



2026 September School Lunch Menu

Etajima City School Lunch Center

Day	Date	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
			Fish/Meat/Egg/Bean Product	Fresh Milk/Dairy Products/Small Fish/Seaweed	Green and Yellow Vegetables	Coloured Vegetables/ Fruits/ Mushrooms	Rice/ Bread/ Noodles/ Potato/ Sugar	Oil/ Seeds
1	Tu	Soboro bowl Root vegetables soup	chicken pork egg aburaage	fresh milk	carrot carrot green onion leaf	ginger onion greenpeas radish konnyaku shitake(mushroom)	rice sugar taro starch	oil
2	We	Hayashi rice(rice with hashed meat) Hijiki and Green soybeans salad	beef ham tuna	fresh milk fresh cream hijiki	carrot carrot bok-choy	garlic onion shimeji (mushroom) green beans	rice sugar sugar	oil butter oil
3	Th	Pepper steak (chinjao rosu) Meatball and vegetable soup	beef meatball	fresh milk	green bell pepper red bell pepper carrot bok-choy chinese chive	ginger garlic bamboo shoot beansprout onion	rice sugar starch glassnoodles	oil
4	Fri	Creamy simmered pumpkin Chewy soybean salad	chicken soybean	fresh milk fresh milk fresh cream whitebait	carrot pumpkin carrot	onion shimeji(mushroom) greenpeas cabbage corn cucumber	butter bread sugar	oil oil
7	Mon	Mapo atsugae rice noodles salad	pork namaage miso ham	fresh milk	carrot chinese chive carrot	onion shitake (mushroom) ginger garlic cucumber cabbage	rice sugar starch rice noodles sugar	sesame oil sesame oil sesame seed
8	Tu	Sweet and savory deep-fried mackerel Cabbage with salted kelp Japanese egg drop soup	mackerel egg	fresh milk konbu	carrot green onion leaf	cabbage onion enokitake(mushroom)	rice starch sugar starch	oil
9	We	Penne meat sauce Chicken salad Pear	beef chicken	fresh milk	carrot green bell pepper tomato carrot	garlic ginger onion mushroom cabbage cucumber	cheese bread penne sugar sugar	oil oil
10	Th	Chicken Teriyaki Simmered dried daikon radish strips Tofu miso soup	chicken chikuwa tofu miso	fresh milk	carrot	radish strips green soybeans shitake (mushroom) onion	rice wheat flour sugar starch potato	oil
11	Fri	Etajima Navy Curry Konnyaku salad	beef soybean	fresh milk whitebait wakame seaweed	carrot carrot broccoli	garlic ginger onion cabbage konnyaku	barley rice potato milk chocolate starch sugar	olive oil oil olive oil oil
14	Mon	Deep-fried small sardines Burdock and Nuts salad Pork and vegetable miso soup	tuna pork tofu miso	fresh milk wakame seaweed deep fried small sardines	carrot carrot	burdock cabbage onion japanese leek konnyaku	rice oil sweet potato	almond non egg mayonnaise
15	Tu	Sukiyaki Marinated vegetable with sesame and vinegar	beef namaage ham	fresh milk	carrot carrot japanese spinach	onion chinese cabbage enokitake(mushroom) burdock konnyaku japanese leek cabbage	rice sugar sugar	oil sesame
16	We	Kimchi and pickled radish rice bowl Wakame stems salad	pork chicken ham	fresh milk wakame stem	carrot green onion leaf carrot broccoli	garlic ginger chinese cabbage bamboo shoot pickle radish cabbage	rice sugar sugar	sesame oil
17	Th	Food Education Day Salt-grilled pacific saury Vegetables dressed with seaweed flakes Eggplant and pumpkin miso soup	pacific saury bonito flakes aburaage miso	fresh milk seaweed flakes	carrot japanese spinach pumpkin green onion leaf	cabbage eggplant onion	brown rice	
18	Fri	Omelette Tuna and Cabbage Seafood chowder	omelette tuna squid shrimp	fresh milk	carrot	cabbage onion shimeji (mushroom) greenpeas	flavoured bread potato	oil butter
21	Mon	Respect for the Aged Day (Holiday)						
22	Tu	National Holidays						
23	We	Autumnal Equinox Day (Holiday)						
24	Th	Sweet and Sour pork Chinese egg soup	pork egg	fresh milk	carrot red bell pepper bellpepper carrot	bamboo shoot onion shitake (mushroom) onion corn shimeji(mushroom)	rice starch sugar starch	あぶら oil sesame oil
25	Fri	Moon-viewing menu Taro with sesame-miso sauce Clear broth soup with chikuwa Moon-viewing rice dumplings	chicken agehan miso chikuwa	fresh milk wakame seaweed	carrot green bean carrot green onion leaf	konnyaku radish onion	rice taro sugar moon-viewing rice dumplings	chestnut oil sesame
28	Mon	Horse mackerel grated radish sauce Vegetable side-dish Nameko mushroom miso soup	horse mackerel namaage miso	fresh milk	carrot carrot	radish cabbage nameko(mushroom) onion japanese leek	rice sugar	
29	Tu	Simmered freeze dried tofu Crunchy seasoned salad	chicken freeze-dried tofu egg	fresh milk	carrot carrot	onion konnyaku shitake (mushroom) greenpeas cabbage cucumber pickled radish	potato sugar sugar	oil
30	We	Udon with mix vegetables Pork with hijiki seaweed Ohagi (sweet red bean rice cake)	chicken aburaage pork agehan miso	fresh milk hijiki	carrot green onion leaf carrot green bean	ginger burdock onion ginger garlic konnyaku	udon sugar ohagi	sesame oil sesame

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

All of your school lunch expenses are used for food ingredients.

【Nutrition reference intakes for this month】

	Calorie (kcal)	Protein (g)	Salt (g)		Calorie (kcal)	Protein (g)	Salt (g)
Elementary school	626	25.3	2.0	Junior high school	780	30.6	2.6

Every 19th is Food Educational Day Seasonal ingredients)

• Pacific saury • Eggplant • Pumpkin

