



June 2026 (R8) School Lunch Menu

Etajima City School Lunch Center

Date	Day	Menu		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
				Egg.Beans.Beans Product	Fresh Milk.Dairy Product	Green & Yellow Vegetable	Light coloured Vegetables, Fruits, Mushroom	Rice.Bread.Noodles.Potato.Sugar	Oil, Seeds
1	Mon	rice 	Chinese-style simmered thick fried tofu cabbage and spinach namul	pork meat namaage	fresh milk	carrot bok-choy carrot spinach	onion shitake(mushroom)garlic ginger cabbage	sugar starch sugar	oil sesame oil sesame seed
2	Tues	rice 	deep fried bonito with glaze sauce wakame and vinegar salad eggplant miso soup	bonito aburaage miso	fresh milk wakame seaweed	carrot green onion leaf	cucumber eggplant enoki(mushroom)onion	rice sugar starch sugar	oil
3	Wed	rice 	bibimbap(korean rice dish) fruits punch	beef meat	resh milk	carrot spinach	ginger garlic japanese leek bean sprout orange peach pineapple	rice sugar white ball dumplings	sesame seed sesame oil
4	Thurs	rice 	kami kami menu (4th to 10th between teeth & soybeans seaweed flavor japanese spinach with konbu	soybean chicken meat agehan	fresh milk hijiki seaweed konbu seaweed	carrot green beans carrot japanese spinach	onion konnyaku cabbage	rice potato sugar	sesame oil sesame seed sesame oil
5	Fri	barley rice 	eggplantwith ground meat curry crispy salad	beef meat	fresh milk	carrot green bell pepper carrot	garlic ginger onion eggplant cabbage cucumber yellow pickled crunchy radish	rice barley potato sugar	
8	Mon	rice 	chicken burdock glass noodles soup	chicken meat pork meat	fresh milk		burdock green peas ginger garlic onion	rice starch sugar glass noodle	oil sesame oil
9	Tues	rice 	simmered freeze-dried tofu bound with egg dried daikon strips & baby sardines with sesame seed	chicken meat freeze dried tofu agehan egg	fresh milk dried baby sardines	carrot carrot	onion green peas dried daikon strips cabbage	rice potato sugar sugar	oil sesame seeds
10	Wed	small rich bread 	meat sauce spaghetti kami kami soybeans salad	beef meat soybean	fresh milk	carrot tomato carrot	garlic ginger onion mushroom cabbage corn cucumber	rich bread spaghetti sugar sugar	oil oil
11	Thurs	rice 	salmon with starchy black vinegar sauce cabbage with salted kelp pumpkin miso soup	salmon aburaage miso	fresh milk konbu seaweed		garlic cabbage onion	rice sugar starch	
12	Fri	burger bread 	grilled hamburg cabbage broad bean milk soup	hamburg bacon	fresh milk		cabbage onion shimeji(mushroom)broad beans(soramame)	bread roll potato	butter butter
15	Mon	rice 	Local Products Week (9th-13th) chicken in sweet miso sauce red perilla wood ear mushroom soup	chicken meat miso pork meat	fresh milk		cabbage carrot green onion leaf onion wood ear mushroom	rice starch sugar	oil sesame oil
16	Tues	barley rice 	Delicious Etajima mapo rice bowl etajima baby sardines with cucumber	pork meat tofu miso	fresh milk dried baby sardines	carrot tomato green onion salad	garlic ginger shitake(mushroom)onion zucchini(summer squash) cucumber	rice barley sugar starch sugar	sesame oil sesame seed
17	Wed	small butter bread 	stir-fried udon spicy beans	pork meat agehan soybean	fresh milk	carrot green onion leaf	ginger garlic onion cabbage	butter bread udon rice flour starch	oil
18	Thurs	brown rice 	Food Educational Day deep fried small sardines burdock with nuts spring potatoes miso soup	tuna aburaage tofu miso	fresh milk small sardines	carrot carrot green onion leaf	burdock cabbage onion	rice brown rice starch potato	oil almond non egg mayonnaise
19	Fri	brown sugar bread 	fried chicken with marmalade sauce lemon salad egg and letus soup	chicken meat bacon egg	fresh milk	carrot	garlic marmalade cabbage cucumber corn onion letus shimeji(mushroom)	brown sugar bread sugar potato starch	lemon oil oil
22	Mon	rice 	bulgogi chinese salad	beef meat ham egg	fresh milk	carrot bok-choy chinese chive	garlic onoin eringi(mushroom) cucumber	rice sugar glass noodle sugar	sesame oil sesame oil sesame seed
23	Tues	rice 	mackerel in vinegar dressing mini tomato tofu and wakame miso soup	mackerel aburaage tofu miso	fresh milk wakame seaweed	carrot green bell pepper mini tomato carrot green onion leaf	onoin yellow bell pepper onion enoki(mushroom)	rice sugar	oil
24	Wed	chinese noodles 	soy sauce ramen seasoned jellyfish salad japanese cherry jelly	pork meat jellyfish	fresh milk	carrot bok-choy carrot	ginger garlic onion bean sprout wood ear (mushroom) cucumber	chinese noodles sugar japanese cherry jelly	
25	Thurs	fresh ginger mixed rice 	chicken with a japanese plum sauce vegetable side dish white gourd soup	aburaage chicken meat	freh milk	carrot	fresh ginger plum cabbage	rice sugar	
26	Fri	stick bread 	frankfurt curry marinade ABC soup	pork wieners tuna bacon	fresh milk	carrot carrot japanese spinach	onion cucumber corn garlic onoin	bread roll sugar potato macaroni	olive oil
29	Mon	rice 	Japanese meat and potato stew marinated sesame and vinegar	beef meat chikuwa	fresh milk	carrot carrot japanese spinach	onion konnyaku green peas cabbage	rice potato sugar sugar	oil sesame seed
30	Tues	rice 	deep fried chikuwa crispy potato with sesame seed chicken meat soup	chikuwa chicken meat	fresh milk dried green seaweed	carrot japanese spinach		rice wheat flour potato sugar	oil sesame seed sesame oil

(Nutrition reference intakes for this month)

	Calorie (kcal)	Protein (g)	Salt (g)
Elementary school	613	26.5	1.9
Junior high school	753	32.0	2.6

4th-10th 「Tooth and Mouth Heath Week」

This menu is rich of calcium ingredients.. Let's concentrate chewing and eat well.

16th 「Delicious EtajimaDay」

It is a menu that uses plenty of



Every 19th is food educational day [seasonal inredients]
• small sardine
• fresh onion