

Year 2020

Menu for the month of July

《Goal》 Wash the hands clean before eating a meal!

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

day	Staple food	Lunch Menu	Ingredients			
			Energy foods	Foods that make the blood, muscles, and	Foods that are good for the health	
1 Wed.	rice	Pork and beans,Hijiki seaeed salad, Watermelon	milk	potato, sugar, mayonnaise, sesame	boiled soybeans, bacon,ground pork, hijiki seaweed, canned tune, milk	carrot, onion,tomato, ketchup, cabbage, water melon
2 Thu.	rice	Pork and vegetables simmered in miso,Clear soup with enoki mushrooms, Banana	milk	potatoe, oil, suar, sweet sake	pork,chicken, reddish-brown miso, wakame seaweed,milk	ginger, green papper, carrot, onion, ketchup, enoki mushrooms, welsh onion, banana
3 Fri.	vegetables curry	Summber vegetables curry and rice Fruits mousse	milk	rice, oil, butter,flour, sugar, mousse mix	ground beef, cheese, milk	ginger, garlic, pumpkin, eggplant, onion, carrot, green papper, ketchup, banana, canned pineapple, canned orange, canned peach
6 Mon.	rice	Fried chicken,Vegitables with perilla flavor, Beansprout soup	milk	starch, oil	chicken, tofu, bacon, milk	ginger, cabbage, carrot, perilla leaf, bean sprout, onion
7 Tue.	sushi rice	Sushi rice with fish and vegetables,Clear soup with star-shaped vegetables, Star Festival Sweet	milk	sushi rice, sugar, sweet sake, sesame, soumen noodles, star festival jelly	egg, canned tuna, freeze dried tofu, nori seaweed, milk	cucumber, carrot, dried shitake mushroom, okra, onion, enoki mushrooms
8 Wed.	rice	Teriyaki chicken, Braised dried raddish,Miso soup with wakame seaweed	milk	oil, sweet sake, sugar	chicken, deep fried fishcake, wakame seaweed, tofu, miso, milk	dried stripes of daikon radish, carrot, pumpkin, welsh onion
9 Thu.	rice	Sauted pork with barbecue sauce,Clear soup with plenty of vegetables and meat, Yogurt	milk	sugar	pork, bacon, yogurt, milk	ketchup, cabbage, carrot, onion, green pepper, shimeji mushroom, parsley
10 Fri.	rice	Mayonnaise grilled salmon,Japanese style salad, Miso soup with onion	milk	mayonnaise, oil, sugar	salmon, miso, tofu, deep fried tofu, milk	onion, parsley, cucumber, cabbage, carrot, canned pineapple, eggplant, welsh onion
13 Mon.	spaghetti and meat sauce	Spaghetti and meat sauce Cabbage and corn salad Potato & Vegetables soup	milk	spaghetti, oil, flour, mayyonaise, potato	ground beef and pork, bacon, milk	carrot, onion, ketchup, cabbage, corn
14 Tue.	rice	Mackerel grilled with miso,Vermicelli salad with shredded vegetables, Summer vegetable miso soup	milk	sweet sake, rice vermicelli, sesame, sgar, sesame oil	Spanish mackeel, white miso, ham, egg, deep fried tofu, miso, milk	cucumber, carrot, pumpkin, eggplant, onion, green beans
15 Wed.	rice	Bang bang boiled chicken with sweet vinegar sauce,Clear wakame soup, Melon	milk	sugar, sesame paste, sesame oil	chickn, wakame seaweed, bacon, milk	cucumber, carrot, bean sprout, welsh onion, onion, cabbage, melon
16 Thu.	rice	Scoop up (non-fried) pumpkin croquette,Vegitables with shredded kelp, Tofu miso soup	milk	panko bread, oil	ground beef and pork, cheese, soya milk, kelp, tofu, miso, milk	pumpkin, onion, carrot, cabbage, enoki mushrooms, bean sprout, welsh onion
17 Fri.	rice	Deep fried chicken with sweet vinegar soy sauce, Cabbage dressed with sesame, Clear soup with wheat gluten cake	milk	starch, oil, sugar, sesame oil, sesame	chicken,wheat gluten cake, wakame seaweed, milk	welsh onion, ginger, cabbage, beansprout, carrot, onion, enoki mushrooms
20 Mon.	rice	Grilled pork with miso paste,Soup with mehibi seaweed, Banana	milk	sugar, sweet sake, oil	pork, reddish-brown miso, mehibi seaweed, tofu, milk	ginger, cabbage, carrot, onion, green pepper, enoki mushrooms,welsh onion, banana
21 Tue.	rice	Grilled pacific saury glazed with sweet soy sauce,Namul-seasoned tomato, Winter melon soup	milk	starch, oil, sugar, sweet sake, sesame, sesame oil	pacific saury, tofu, milk	tomato, cucumber, beansprout, carrot, white gourd, onion, welsh onion
22 Wed.	rice	Baked orangemarmalade chicken , Marinated vegetables with sesame and mayonnaise, Mulukhiyah soup	milk	oil, orange marmalade, mayonnaise, sesame	chicken, boiled fish paste roll, bacon, tofu, milk	orange juice, cucumber, cabbage, carrot, mulukhiyah, onion
27 Mon.	rice	Hamburg steak with summer vegetable sauce,Lettuce soup, Soy milk pudding	milk	panko flour, oil, sugar	ground pork, soy milk, tofu, bacon, soy milk pudding, milk	onion, carrot, green pepper,egg plant, ketchup, lettuce
28 Tue.	rice	Lemon marinated horse markerel,Spaghetti salad, Egg plant miso soup	milk	starch, oil, sugar, sweet sake, spaghetti, mayonnaise	horse markerel, ham, tofu, fried tofu, miso, milk	lemon, cucumber, canned orange, cabbage, egg plan, carrot, onion
29 Wed.	rice	Eggplant in spicy meat sauce, Cut-out cheese,Tomato and cucumber with sweet vinegar dressing	milk	starch, sugar, oil	ground pork, tofu, reddish brown miso,cut-out cheese, milk	eggplant, onion, leek, carrot, ginger, dried shitake mushroom, tmato, cucumber
30 Thu.	wakame seaweed rice	Wakame mixed rice,Salad with sliced boiled pork, Tofu miso soup	milk	rice, sugar, sesame paste, sesame oil	wakame saesoning for mixed rice, dried whitebait, pork, tofu, miso, milk	cabbage, cucumber, carrot,o welsh onion, pumpkin, onion
31 Fri.	rice	Grilled chicken lightly seasoned,Diced-cut colorful salad, Clear tofu soup	milk	sugar, sweet sake, potato, mayonnaise	chicken, ham, tofu,milk	ginger, cucumber, carrot, canned orange, onion, welsh onion, enoki mushroom

【The menu items may alter subject to availability and climatic change. Thank you for your kind understanding to this situatic
【Each pre-school presents the countries/areas of origin of the main ingredients that were actually used for lunch.】

