

SCHOOL LUNCH LETTER

October 2026(R8)

<Etajima City School lunch center>

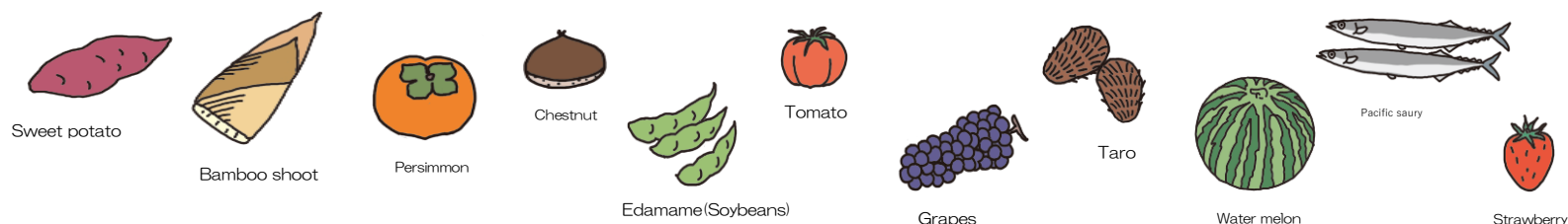
As the sayings ‘autumn, the season of hearty appetites’ and ‘autumn, when horses fatten’ suggest, autumn brings a wealth of delicious produce. In early autumn, fruits and mushrooms rich in the vitamins and minerals lost during the hot summer come into season, and as autumn deepens, potatoes and root vegetables, which are rich in energy to prepare for the cold of winter, come into season. Through school lunches, we hope to share with the children the charm of a “bountiful autumn.”

Let's taste seasonal food !



Nowadays, we can get hold of whatever we want to eat all year round. However, for each type of food, there are specific seasons when it grows well and is abundant in particular regions. The time of year when each food is at its best and tastes most delicious is known as its ‘shun’ (seasonal peak).

Which food is in Autumn season? write ○ on it. The answer is in the lower right



We'll be using delicious autumn foods in our school meals too. Please enjoy seasonal ingredients at home as well

School lunch

~Until it reaches everyone~
Japanese dressed dishes

Steam Convection (Heating)



In school lunches, all vegetables used in dressed dishes and salads are cooked and their temperature is

Blast Chiller (Cooling)



After heating, let the vegetables cool. Lower the temperature to 20 degrees in 20 minutes

Spin dryer



Once the vegetables have cooled, use a salad spinner



Mix the dressing and vegetables using a large rice



There are a lot of steps involved in making mixed dishes and salads. They are working while being careful about hygiene

Next Topic:
Deep fried foods

Please look forward to it!

School lunch message from students

- 9/1(Tue) I realized that meals are an important part of maintaining a healthy daily routine. The soboro rice bowl was really delicious. The taro in the Noppei soup were delicious, too. (Noumi Junior High School, 3rd grade)
- 9/2(Wed) I want to continue eating my meals with gratitude. (Mitaka Elementary School, 6th grade)
- 9/3(Thu) To be honest, I don't really like green peppers, but I managed to eat them. (Kirikushi Elementary School, 5th grade)
- 9/4(Fri) The pumpkin was tender, and the stew was sweet. It was really delicious. Please make another delicious stew for us. (Kanokawa Elementary School, 5th grade)
- 9/7(Mon) Thank you so much for always making our school lunches ♥ I was so happy to learn that the noodles in the rice and noodle salad are made from rice ♥ Please keep up the great work. (Nakamachi Elementary School, 3rd grade)
- 9/9(Wed) The pears were juicy, sweet and delicious. (Etajima Junior High School, 3rd grade)

Answer : sweet potato, persimmon, chestnut, grape, taro, ,pacific saury