April 2026（R8） 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	Group5	Group6
			ish/Meat/Egg/Beans Produc	Fresh Milk/Dairy Product/Small fish/Seaweeds	een and Yellow Vegetabl	loured Vegetables/Fruit/Mushro	Rice/Bread/Noodle/Potato/Sugar	Oil/Seed
		Junior High and Eno School Lunch start						
8	Wed	rice		milk			rice	
		soboro rice(minced chicken & pork rice bowl)	chicken meat pork meat		carrot	ginger onion greenpeas	sugar	oil
		clear soup with mochi balls	aburaage(japanese fried tofu pouch)		carrot green onion leaf	radish shitake(mushroom)	mochi balls	
		Elementary School Lunch start						
9	Thurs	barley rice		milk			rice barley	
		chicken curry	chicken		carrot	garlic ginger onion	potato	oil
		corn salad			carrot japanese mustard spinach	cabbage corn	sugar	oil
10	Fri	rice		milk			rice	
		mabo tofu	pork tofu miso		carrot chinese chive	garlic ginger shitake(mushroom) onion	sugar starch	
		rice noodles chinese style salad	ham		carrot	beans sprout cucumber cabbage	rice-noodles sugar	sesame oil sesame
13	Mon	rice		milk			rice	
		hashed beef rice	beef	fresh cream	carrot	garlic onion shimeji(mushroom)	sugar	oil butter
		french salad	ham		carrot	cabbage cucumber corn	sugar	oil
14	Tues	rice		milk			rice	
		simmered chicken and root vegetables	chicken chikuwa		carrot green beans	lotus root burdock konnyaku	potato sugar	oil
		vinegared salad		wakame(seaweed)	carrot	cucumber beans sprout	sugar	
		baked pudding tart					baked pudding tart	
15	Wed	small rich bread		milk			rich bread	
		fried noodles	pork agehan		carrrot green onion leaf	garlic ginger onion cabbage	chinese noodles	
		cucumber salad	soybeans		carrot	cabbage cucumber lemon	sugar	olive oil
16	Thurs	brown rice	Food Educational Day	milk			rice brown rice	
		deep fried spanish mackerel	spanish mackerel			ginger	starch	oil
		spring cabbage with konbu seaweed		konbu seaweed		cabbage		
		miso soup with thick deep-fried tofu	namaage miso		carrot green onion leaf	onion		
17	Fri	twist bread		milk			twist bread	
		omelet with ketchup sauce	omelet				sugar	
		cabbage-	tuna			cabbage		
		komatsuna(japanese mustard spinach)milk soup	bacon chick peas	milk	carrot japanese mustard spinach	onion shimeji(mushroom) corn	potato	oil
20	Mon	rice		milk			rice	
		teriyaki hamburger steak	hamburg(chicken meat)				sugar starch	
		potato salad	ham			corn cucumber	potato sugar	non egg mayonnaise
		tofu and wakame miso soup	aburaage tofu miso	wakame(seaweed)	carrot green onion leaf	onion enoki(mushroom)		
21	Tues	rice		milk			rice	
		grilled mackerel marinated in sweet soy sauce	mackerel				sugar	
		cabbage with lemon flavor			carrot	cabbage lemon		
		Traditional japanese clear soup		wakame(seaweed)	carrot green onion leaf	onion enoki(mushroom)		
		cocoa bavarian cream					cocoa bavarian cream	
22	Wed	boiled udon		milk			udon	
		boiled udon	chicken aburaage		carrot green onion leaf	ginger burdock onion		
		stir-fried lotus root	pork		carrot chinese chives	ginger garlic bean sprout lotus root	sugar	
		genki yogurt		yoghurt				
23	Thurs	rice		milk			rice	
		simmered taro with minced meat	pork agehan miso		carrot	lotus root konnyaku greenpeas	taro sugar	
		dried baby sardines salad		wakame (seaweed) dried baby sardine	carrot	cabbage radish	sugar	sesame oil sesame
24	Fri	flavoured bread		milk			flavoured bread	
		chicken beans	chicken meat soybean		carrot green beans	onion	potato sugar	oil
		cheese salad		cheese	carrot	cabbage cucumber corn	sugar	oil
		strawberry				strawberry		
27	Mon	rice		milk			rice	
		stir fried pork and chinese chives	pork		carrot chinese chive	ginger garlic cabbage onion	starch	sesame oil
		egg soup	egg		carrot	onion shimeji(mushroom) japanese leek	starch	
28	Tues	rice		milk			rice	
		fried cheese salmon	salmon	cheese				oil
		marinated with red perilla				cabbage		
		chikuwa clear soup	chikuwa	wakame (seaweed)	carrot green onion leaf	onion enoki(mushroom)		
29	Wed	Showa Day（Holiday）						
30	Thurs	rice		milk			rice	
		tofu with curry flavoured stew	pork grilled tofu		carrot	ginger onion greenpeas	sugar starch	
		asparagus with sesame seed,miso vinegar dressing	miso		carrot asparagus	cabbage	sugar	sesame

※The menu changed due to the situations of ingredients.

※All of your school lunch fee is used for food expenses.

	小学校	中学校
エネルギー（kcal）	630	780
たんぱく質（g）	25.4	30.8
食塩（g）	2.0	2.6

Every 19th is Food Educational Day

Seasonal ingredients

• Spring Cabbage

Congratulations on your enrollment & new grade !

The new school year has started.We provide approximately 1,200 meals to all Elementary,Junior High School and the Eno School in Etajima City School Lunch Center。

We will make every effort to provide ″Safe and Secure″and ″Delicious″ school lunches that support children's minds and health.

Neat and tidy clothing is an essential part of being on school lunch duty

★Keep your nails trimmed short.

★Wash your hands thoroughly with soap.



★When you wear hat make sure that your hair is inside of it.

Please note
If your child brings their school lunch