

Year 2020

Menu for the month of August



Saturday half day childcare

《Goal》 Start your day with a healthy breakfast

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 bones | Foods that are good for the health |
| 1 Sat. | | | Udon noodles in chicken soup Fermented milk drink | | dried udon noodles | chicken, deep fried tofu, boiled fish-paste, fermented milk drink | carrot, welsch onion, onion |
| 3 Mon. | milk senbei | rice | Macaroni meat sauce gratin Vegetables with perilla flavor Clear soup with tofu | milk biscuit | macaroni, potato, butter, flour | ground pork, cheese, bacon, tofu, wakame seaweed, milk | onion, tomato puree, ketchup, carrot, cabbage, perilla leaves |
| 4 Tue. | milk fruit | rice | Simmered spanish mackerel Rice noodles salad / Miso Soup with seasonal summer vegetables | milk / boiled corn on the cob | sweet sake, sugar, dried rice noodles, mayonnaise | Spanish mackerel, ham, deep fried tofu, miso, milk | ginger, cucumber, canned orange, cabbage, carrot, pumpkin, eggplant, onion, corn on the pod |
| 5 Wed. | milk fruit | rice | Sauted pork and cabbage with miso sauce / Clear broth with soumen noodles / Yogurt | milk arare | oil, sugar, sweet sake, somen noodles | pork, reddish brown miso, boiled fish paste, yogurt | ginger, cabbage, green pepper, carrot, welsch onion, onion |
| 6 Thu. | milk senbei | mixed rice | Mixed rice Miso soup with tofu / Vegetables dressed with sesame & mayonnaise | milk / pasta covered with sweet soybean flour | rice, oil, sweet sake, mayonnaise, sesame, macaroni, sugar | canned tuna, fried tofu, fish paste roll, tofu, miso, milk, soy flour | burdock, carrot, dried shiitake mushroom, cucumber, cabbage, onion, enoki mushroom, welsch onion |
| 7 Fri. | milk biscuit | rice | Miso flavored hamburg / Vegetables dressed with kelp / Vegetables soup | milk arare | oil, sugar, panko bread | ground beef & pork, soya milk, miso, savory kelp, bacon, milk | onion, cabbage, carrot |
| 8 Sat. | | | Udon noodles with wakame seaweed Fermented milk drink | | dried udon noodles | chicken, boiled fish paste, wakame, fermented milk drink | carrot, onion, welsch onion |
| 11 Tue. | milk fruit | rice | Fried salmon with soy sause and lemon / Ham salad / Miso soup with various vegetables (Bonjiru) | milk arare | sugar, sweet sake, sesame, mayonnaise | salmon, ham, deep fried tofu, miso, milk | lemon, ginger, white leek, cucumber, carrot, cabbage, pumpkin, eggplant, string beans, burdock |
| 12 Wed. | milk biscuit | pilaf | Pilaf Soy milk soup / Banana | milk / Soy milk pumpkin cake | rice, butter, potatoe, sugar, oil, pancake mix | chicken, bacon, soya milk, milk | onion, carrot, green peper, parsley, banana, pumpkin |
| 13 Thu. | milk senbei | rice | Giner-fried pork Potato salad / Clear soup with onion | milk biscuit | sweet sake seasoning, oil, potato, mayonnaise | pork, ham, tofu, wakame seaweed, milk | ginger, cabbage, carrot, onion, green pepper, cucumber, shimeji mushrooms, welsch onion |
| 14 Fri. | Menu to be decided freely in each preschool | | | | | | |
| 15 Sat. | | | Noodle soup topped with fried tofu Fermented milk drink | | dried udon noodles | chicken, fried tofu, boiled fish paste, fermented milk drink | carrot, onion, welsch onion |
| 17 Mon. | milk senbei | rice | Tandoori chicken / Tomato & vegetables seasoned with salt and sesame oil / Beansprout soup | milk biscuit | sesami, sugar, sesami oil | chicken, yogurt, bacon, tofu, milk | ketchup, tomato, cucumber, beansprout, carrot, cabbage, onion |
| 18 Tue. | milk arare | rice | Ketchup sauce pork marinade Cabbage soup / Watermelon | milk / Yogurt dessert with pineapple and orange | oil, sugar, corn starch | pork, Vienna sausage, milk, yogurt | onion, carrot, green pepper, shimeji mushrooms, ketchup, cabbage, beansprout, watermelon, lemon, canned pineapple, canned orange |
| 19 Wed. | milk senbei | rice | Soybeans tempura / Cucumber with sweet vinegar and soy sauce / Clear soup with wakame seaweed | milk / wafer biscuit | flour, mayonnaise, oil, sugar, sesame oil | boiled soy beans, fish paste roll, tofu, wakame, wheat gluten cake, milk | green pepper, onion, carrot, cucumber, enoki mushrooms |
| 20 Thu. | milk cheese | udon noodles | Udon noodles with sweet meat sauce / Tomato and cucumber dressed in sweet vinegar / Peach jelly | milk / toast topped with baby sardines | dried udon noodles, oil, sugar, potato starch, peach jelly, bread, mayonnaise | pork, reddish brown miso, milk, dried baby sardines | ginger, carrot, shiitake mushroom, onion, tomato, cucumber, parsley |
| 21 Fri. | milk fruit | rice | Curry seasoned fried horse-mackerel Sweet soy simmered pumpkin Clear soup with mehibi seaweed | milk arare | flour, butter, sugar | horse-mackerel, mehibi seaweed, tofu, wheat gluten cake, milk | pumpkin, onion, carrot, enoki mushrooms, welsch onion |
| 22 Sat. | | | Udon noodles with Kayaku (several kinds of vegetables on the top) Fermented milk drink | | dried udon noodles | chicken, fried tofu, boiled fish paste, fermented milk drink | carrot, welsch onion, onion |
| 24 Mon. | milk wafer | rice | Beef and potatoes braised in sweet soy sauce / Vegetables dressed with sesame & vinegar / Cut-out cheese | milk apple jelly | potato, oil, sugar, sweet sake, sesame oil, sesame | beef, cut-out cheese, milk, gelatine, fresh cream | onion, carrot, green beans, konnyaku noodles, cucumber, beansprout, powder agar, apple juice |
| 25 Tue. | milk senbei | rice and curry | Rice and curry with seasonal summer vegetables / Fruit yogurt salad | milk biscuit | rice, oil, butter, flour, sugar | chicken, cheese, milk, yogurt | ginger, garlic, pumpkin, eggplant, onion, carrot, green pepper, ketchup, banana, canned orange, canned peach, canned pineapple |
| 26 Wed. | milk arare | rice | Sauted tofu with ground pork and chilipepper / Cucumber and baby sardine with sweet vinegar / Pear | milk senbei | corn starch, sugar, oil | ground pork, tofu, reddish brown miso, dried baby sardines, fish paste roll, wakame, milk | onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, pear |
| 27 Thu. | yogurt | rice | Chicken outlet / Boiled vegetables Winter melon soup | milk / sugar coated arare | mayonnaise, flour, panko powder, oil, sugar, arare, brown sugar | chicken, wakame seaweed, tofu, milk | ketchup, cabbage, carrot, winter melon, onion |
| 28 Fri. | milk fruit | rice | Grilled salted salmon / Pumpkin salad Miso soup with egg plant | milk biscuit | mayonnaise | salmon, ham, deep fried tofu, miso, reddish brown miso, milk | pumpkin, carrot, cucumber, eggplant, onion, welsch onion |
| 29 Sat. | | | Kishimen noodles Fermented milk drink | | kishimen noodles | chicken, deep fried tofu, boiled fish paste, fermented milk drink | carrot, welsch onion, onion |
| 31 Mon. | milk fruit | rice | Vinegary seasoned grilled chicken Salad with canned tuna and cornflakes / Miso soup with enoki | yogurt drink biscuit | sugar, sweet sake seasoning, cornflakes, oil, sesame oil | chicken, canned tuna, wakame seaweed, miso, yogurt drink | ginger, cabbage, cucumber, carrot, onion, enoki mushrooms, welsch onion |

※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.】

