

Menu for the month of May



Matsusaka City Kodomo Mirai Ka Kindergarten/Pre-school Section

《Goal》 Let's say Itadakimasu (before meals) and Gochisousama (after meals)

day	children under 3 years of age		Lunch menu	p.m.snack	Ingredients		
	a.m. snack	staple food			Foods that provide energy	Foods that make and repair blood, muscles and bones	Foods that keep us healthy and prevent disease
1 Fri.	milk / arare (chopped rice cakes)	fried rice and chicken with ketchup	Fried rice and chicken with ketchup / Soya milk soup Peach jelly	milk senbei rice cake	rice/ oil / potato peach jelly	chicken / egg / bacon soya milk milk	carrot / onion / green pepper ketchup / parsley
2 Sat.			Noodles with fried tofu Fermented milk drink		dried udon noodles	chicken / deep fried tofu fish cake fermented milk drink	carrot / onion / welsh onion
7 Thu.	milk senbei	rice	Roasted croquette Boiled kelp Onion miso soup	milk chopped Karinto	potato / mirin, sweet sake panko bread powder / oil chopped rice crackers sugar	ground pork & beef cheese /soya milk salted kelp / tofu / fried tofu miso / milk	onion / carrot / cabbage shimeji mushroom snow peas / welsh onion
8 Fri.	milk fruit	rice	Fried pork with mamalade Vegetable dressed with sweet vinegar and nori / Tofu soup	milk biscuit	oil / orange marmalade / sugar	chiken / canned tuna nori, toasted laver sausage / tofu wakame seaweed / milk	orange juice / cabbage carrot / onion
9 Sat.			Udon noodles in chicken soup Yogurt drink		dried udon noodles	chicken / fried tofu naruto, boiled fish paste yogurt drink	carrot onion / welsh onion
11 Mon.	milk fruit	rice	Fried pork in barbeque sauce Clear soup with pak-choi Cheese	milk / french fried potatoe	sugar / oil / potatoe	pork /bacon / tofu / cheese milk	ketchup / garlic / cabbage carrot / onion green pepper pak-choi / bean sprouts
12 Tue.	milk biscuits	rice	Fried spanish mackerel with mayonese / Pak-choi and hijiki seaweed with sweet miso paste / Clear soup with Hu, wheat gluten cake	milk rice cracker	mayonnaise / sugar sesame	spanish markerel / miso hijiki seaweed wakame seaweed wheat gluten / milk	onion / parsley / Komatsuna cabbage / carrot /soybean sprout enoki mushroom / snow peas
13 Wed.	milk cheese	rice	Fried chicken marinated in worcesters sause with bread powder on the top / Vegetables with perilla flavor / Soybean sprout miso soup	milk wafer biscuit	potato powder / oil sugar panko bread powder	chicken fried tofu miso / milk	ginger / cabbage / carrot Shiso, perilla leaf bean sprout / onion Enoki mushroom / welsh onion
14 Thu.	milk rice cracker	green peas rice	Green peas rice Clear soup with wakame seaweed Simmered chicken with burdock	milk tea pancake	rice / oil / sugar sweet sake (mirin) pancake flower / butter	chicken / boiled fish paste tofu /wheat gluten cake wakame seaweed /cream milk	green peas / burdock carrot / konnyaku onion / green tea
15 Fri.	milk biscuits	rice	Lemon marinated hourse mackerel / Potatoe miso soup / Vegetables dressed with sesame and mayonnaise	milk arare	potatoe starch / oil / sugar sweet sake / mayonnaise sesame / potatoe	horse markerel chikuwa boiled fish-paste fried tofu / tofu miso / milk	lemon / cucumber cabbage / carrot /onion welsh onion
16 Sat.			Udon noodles with wakame seaweed Fermented milk drink		dried udon noodles	chicken / naruto boiled fish paste wakame seaweed fermented milk drink	carrot soybean sprouts / onion
18 Mon.	milk arare	rice	Grilled chicken Komatsuna salad Wakame seaweed miso soup	milk senbei	sugar / sweet sake mayonnaise / sesame	chicken / bacon wakame seaweed / tofu miso / milk	ginger / komatsuna cabbage soybean sprouts / onion /carrot carrot / welsh onion
19 Tue.	yogurt	rice	Mackerel simmered in miso Clear soup with onion / Pickled cucumber and dried young sardines	milk / cocoa cake	sugar / swet sake / flour oil	mackerel / red miso dried young sardines wakame seaweed tofu /milk /cocoa	ginger / cucumber /canned orange onion / carrot /enoki mushroom welsh onion
20 Wed.	milk boscuit	rice	Stewed hamburg Cabbage soup Banana	milk arare	panko bread / oil sesame	ground pork and beef soybean milk / bacon tofu / milk	onion / carrot / green pepper ketchup / cabbage / banana tofu / milk
21 Thu.	milk fruit	rice	Chicken with teriyaki sauce Hijiki seaweed salad Clear soup with tofu	milk orange jelly	oil / sweet sake sugar mayonnaise / sesame	chicken / hijiki seaweed canned tuna / tofu milk / gelatin	carrot / cabbage / onion welsh onion / shimeji mushroom powdered kanten / orange juice canned orange
22 Fri.	milk senbei	curry and rice	Curry and rice Fruits salad	milk biscuit	rice / oil / potatoe butter / flour sugar	chicken / cheese / milk yoqurt	ginger / garlic onion / carrot / ketchup banana / canned pineapple canned peach / canned prange
23 Sat.			Kishimen noodles Yogurt drink		Kishimen noodles	chicken / fried tofu Naruto fish paste yoqurt drink	carrot / welsh onion onion
25 Mon.	milk wafer	Yakisoba	Yakisoba, fried noodles with sauce Vegetable soup with potatoe Yoghurt	milk rusk	Yakisoba noodles coated with oil oil / potato / bread butter / quranulated sugar	pork / Chikuwa, boiled fish paste / dried green seaweed dried bonito / bacon yogurt / milk	green pepper / cabbage carrot / onion ketchup
26 Tue.	milk biscuit	rice	Sweet savory simmered beef Vegetables dressed with sesame and vinegar / Tofu miso soup	milk rice crackes	oil / sugar / sesame	chopped beef Chikuwa, boiled fish-paste wakame seaweed / tofu miso / milk	konnyaku strings / burdock /carrot snowpeas / ginger / cabbage cucumber / enoki mushroom soybean sprout / onion / welsh onion
27 Wed.	milk race cracker	rice	Pork and beans Cabbage and corn salad Banana	milk arare	potatoe / oil / sugar mayonnaise	soybeans ground pork fish paste roll / cabbage canned corn / banana	ginger / cabbage / carrot onion / green pepper enoki mushroom /snow peas / banana
28 Thu.	milk fruit	rice	Fried pork in miso flavor Clear soup with enoki mushroom Blueberry jelly	milk Donut mixed with tofu	sugar / sweet sake / oil bulueberry jelly pancake flour / sugar	pork / red beans miso wheat gluten cake wakame seaweed / milk tofu	ginger / cabbage / carrot onion / green pepper enoki mushroom / snow peas welsh onion
29 Fri.	milk fruit	rice	Pan-fried salmon in butter flavor Japanese style salad Vegetable soup	yogurt drink biscuit	flavor / butter / oil / sugar	salmon / sausage / tofu yoqurt drink	parsley / cucumber / cabbage carrot / canned pineapple onion
30 Sat.			Udon noodles in soup with chicken and vegetables milk drink		dried noodles	chicken / dried tofu / boiled fish paste fermented milk drink	carrot / welsh onion onion

※ The hand mark indicates that the snack is hand-made at each of the pre-schools.

【The menu items may change subject to availability and climatic change. Thank you for your kind understanding to this situation.】

【 Each pre-school presents the countries/areas of origin of the main ingredients that were actually used for lunch.】