

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	Children under 3		Lunch Menu	P.M. snack	Ingredients			
	A.M. snack	Staple food			Energy foods	Foods that make the blood, muscles, and	Foods that are good for the health	
1	Wed.	milk fruits	rice	Pork and beans,Hijiki seaeed salad, Watermelon	milk biscuit	potato, sugar, mayonnaise, sesame	boiled soybeans, bacon,ground pork, hijiki seaweed, canned tune, milk	carrot, onion,tomato, ketchup, cabbage, water melon
2	Thu.	milk senbei	rice	Pork and vegetables simmered in miso,Clear soup with enoki mushrooms, Banana	milk,wheat gluten bread rusk 	potatoe, oil, suar, sweet sake, butter, granulated sugar	pork, reddish-brown miso, wakame seaweed, wheat gluten bread, milk	ginger, green papper, carrot, onion, ketchup, enoki mushrooms, welsh onion, banana
3	Fri.	milk arare	vegetables curry	Summer vegetables curry and rice Fruits mousse	milk biscuit	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
4	Sat.	milk senbei	Udon noodles	Udon noodles with wakame seaweed,Fermented milk drink	milk arare	dried noodles	chicken, boiled fish paste, wakame seaweed, fermented milk drink	carrot, onion, welsh onion
6	Mon.	milk fruits	rice	Fried chicken,Vegetables with perilla flavor, Beansprout soup	milk wafer biscuit	starch, oil	chicken, tofu, bacon, milk	ginger, cabbage, carrot, perilla leaf, bean sprout, onion
7	Tue.	milk arare	sushi rice	Sushi rice with fish and vegetables,Clear soup with star-shaped vegetables, Star Festival Sweet	milk senbei	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.	milk biscuit	rice	Teriyaki chicken, Braised dried raddish,Miso soup with wakame seaweed	milk boiled corn 	oil, sweet sake, sugar	chicken, deep fried fishcake, wakame seaweed, tofu, miso, milk	dried stripes of daikon radish, carrot, pumpkin, welsh onion, corn
9	Thu.	milk arare	rice	Sauted pork with barbecue sauce,Clear soup with plenty of vegetables and meat, Yogurt	milk tofu donut 	sugar, pancake mix, oil, powder sugar	pork, bacon, yogurt, milk, tofu	ketchup, cabbage, carrot, onion, green pepper, shimeji mushroom, parsley
10	Fri.	milk fruits	rice	Mayonnaise grilled salmon,Japanese style salad, Miso soup with onion	milk biscuit	mayonnaise, oil, sugar	salmon, miso, tofu, deep fried tofu, milk	onion, parsley, cucumber, cabbage, carrot, canned pineapple, eggplant, welsh onion
11	Sat.	milk senbei	Udon noodles	Udon noodles with chicken and welsh onion,Fermented milk drink	milk arare	dried udon	chicken, deepfried tofu, boiled fish paste, fermented milk drink	carrot, welsh onion, onion
13	Mon.	milk senbei	spaghetti and meat sauce	Spaghetti and meat sauce Cabbage and corn salad Potato & Vegetables soup	milk pancake 	spaghetti, oil, flour, mayonnaise, potato, pancake mix, butter, maple syrup	ground beef and pork, bacon, milk	carrot, onion, ketchup, cabbage, corn
14	Tue.	milk cheese	rice	Mackerel grilled with miso,Vermicelli salad with shredded vegetables, Summer vegetable miso soup	milk biscuit	sweet sake, rice vermicelli, sesame, sgar, sesame oil	Spanish mackelel, white miso, ham, egg, deep fried tofu, miso, milk	cucumber, carrot, pumpkin, eggplant, onion, green beans
15	Wed.	milk arare	rice	Bang bang boiled chicken with sweet vinegar sauce,Clear wakame soup, Melon	milk jam sandwich 	sugar, sesame paste, sesame oil, bread, strawberry jam	chickn, wakame seaweed, bacon, milk	cucumber, carrot, bean sprout, welsh onion, onion, cabbage, melon
16	Thu.	yogurt	rice	Scoop up (non-fried) pumpkin croquette,Vegetables with shredded kelp, Tofu miso soup	milk senbei	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.	milk arare	rice	Deep fried chicken with sweet vinegar soy sauce, Cabbage dressed with sesame,Clear soup with wheat gluten cake	milk biscuit	starch, oil, sugar, sesame oil, sesame	chicken,wheat gluten cake, wakame seaweed, milk	welsh onion, ginger, cabbage, beansprout, carrot, onion, enoki mushrooms
18	Sat.	milk arare	Udon noodles	Udon noodles with fried tofu Fermented milk drink	milk senbei	dried udon noodles	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsh onion
20	Mon.	milk senbei	rice	Grilled pork with miso paste,Soup with mehibi seaweed, Banana	milk,cream- free orange mousse 	sugar, sweet sake, oil, corn starch	pork, reddish-brown miso, mehibi seaweed, tofu, milk, yogurt	ginger, cabbage, carrot, onion, green pepper, enoki mushrooms,welsh onion, banana, lemon, canned orange
21	Tue.	milk biscuit	rice	Grilled pacific saury glazed with sweet soy sauce,Namul-seasoned tomato, Winter melon soup	milk arare	starch, oil, sugar, sweet sake, sesame, sesame oil	pacific saury, tofu, milk	tomato, cucumber, beansprout, carrot, white gourd, onion, welsh onion
22	Wed.	milk fruits	rice	Baked orangemarmalade chicken, Marinaded vegetables with sesame and mayonnaise, Mulukhiyah soup	milk senbei	oil, orange marmalade, mayonnaise, sesami	chicken, boiled fish paste roll, bacon, tofu, milk	orange juice, cucumber, cabbage, carrot, mulukhiyah, onion
25	Sat.	milk biscuit	Kishimen noodls	Kishimen noodls,Fermented milk drink	milk senbei	kishimen doodles	chicken, fried tofu, boiled fish- paste, fermented milk drink	carrot, welsh onion, onion
27	Mon.	milk fruits	rice	Hamburg steak with summer vegetable sauce,Lettuce soup, Soy milk pudding	milk arare	panko flour, oil, sugar	ground pork, soy milk, tofu, bacon, soy milk pudding, milk	onion, carrot, green pepper,egg plant, ketchup, lettuce
28	Tue.	milk wafer	rice	Lemon marinated horse markerel,Spaghetti salad, Egg plant miso soup	milk senbei	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.	milk biscuit	rice	Eggplant in spicy meat sauce, Cut-out cheese,Tomato and cucumber with sweet vinegar dressing	milk,soy milk starch cake 	starch, sugar, oil	ground pork, tofu, reddish brown miso,cut-out cheese, milk, soy milk, soy flour	eggplant, onion, leek, carrot, ginger, dried shitake mushroom, tmato, cucumber
30	Thu.	milk senbei	wakame seaweed rice	Wakame mixed rice,Salad with sliced boiled pork, Tofu miso soup	milk grape jelly 	rice, sugar, sesame paste, sesame oil	wakame saesoning for mixed rice, dried whitebait, pork, tofu, miso, milk, gelatine, raw cream	cabbage, cucumber, carrot,o welsh onion, pumpkin, onion, powder agar, grape juice
31	Fri.	milk fruits	rice	Grilled chicken lightly seasoned,Diced-cut colorful salad, Clear tofu soup	icecream	sugar, sweet sake, potato, mayonnaise	chicken, ham, tofu, icecream	ginger, cucumber, carrot, canned orange, onion, welsh onion, enoki mushroom

※The handmark  indicates that the snack is hand-made at each of the pre-school.

【The menu items may alter 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.】

