



《Goal》 Start your day with a healthy breakfast

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.	milk biscuit	udon noodles	Udon noodles in chicken soup Fermented milk drink	milk arare	dried udon noodles	chicken, deep fried tofu, boiled fish-paste, fermented milk drink	carrot, welsh 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, welsh 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 shitake mushroom, cucumber, cabbage, onion, enoki mushroom, welsh 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.	milk senbei	udon noodles w/ wakame	Udon noodles with wakame seaweed Fermented milk drink	milk biscuit	dried udon noodles	chicken, boiled fish paste, wakame, fermented milk drink	carrot, onion, welsh 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, welsh onion
14 Fri.	Menu to be decided freely in each preschool						
15 Sat.	milk biscuit	udon noodles w/ fried tofu	Noodle soup topped with fried tofu Fermented milk drink	milk arare	dried udon noodles	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsh onion
17 Mon.	milk senbei	rice	Tandoori chicken / Tomato & vegetables seasoned with salt and sesame oil / Beansprout soup	milk biscuit	sesami, sugar, sesame 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, shitake 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, welsh onion
22 Sat.	milk senbei	noodles w/ Kayaku	Udon noodles with Kayaku (several kinds of vegetables on the top) Fermented milk drink	milk biscuit	dried udon noodles	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, welsh 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 shitake 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	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, tofu, reddish brown miso, milk	pumpkin, carrot, cucumber, eggplant, onion, welsh onion
29 Sat.	milk arare	Kishime noodles	Kishimen noodles Fermented milk drink	milk senbei	kishimen noodles	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, welsh 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, welsh 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.】

