawberry flavor	bacon chicken meat vienna sausage	milk	carrot carrot spinach	green bell pepper garlic onion mushroom	garlic onion cabbage corn	croissant bread spaghetti sugar	oil potato	

\*The menu may be changed depending on the ingredients  
\*All of the school lunch fee are used for food ingredients

パズルのこたえ: バランスよくたべよう

	小学校	中学校	エネルギー
Calorie (kcal)	630	780	
Protein (g)	26.4	32.0	
Salt (g)	2.0	2.6	

Every 19th of the month is Food Educational Day  
seasonal ingredients  
• Japanese Spanish Mackerel  
• Onion leaf

Thank you for the past year  
This year's school lunch center ends on March 25(Wed) Thank you very much for your understanding and cooperation in our school lunch initiative. We look forward to your continued.

**食育パズル** ヒントを見て縦に言葉を入れましょう。太枠の中に言葉があらわれます。

① 写真を撮る道具。  
② 洋服などに使われる留め具。  
③ スニーカー、サンダル、ブーツなどのこと。  
④ 食材を包丁で切る時に下に置くもの。  
⑤ 遠足の時などに食べるごはん。

パズル: 八、ス、よ、ベ、よ