



《Goal》 Brush your teeth and rinse your mouth after eating

Matsusaka City Kodomo Mirai-ka Kindergarten/Pre-school Section

day	Children under 3		Lunch menu	P.M. snack	Ingredients		
	A.M. snack	Staple food			Energy foods	Foods that make the blood, muscles, and bones	Foods that are good for the health
1 Mon	milk fruits	rice	Chicken with teriyaki sauce Braised soybean fiber Miso soup with bean sprout	milk senbei (rice cracker)	oil, sweet sake, sugar	chicken, soybean fiber, fried tofu, seaweed, tofu, Toybean paste, milk	dried shiitake mushroom, carrot, konnyaku noodle, welsh onion, bean sprout, onion
2 Tue	milk arare	rice	Braised chicken and eggs Namul seasoned tomato & vegetables Banana	milk Fried roll	sugar, sesame, sesame oil, roll of bread, oil	chicken, egg, freeze-dried tofu, milk, soybean flour	onion, dried shiitake mushroom, carrot, welsh onion, tomato, cucumber, bean sprout, banana
3 Wed	milk senbei	curried pilaf	Curried pilaf Soya milk soup Grape jelly	milk biscuit	rice, oil, potato, grape jelly	ground beef & pork, boiled soybean, bacon, soya milk, milk	onion, carrot, green pepper, ketchup, parsley
4 Thu	milk fruits	rice	Ginger-fried pork Salad with rice noodles Miso soup with mushrooms	milk wheat gluten rusk	sweet sake, oil, rice noodles, mayonnaise, butter, granulated sugar	pork, ham, tofu, wakame seaweed, miso, milk, wheat gluten bread, dried seaweed	ginger, cabbage, carrot, welsh-onion, onion, cucumber, canned mandarin orange, shimeji mushroom
5 Fri	milk wafer	rice	Steamed fish with vegetable sauce Potato salad Clear soup with onion	milk arare (chopped rice crackers)	sugar, potato, mayonnaise	Spanish mackerel, ham, tofu, milk	welsh onion, ginger, onion, cucumber, carrot, canned mandarin orange, shimeji mushroom
6 Sat			Chicken udon noodle soup with welsh onion, Fermented milk drink		dried udon noodles	chicken, fried tofu, fish cake, fermented milk drink	carrot, welsh onion, onion
8 Mon	milk arare	rice	Sautéed tofu with ground pork and chili pepper, Pickled cucumber and baby sardines Banana	milk apple jelly	potato starch, sugar, oil	ground pork, raw cream, tofu, reddish-brown miso, wakame seaweed, dried baby sardines, tubular fish paste, milk, jelly	onion, garlic chive, carrot, ginger, dried shiitake mushroom, cucumber, banana, powder agar, apple juice
9 Tue	milk fruits	rice	Pan-fried salmon with soy sauce and lemon, Braised daikon radish, miso soup with enoki mushroom	milk, pasta covered with soybean flour	sugar, sweet sake, macaroni	sake, deep fried fish paste, tofu, fried tofu, miso, milk, soybean flour	lemon, ginger, white welsh onion, enoki mushroom, dried strips of daikon, carrot, onion, welsh onion
10 Wed	milk biscuit	rice	Miso flavored hamburger Vegetables dressed with shiso Clear broth with bean sprout	milk senbei	oil, sugar, panko bread	ground beef & pork, soya milk, miso, tofu, bacon, milk	onion, cabbage, carrot, perilla-leaves, bean sprout
11 Thu	milk fruits	rice	Pan-fried chicken with pineapples, Clear soup with shimeji mushroom, Marinated vegetables with	milk arare	sweet sake, mayonnaise, sesame	chicken, tubular fish paste, wheat gluten cake, wakame seaweed, milk, tofu	canned pineapple, cucumber, cabbage, carrot, shimeji mushroom, welsh onion, onion
12 Fri	milk senbei	Bibimbap	Korean mixed rice with meat and vegetables, Soup with tofu, Yogurt	milk biscuit	rice, sugar, sweet sake, sesame oil, oil, sesame	ground pork, egg, red-brownish miso, bacon, tofu, wakame seaweed, yogurt, milk	garlic, ginger, bean sprout, carrot, cucumber, onion, cabbage
13 Sat			Udon noodles with fried tofu, Yogurt drink		dried udon noodles	chicken, fried tofu, fish cake, yogurt drink	carrot, onion, welsh onion
15 Mon	milk arare	rice	Pork and vegetables marinated in ketchup sauce, Cabbage soup, Cut-out cheese	milk, Jijimi (Korean pancake)	oil, sugar, sesame-oil, flour, sweet sake, sesame	pork, Vienna sausage, cut-out cheese, milk, tubular fish paste	onion, carrot, green pepper, shimeji mushroom, ketchup, cabbage, garlic chive
16 Tue	milk biscuit	rice	Pan-fried chicken with miso Tuna salad, Clear broth with enoki mushroom	milk senbei	sugar, sweet sake, sesame oil, mayonnaise	chicken, red-brownish miso, canned tuna, wakame seaweed, milk	cabbage, carrot, cucumber, onion, garlic chive, garlic, enoki mushroom, bean sprout, welsh onion
17 Wed	yogurt	rice	Chicken cutlet Boiled vegetables Full-of-vegetables soup	milk wafer biscuit	mayonnaise, flour, panko bread, oil, sugar	chicken, bacon, milk	ketchup, cabbage, carrot, onion, bean sprout, parsley
18 Thu	milk senbei	mixed rice	Mixed rice with beef and burdock, Macaroni salad, Clear broth with wakame seaweed	milk yogurt cake	rice, sugar, macaroni, mayonnaise, pancake mix	beef, ham, wakame seaweed, wheat gluten bread, milk, yogurt	burdock, ginger, cucumber, canned mandarin orange, cabbage, enoki mushroom, onion, carrot, welsh onion
19 Fri	milk fruits	rice	Horse mackerel marinated in spicy sour sauce, Miso soup with potato Soy milk pudding	milk arare	potato starch, oil, sesame, sugar, sesame oil, potato	horse mackerel, fried tofu, tofu, miso, soy milk pudding, milk	onion, carrot, green pepper, welsh onion
20 Sat			Udon noodles with wakame seaweed, Fermented milk drink		Dried udon noodles	chicken, boiled fish paste, wakame seaweed, fermented milk drink	carrot, onion, welsh onion
22 Mon	milk fruits	rice	Sautéed chicken with sesame sauce, Japanese style salad Miso soup with tofu	milk senbei	potato starch, oil, sugar, sweet sake, sesame	chicken, tofu, fried tofu, white miso, milk	ginger, cucumber, cabbage, carrot, canned pineapple, onion, welsh onion
23 Tue	milk biscuit	rice	Sautéed pork and cabbage with miso sauce, Clear broth with soumen noodles, Banana	milk sugar coated arare	oil, sugar, sweet sake, soumen noodles, chopped rice crackers	pork, red brownish miso, wakame seaweed, milk	ginger, cabbage, green pepper, carrot, welsh onion, shimeji mushroom, onion, banana
24 Wed	milk cheese	rice	Fried pork marinated in Worcestershire sauce, Vegetables dressed with dried bonito flavor, Potato soup	milk biscuit	potato starch, oil, sugar, panko bread, potato	pork fillet, dried bonito, bacon, milk	ginger, cabbage, carrot, onion, parsley
25 Thu	milk arare	udon noodles with sweet meat sauce	Udon noodles with sweet meat sauce, Vegetables dressed with vinegar and sesame, Grape jelly	milk brown sugar steamed bread	dried udon noodles, oil, sugar, potato starch, sesame oil, sesame, grape jelly, flour, brown sugar	ground pork, red brownish miso, milk	ginger, carrot, shiitake mushroom, onion, cucumber, bean sprout
26 Fri	milk senbei	rice	Vegetables and braised tofu simmered with ground pork, Ham salad, Banana	milk arare	potato, oil, sugar, sweet sake, potato starch, mayonnaise	thick fried tofu, ground pork, ham, milk	onion, carrot, cucumber, cabbage, banana
27 Sat			Kishimen noodles Yogurt drink		kishimen noodles	Chicken, deep fried tofu, Naruto fish paste, yogurt drink	carrot, welsh onion, onion
29 Mon	milk arare	rice	Tandoori chicken Vegetables dressed with kelp Vegetable soup	milk fried beans	potato starch, oil, sugar, sweet sake, starch syrup, sesame	chicken, yogurt, salt kelp, Vienna sausage, tofu, milk, boiled soybeans	ketchup, cabbage, carrot, onion
30 Tue	milk fruits	rice	Grilled salmon Wakame miso soup Salad with canned tuna and	yogurt drink biscuit	cornflakes, oil, sesame oil, sugar	salmon, canned tuna, wakame seaweed, tofu, deep fried tofu, miso, yogurt drink	cabbage, carrot, cucumber, onion, welsh onion

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

【The menu items may change subject to availability and climatic change. Thank you so much for your kind u

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