

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	Stable food	Lunch Menu		Ingredients		
				Yellow	Red	Green
				Energy food	Foods to produce blood, muscles and bones	Foods to keep your health
1 Tue.	rice	Spanish mackerel with teriyaki sauce / Braised hijiki seaweed / Soy mik miso soup	milk	sweet sake, sugar, oil	Spanish mackerel, boild soybeans, hijiki seaweed, deep fried fishcake, tofu, processed soymilk, miso, milk	ginger, carrot, cabbage, onion, welsh onion, onion
2 Wed.	curry and rice	Curry and rice / Tuna salad	milk	rice, oil, potato, butter, flour, sugar, mayonnaise	ground beaf, cheese, milk, canned tuna	ginger, garlic, onion, carro, ketchup cucumber, cabbage
3 Thu.	rice	Sauted pork with miso sauce / Clear soup with winter melon / Pear	milk	sugar, sweet sake, oil	pork, reddish-bron miso, wakame seaweed, tofu, milk	ginger, cabbage, carrot, onion, green pepper, winter melon, pear
4 Fri.	rice	Sesame seeds Teriyaki chicken / Japanese Salad / Miso soup with onion	milk	starch, oil, sugar, sweet sake, sesame	chicken, tofu, deep fried tofu, miso, milk	ginger, cucumber, cabbage, carrot, canned pineapple, onion, eggplant, welsh onion
7 Mon.	rice	Eggplant in spicy meet sauce / Three color vegirables Namul / Kyoho grapes	milk	starch, sugar, oil, sesame, sesame oil	ground pork, tofu, reddish brown miso, milk	eggplant, onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, beansprout, kyoho grapes
8 Tue.	rice	Fried salmon marinated with vegetables / Sweet kidney beans / Miso soup with tofu	milk	starch, oi, sugar, sweet sake	salmon, red kidney beans, tofu, miso, milk	onion, carrots, green pepper, remon juice, cabbage, welsh onion
9 Wed.	rice	Pineapple teriyaki chicken / Vegetables dressed with sesame / Clear soup with wheat gluten	milk	sweet sake, sesame, sugar	chicken, boiled fish paste, wheat gluten, wakame seaweed, milk	canned pineapple, cabbage, cucumber, carrot, onion, enoki mushrooms
10 Thu.	rice	Fried pork with BBQ sauce / Vegetables dressed with powdered fish / Clear soup with beansprout	milk	sugar, oil, sweet sake	pork, canned tuna, bacon, tofu, milk	ketchup, garlic, cabbage, carrot, onion, green pepper, cucumber, beansprout, shimeji mushrooms
11 Fri.	Namul seasoned rice	Mixed rice with vegetables and meat / Cabbage soup / Cut out cheese	milk	rice, sugar, sweet sake, sesame oil, oil, sesame,	ground pork, egg, reddish brown miso, Vienna sausage, cut-out cheese, milk	garlic, ginger, beansprout, carrot, cucumber, cabbage, onion, shimeji mushrooms, parsley
14 Mon.	rice	Braised chicken and eggs bowl / Ham salad / Banana	milk	sugar, mayonnaise	chiken, egg, freeze-dried tofu, ham, gelatine, milk	onion, dried shiitake mushroom, carrot, welsh onion, cucumber, cabbage, banana
15 Tue.	rice	Deep-fried marinated mackerel / Miso soup with beansprout / Sweet vinegar marinated tomato and cucumbers	milk	starch, oil, sugar	mackerel, deep-fried tofu, miso, milk	ginger, tomato, cucumber, beansprout, onion, cabbage, carrot, onion
16 Wed.	rice	Humberg steak with mushroom gravy / Vegetable soup / Pear jelly	milk	panko bread, oil, sugar, Nashi (Japanese pear) jelly	ground beef and pork, processed soymilk, bacon, milk	onion, carrot, elingi mushrooms, shimeji mushroom, ketchup, cabbage
17 Thu.	Mixed rice w/beef and burdock	Mixed rice with beef and burdock / Cabbage salad / Clear soup with somen noodles	milk	rice, sugar, maynaise, sesame, soumen noodles	ground beef, bacon, tofu, milk	burdock, ginger, cucumber, cabbage, beansprout, carrot, onion, eggplant, welsh onion
18 Fri.	rice	Panko crusted fried chicken marinated in worcesters sauce / Vegetables with perilla flavor / Clear soup with wakame seaweed	milk	starch, oil, sugar, panko bread	chickem, wakme seaweed, Vienna sausage, milk	ginger, cabbage, carrot, perilla leaves, onion
23 Wed.	Yakisoba noodles	Stir-fried noodles / Clear soup with potato and vegetables / Yogurt	milk	Oil-coated steamed yakisoba noodles, oil, potato	pork, boiled fish pastee roll, green laver, dried bonito, bacon, yogurt, milk	green pepper, cabbage, carrot, onion, ketchup
24 Thu.	rice	Grilled chicken marinated in miso / Pasta salad / Clear soup with enoki mushrooms	milk	sugar, sweet sake, oil, spaghetti, mayonnaise	chicken, reddish brown miso, ham, wakame seaweed, tofu, milk	cabbage, carrot, leek, garlic, cucumber, enoki mushrooms, onion, welsh onion
25 Fri.	rice	Fried horse mackerel ketchup sauce / Boiled vegetables / Miso soup with seasonal vegetables	milk	mayonnaise, flour, panko bread, oil, sugar	horse mackerel, deep fried tofu, miso, milk	ketchup, cabbage, carrot, pumpkin, egg plant, onion
28 Mon.	rice	Boild chicken with sweet vinegar sauce / Miso soup with eggplants/ Orange and grape (the full moon) jelly	milk	sugar, sesame paste, sesame oil, the full moon jelly	chicken, tofu, deep fried tofu, reddish brown miso, milk	cucumber, carrot, beansprout, welsh onion, eggplant, onion
29 Tue.	rice	Non-fried potato croquette / Kelp seasoned vegetables / Clear soup with tofu	milk	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.	rice	Teriyaki chicken / Pumpkin salad / Clear soup with wakame seaweed	milk	oil, sweet sake, mayonnaise	chicken, ham tofu, wakame seaweed, wheat gluten, yogurt drink	pumpkin, carrot, cucumber, enoki mushrooms, onion

【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.】