# 2026 November 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 | Group 5 | Group 6 |
| | | | fish/meat/egg/beans product | fresh milk/dairy products/small fish/seaweed | green & yellow vegetables | colors vegetables/fruits/mus | rice/bread/noodles/potato/sugar | oil/seeds |
| 2 | Mon | rice | | fresh milk | | | rice | |
| | | **cod and potato chili sauce** | cod | | | garlic ginger | potato sugar | oli |
| | | **egg soup** | chicken meat egg | | carrot | onion shimeji (mushroom) japanese leek | starch | |
| 3 | Tues | Culture Day | | | | | | |
| 4 | Wed | rice | **Grade 6 Nakamachi Elem.School Request Menu** | fresh milk | | | rice | |
| | | **bibimbap** | beef miso | | carrot spinach | ginger garlic fern shoots beansprout | sugar | sesame oil |
| | | **lotus root chips** | | | | lotus root | | oil |
| | | **caramel pudding** | | | | | caramel pudding | |
| 5 | Thurs | Emrgency curry | **Tsunami Disaster Prevention Day** | fresh milk | carrot | onion shimeji (mushroom) corn | rice potato | |
| | | **mochi balls soup** | chicken meat | | carrot green onion leaf | chinese cabbage radish | mochi balls | |
| | | **persimmon (fruits)** | | | | persimmon (fruits) | | |
| 6 | Fri | bread roll | **Good Teeth Day Menu** | fresh milk | | | bread roll | |
| | | **pumpkin stew** | chicken meat | freh milk | carrot pumpkin | onion shimeji (mushroom) greenpeas | rice flour | oil butter |
| | | **chew well salad** | soybeans | | carrot japanese spinach | cabbage cucumber corn | sugar | oil |
| | | **apple jam** | | | | | apple jam | |
| 9 | Mon | rice | | fresh milk | | | rice | |
| | | simmered japanese radish and taro with minced meat sauce | chicken meat namaage | | carrot greenbeans | ginger radish shimeji (mushroom) | taro sugar starch | |
| | | **Japanese mixed vebetable salad** | egg | | carrot japanese spinach | cabbage beansprout | sugar | |
| 10 | Tues | rice | **Delicious!Hiroshima Menu** | fresh milk | | | rice | |
| | | **japanese grilled meat rice bowl** | beef | | carrot green bell pepper | garlic ginger onion cabbage | sugar | |
| | | **honey potato salad** | | | | raisins | sweet potato honey | almond non-egg mayonnaise |
| 11 | Wed | small brown sugar bread | **Story menu (genki salad)** | fresh milk | | | brown sugar bread | |
| | | **fried bifun** | pork meat | | carrot bok-choy | ginger garlic onion cabbage shitake(mushroom) | bifun | sesame oil |
| | | **Ricchan salad** | chicken ham dried bonito flakes | kelp | carrot | cabbage cucumber corn | sugar | oil |
| 12 | Thurs | rice | | fresh milk | | | rice | |
| | | **deep fried cheese salmon** | deep fried cheese salmon | | | | | oil |
| | | **kelp dressing salad** | | kelp | carrot japanese spinach | cabbage | | |
| | | **nameko mushroom miso soup** | tofu miso | | carrot | nameko (mushroom) onion radish japanese leek | | |
| 13 | Fri | rice | **Hiroshima Pref. Local Cuisine** | fresh milk | | | rice | |
| | | **Hassun (simmered root vegetables)** | shrimp chicken meat namaage | kelp | carrot | lotus root burdock radish shitake (mushroom) konnyaku | taro sugar | |
| | | **marinated yuzu oil** | | | carrot japanese spinach | japanese cabbage beansprouts yuzu | suhar | yuzu oil |
| | | **dried small sardined with miso paste** | miso | whitebait | green onion leaf | | sugar | sesame oil |
| 16 | Mon | rice | | fresh imlk | | | rice | |
| | | **Simmered pork and mushrooms with fluffy egg** | pork egg | | carrot japanese spinach | onion shitake (mushroom) enoki irengi japanese leek | sugar | oil |
| | | **stir-fried lotus root and fish cakes with seaweed flakes** | chikuwa(fish cakes) | seaweed flakes | carrot | lutos root beansprouts | | oil |
| 17 | Tues | wakame rice | **Grade 6 Kanokawa Elem.School Request Menu** | fresh milk wakame seaweed | | | rice | |
| | | **minced meat cutlet** | minced meat cutlet | | | | | oil |
| | | **tuna salad** | tuna | | carrot | cabbage corn | sugar | |
| | | **ABC soup** | bacon | | carrot spinach | garlic onion | potato macaroni | |
| | | **frozen mikan** | | | | mikan | | |
| 18 | Wed | rice | | fresh milk | | | rice | |
| | | **mapo tofu** | pork tofu miso | | carrot chinese chive | garlic ginger shitake(mushroom) onion | sugar starch | |
| | | **candied sweet potatoes** | | | | | sweet potato sugar honey | oil |
| 19 | Thurs | brown rice | **Food Educational Day** | fresh milk | | | brown rice | |
| | | **sweet vinegar marinated bonito** | bonito | | | | sugar | oil |
| | | **marinated chinese cabbage with yuzu** | | | carrot japanese spinach | chinese cabbage yuzu | sugar | |
| | | **root vegetable miso soup** | chikuwa miso | | carrot onion gree leaf | burdock lotus root radish konnyaku | | |
| 20 | Fri | burger bread | | fresh milk | | | burger bread | |
| | | **teriyaki hamburger** | hamburger | | | | sugar starch | |
| | | **vegetables** | | | | cabbage | | |
| | | **corn cream soup** | chicken meat | fresh milk | carrot parsley | onion corn | potato | oil |
| 23 | Mon | Substitute Holiday | | | | | | |
| 24 | Tues | rice | **Japanese Food Day** | fresh milk | | | rice | |
| | | **mackerel with miso sauce** | mackerel miso | | | ginger | sugar | |
| | | **cucumber and dried whitebait vinegared side dish** | | white bait | carrot | cucumber | sugar | |
| | | **clear soup with maple leaf-shaped wheat gluten** | tofu | wakame seaweeds | carrot | japanese leek | maple leaf shaped wheat gluten | |
| 25 | Wed | boiled udon | | fresh milk | | | udon | |
| | | **oyako udon (chicken and egg udon noodle soup** | chicken meat kamaboko egg | | carrot green onion leaf | ginger onion shitake (mushroom) | starch | |
| | | **simmered burdock root with sesame** | pork meat | | carrot | burdock konnyaku | sugar | oil sesame |
| | | **honey lemon jelly** | | | | | honey lemon jelly | |
| 26 | Thurs | rice | **Grade 6 Mitaka Elem.School Request Menu** | fresh milk | | | rice | |
| | | **bibimbap** | beef | | carrot spinach | ginger garlic japanese leek beansprout | sugar | sesame oil |
| | | **fruit punch** | | | | mikan yellow peach pineapple | mochi balls | |
| 27 | Fri | rice | | fresh milk | | | rice | |
| | | **oden (traditional japanese winter hot pot dish** | chicken meat namaage chikuwa | | carrot | konnyaku radish | potato sugar | oil |
| | | **vegetables tossed with pickled plum and dried whitebait** | | white bait | carrot japanese spinach | cabbage plum | sugar | |
| 30 | Mon | rice | **Hiroshima Pref.Local Cuisine** | fresh milk | | | rice | |
| | | **kure-style japanese beef and potato stew** | beef | | | onion konnyaku | potato sugar | oil |
| | | **chikuwa dressed with sesame** | chikuwa | | carrot japanese spinach | cabbage beansprout | sugar | 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) | Protain (g) | Salt (g) | | Calorie (kcal) | Protain (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Elementary school | 620 | 24.8 | 1.8 | Junior high school | 740 | 29.4 | 2.4 |

Nov.5th, we offer Kyu-kyu curry, an emergency ration for school lunch at deserster. You can eat it right away without heating.

**Every 19th is Food Educational Day**
【seasonal ingredients】
-bonito -Yuzu
-burduck -Chinese cabbage
-Japanese raddish
-lotus root