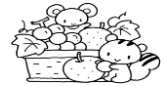


Year 2020

Menu for the month of September



《Goal》 Chew your foods thoroughly before swallowing.

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

Day	Children under 3 years old		Lunch Menu	P.M. snack	Ingredients		
	A.M. snack	Stable food			Yellow	Red	Green
					Energy food	Foods to produce blood, muscles and bones	Foods to keep your health
1 Tue.	milk biscuit	rice	Spanish mackerel with teriyaki sauce Braised hijiki seaweed Soy milk miso soup	milk fruits Anmitsu	sweet sake, sugar, oil	Spanish mackerel, boiled soybeans, hijiki seaweed, deep fried fishcake, tofu, processed soymilk, miso, milk, canned red bean paste	ginger, carrot, cabbage, onion, welsch onion, powder agar, canned peach orange and pineapple, banana
2 Wed.	milk fruit	curry and rice	Curry and rice Tuna salad	milk arare	rice, oil, potato, butter, flour, sugar, mayonnaise	ground beef, cheese, milk, canned tuna	ginger, garlic, onion, carrot, ketchup cucumber, cabbage
3 Thu.	milk senbei	rice	Sauted pork with miso sauce Clear soup with winter melon / Pear	milk deep-fried bread	sugar, sweet sake, oil, roll	pork, reddish-brown miso, wakame seaweed, tofu, soybean flour, milk	ginger, cabbage, carrot, onion, green pepper, winter melon, pear
4 Fri.	milk arare	rice	Sesame seeds Teriyaki chicken Japanese Salad / Miso soup with onion	milk senbei	starch, oil, sugar, sweet sake, sesame	chicken, tofu, deep fried tofu, miso, milk	ginger, cucumber, cabbage, carrot, canned pineapple, onion, eggplant, welsch onion
5 Sat.			Udon noodles with wakame seaweed Fermented milk drink		dried udon noodles	chicken, boiled fish-paste, wakame seaweed, fermented milk drink	carrot, onion, welsch onion
7 Mon.	milk senbei	rice	Eggplant in spicy meat sauce Three color vegetables Namul Kyoho grapes	milk coco cake	starch, sugar, oil, sesame, sesame oil, flour	ground pork, tofu, reddish brown miso, coco, milk	eggplant, onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, bean sprout, kyoho grapes
8 Tue.	milk fruit	rice	Fried salmon marinated with vegetables Sweet kidney beans / Miso soup with tofu	milk biscuit	starch, oil, sugar, sweet sake	salmon, red kidney beans, tofu, miso, milk	onion, carrots, green pepper, lemon juice, cabbage, welsch onion
9 Wed.	yogurt	rice	Pineapple teriyaki chicken Vegetables dressed with sesame Clear soup with wheat gluten	milk arare	sweet sake, sesame, sugar	chicken, boiled fish paste, wheat gluten, wakame seaweed, milk	canned pineapple, cabbage, cucumber, carrot, onion, enoki mushrooms
10 Thu.	milk wafer	rice	Fried pork with BBQ sauce Vegetables dressed with powdered fish / Clear soup with bean sprout	milk Cream-free peach and orange mousse	sugar, oil, sweet sake, corn starch	pork, canned tuna, bacon, tofu, milk, yogurt	ketchup, garlic, cabbage, carrot, onion, green pepper, cucumber, bean sprout, shimeji mushrooms, lemon juice, canned peach and orange
11 Fri.	milk arare	Namul seasoned rice	Mixed rice with vegetables and meat Cabbage soup / Cut out cheese	milk senbei	rice, sugar, sweet sake, sesame oil, oil, sesame	ground pork, egg, reddish brown miso, Vienna sausage, cut-out cheese, milk	garlic, ginger, bean sprout, carrot, cucumber, cabbage, onion, shimeji mushrooms, parsley
12 Sat.			Udon noodles with Kayaku Fermented milk drink		dried udon noodles	chicken, deep-fried tofu, boiled fish paste, fermented milk drink	carrot, welsch onion, onion
14 Mon.	milk biscuit	rice	Braised chicken and eggs bowl Ham salad / Banana	milk orange jelly	sugar, mayonnaise	chicken, egg, freeze-dried tofu, ham, gelatine, fresh cream, milk	onion, dried shiitake mushroom, carrot, welsch onion, cucumber, cabbage, powder agar, orange juice, banana
15 Tue.	milk cheese	rice	Deep-fried marinated mackerel Miso soup with bean sprout / Sweet vinegar marinated tomato and cucumbers	milk biscuit	starch, oil, sugar	mackerel, deep-fried tofu, miso, milk	ginger, tomato, cucumber, bean sprout, onion, cabbage, carrot, onion
16 Wed.	milk arare	rice	Humberg steak with mushroom gravy Vegetable soup / Pear jelly	milk senbei	panko bread, oil, sugar, Nashi (Japanese pear) jelly	ground beef and pork, processed soymilk, bacon, milk	onion, carrot, enoki mushrooms, shimeji mushroom, ketchup, cabbage
17 Thu.	milk senbei	Mixed rice w/ beef and burdock	Mixed rice with beef and burdock Cabbage salad Clear soup with somen noodles	milk yogurt cake	rice, sugar, mayonnaise, sesame, somen noodles, pancake mix	ground beef, bacon, tofu, yogurt, milk	burdock, ginger, cucumber, cabbage, bean sprout, carrot, onion, eggplant, welsch onion
18 Fri.	milk fruit	rice	Panko crusted fried chicken marinated in worcesters sauce / Vegetables with perilla flavor / Clear soup with wakame seaweed	milk / wafer / biscuit	starch, oil, sugar, panko bread	chicken, wakame seaweed, Vienna sausage, milk	ginger, cabbage, carrot, perilla leaves, onion
19 Sat.			Noodle soup topped with fried tofu Fermented milk drink		dried udon noodles	chicken, deep-fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsch onion
23 Wed.	milk senbei	Yakisoba noodles	Stir-fried noodles / Clear soup with potato and vegetables / Yogurt	milk jam sandwich	Oil-coated steamed yakisoba noodles, oil, potato, bread, jam	pork, boiled fish paste roll, green laver, dried bonito, bacon, yogurt, milk	green pepper, cabbage, carrot, onion, ketchup
24 Thu.	milk fruit	rice	Grilled chicken marinated in miso Pasta salad / Clear soup with enoki mushrooms	milk arare	sugar, sweet sake, oil, spaghetti, mayonnaise	chicken, reddish brown miso, ham, wakame seaweed, tofu, milk	cabbage, carrot, leek, garlic, cucumber, enoki mushrooms, onion, welsch onion
25 Fri.	milk biscuit	rice	Fried horse mackerel ketchup sauce Boiled vegetables / Miso soup with seasonal vegetables	milk senbei	mayonnaise, flour, panko bread, oil, sugar	horse mackerel, deep fried tofu, miso, milk	ketchup, cabbage, carrot, pumpkin, egg plant, onion
26 Sat.			Udon noodles in chicken soup Fermented milk drink		dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsch onion
28 Mon.	milk fruit	rice	Boiled chicken with sweet vinegar sauce / Miso soup with eggplants / Orange and grape (the full moon)	milk soymilk ricecake	sugar, sesame paste, sesame oil, the full moon jelly, starch	chicken, tofu, deep fried tofu, reddish brown miso, processed soymilk, soybean powder, milk	cucumber, carrot, bean sprout, welsch onion, eggplant, onion
29 Tue.	milk biscuit	rice	Non-fried potato croquette Kelp seasoned vegetables Clear soup with tofu	milk arare	potato, sweet sake, panko bread, oil	ground beef and pork, cheese, processed soy milk, kelp, Vienna sausage, tofu, wakame seaweed, milk	onion, carrot, cabbage
30 Wed.	milk senbei	rice	Teriyaki chicken / Pumpkin salad Clear soup with wakame seaweed	yogurt drink biscuit	oil, sweet sake, mayonnaise	chicken, ham, tofu, wakame seaweed, wheat gluten, yogurt drink	pumpkin, carrot, cucumber, enoki mushrooms, 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.】