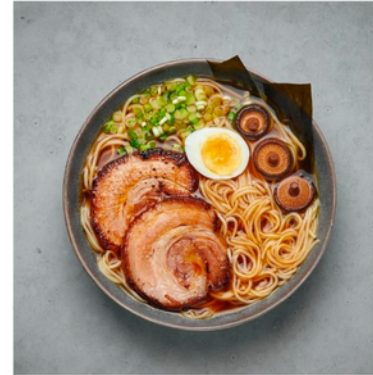


School lunch menu in Shujitsu Elementary School



~June 28th~

Shoyu Ramen



- Shoyu ramen (soy sauce ramen) was **first made in 1910** in a shop called **Rairaiken** in Asakusa.
- Shoyu ramen, like salt (broth) ramen, is one of the **most popular** types of ramen in Japan.
- Shoyu ramen has a **long history** and is said to be a taste that is **familiar** to the Japanese and **accepted throughout the country**.
- For today's ramen, we have a lot of different vegetables in it so please enjoy!

~June 29th~

Stir-fried sesame vegetables



Do you know the **benefits** of stir-fried veggies?

- When stir-fried, oil soaks into the vegetables and brings **aromatic flavours** into the veggies.
- There is also some **sweetness** in the veggies because of sugar **caramelisation** when cooking them.
- So please enjoy the sweetness of today's veggie dish!

~June 30th~

Summer vegetable curry



Do you know why we eat curry **in summer**?

- It is because the spices in curry improve the function of the **stomach** and increase **appetite**, making it ideal for preventing summer fatigue.
- Besides, pork in curry contains plenty of vitamin B1, also known as the "**energy vitamin**," which helps care for a body damaged by the summer sun.
- Today is **the last day** to see everyone at Broadbeach State School at school. Let's eat a lot, get stronger, and make good memories for the rest of the day!