



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

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

day	Staple food	Lunch menu	Ingredients			
			Energy foods	Foods that make the blood, muscles, and bones	Foods that are good for the health	
1 Mon	rice	Chicken with teriyaki sauce Braised soybean fiber Miso soup with beansprout	milk	oil, sweet sake, sugar	chicken, soybean fiber, fried tofu, seaweed, tofu. Soybean paste, milk	dried shiitake mushroom, carrot, konnyaku noodle, welsh onion, beansprout, onion
2 Tue	rice	Braised chicken and eggs Namul seasoned tomato & vegetables Banana	milk	sugar, sesame, sesame oil	chicken, egg, freeze-dried tofu, milk	onion, dried shiitake mushroom, carrot, welsh onion, tomato, cucumber, beansprout, banana
3 Wed	curried pilaf	Curried pilaf Soya milk soup Grape jelly	milk	rice, oil, potato, grape jelly	ground beef & pork, boiled soybean, bacon, soya milk, milk	onion, carrot, green pepper, ketchup, parsley
4 Thu	rice	Ginger-fried pork Salad with rice noodles Miso soup with mushrooms	milk	sweet sake, oil, rice noodles, mayonnaise	pork, ham, tofu, wakame seaweed, miso, milk	ginger, cabbage, carrot, welsh-onion, onion, cucumber, canned mandarin orange, shimeji mushroom
5 Fri	rice	Steamed fish with vegetable sauce Potato salad Clear soup with onion	milk	sugar, potato, mayonnaise	Spanish mackerel, ham, tofu, milk	welsh onion, ginger, onion, cucumber, carrot, canned mandarin orange, shimeji mushroom
8 Mon	rice	Sauted tofu with ground pork and chili pepper, Pickled cucumber and baby sardines Banana	milk	potato starch, sugar, oil	ground pork, tofu, reddish-brown miso, wakame seaweed, dried baby sardines, tubular fish paste, milk	onion, garlic chive, carrot, ginger, dried shiitake mushroom, cucumber, banana
9 Tue	rice	Pan-fried salmon with soysause and lemon, Braised daikon raddish, miso soup with enoki mushroom	milk	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	rice	Miso flavored hamburg Vegetables dressed with shiso Clear broth with beansprout	milk	oil, sugar, panko bread	ground beef & pork, soya milk, miso, tofu, bacon, milk	onion, cabbage, carrot, perilla-leaves, beansprout
11 Thu	rice	Pan-fried chicken with pineapples, Clear soup with shimeji mushroom, Marinated vegetables with mayonnaise	milk	sweet sake, mayonnaise, sesame	chicken, tubler fish paste, wheat gluten cake, wakame seaweed, milk, tofu	canned pineapple, cucumber, cabbage, carrot, shimeji mushroom, welsh onion, onion
12 Fri	Bibimbap	Korean mixed rice with meat and vegetables, Soup with tofu, Yogurt	milk	rice, sugar, sweet sake, sesame oil, oil, sesame	ground pork, egg, red-brownish miso, bacon, tofu, wakame seaweed, yogurt, milk	garlic, ginger, beansprout, carrot, cucumber, onion, cabbage
15 Mon	rice	Pork and vegetables marinated in ketchup sauce, Cabbage soup, Cut-out cheese	milk	oil, sugar	pork, Vienna sausage, cut-out cheese, milk	onion, carrot, green pepper, shimeji mushroom, ketchup, cabbage
16 Tue	rice	Pan-fried chicken with miso Tuna salad, Clear broth with enoki mushroom	milk	sugar, sweet sake, sesame oil, mayonnaise	chicken, red-brownish miso, canned tuna, wakame seaweed, milk	cabbage, carrot, cucumber, onion, garlic chive, garlic, enoki mushroom, beansprout, welsh onion
17 Wed	rice	Chicken cutlet Boiled vegetables Full-of-vegetables soup	milk	mayonnaise, flour, panko bread, oil, sugar	chicken, bacon, milk	ketchup, cabbage, carrot, onion, beansprout, parsley
18 Thu	mixed rice	Mixed rice with beef and burdoc, Macaroni salad, Clear broth with wakame seaweed	milk	rice, sugar, macaroni, mayonnaise	beef, ham, wakame seaweed, wheat gluten bread, milk	burdoc, ginger, cucumber, canned mandarin orange, cabbage, enoki mushroom, onion, carrot, welsh onion
19 Fri	rice	Horse mackerel marinated in spicy sour sauce, Miso soup with potato Soy milk pudding	milk	potato starch, oil, sesame, sugar, sesame oil, potato	horse markerel, fried tofu, tofu, miso, soy milk pudding, milk	onion, carrot, green pepper, welsh onion
22 Mon	rice	Sauted chicken with sesame sauce, Japanese style salad Miso soup with tofu	milk	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	rice	Sauted pork and cabbage with miso souce, Clear broth with soumen noodles, Banana	milk	oil, sugar, sweet sake, soumen noodles	pork, red bronish miso, wakame seaweed, milk	ginger, cabbage, green pepper, carrot, welsh onion, shimeji mushroom, onion, banana
24 Wed	rice	Fried pork marinated in worcesters sauce, Vegetables dressed with dried bonito flavor, Potato soup	milk	potato starch, oil, sugar, panko bread, potato	pork fillet, dried bonito, bacon, milk	ginger, cabbage, carrot, onion, parsley
25 Thu	udon noodles with sweet meat sauce	Udon noodles with sweet meat sauce, Vegetables dressed with vinegar and sesame, Grape jelly	milk	dried udon noodles, oil, sugar, potato starch, sesame oil, sesame, grape jelly	ground pork, red brownish miso, milk	ginger, carrot, shiitake mushroom, onion, cucumber, beansprout
26 Fri	rice	Vegetables and braised tofu simmered with ground pork, Ham salad, Banana	milk	potato, oil, sugar, sweet sake, potato starch, mayonnaise	think fried tofu, ground pork, ham, milk	onion, carrot, cucumber, cabbage, banana
29 Mon	rice	Tandoori chicken Vegetables dressed with kelp Vegetable soup	milk		chicken, yogurt, salt kelp, Vienna sausage, tofu, milk	ketchup, cabbage, carrot, onion
30 Tue	rice	Grilled salmon Wakame miso soup Salad with canned tuna and cornflakes	milk	cornflakes, oil, sesame oil, sugar	salmon, canned tuna, wakame seaweed, tofu, deep fried tofu, miso, milk	cabbage, carrot, cucumber, onion, welsh onion

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

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

