



Day	Children under 3 years old		Lunch Menu	P.M. Snack	Ingredients		
	A.M. snack	Staple food			Yellow	Red	Green
					Energy food	Foods to produce blood, muscles, and bones	Foods to keep your health
1 Thu.	milk senbei	rice	Macaroni au gratin / Cucumber and baby sardine pickled with sweet vinegar / Vegetable soup	milk Sugar coated arare	macaroni, oil, butter, flour, panko bread, sugar, arare	chicken, bacon, dried white bait, wakame seaweed, tubular fish paste roll, tofu, milk	onion, parsley, cucumber, pak-choi, carrot
2 Fri.	milk fruit	rice	Mackerel simmered in Miso / Daikon salad with pounded sesame dressing / Clear soup with onion	milk senbei	sugar, sweet sake, sesame	mackerel, reddish-brown miso, deep fried tofu, tofu, wakame seaweed, milk	ginger, daikon radishes, carrot, cabbage, onion, welsh onion
3 Sat.	milk biscuit	wakame seaweed udon	Udon noodles with wakame seaweed Fermented milk drink	milk senbei	dried udon	chicken, boiled fish paste, wakame seaweed, fermented milk	carrot, onion, welsh onion
5 Mon.	milk arare	rice	Ketchup sauce pork marinade / Potato and vegetables soup / Yogurt	milk / Roasted soybeans with dried small fish	oil, sugar, potato, starch, sweet sake, glucose syrup, sesame	pork, bacon, yogurt, boild soybeans, soy sauce sugar-glazed sardines, milk	onion, carrot, green pepper, elingi mushroom, ketchup, cabbage
6 Tue.	milk cheese	rice	Grilled saury with sweet soy sauce / Salad with pounded sesame dressing / Miso soup with Daikon radish	milk senbei	starch, oil, sugar, sweet sake, sesame	pacific saury, boiled fish paste roll, fried tofu, miso, milk	beansrout, cabbage, carrot, daikon radish, onion, enoki mushroom, welsh onion
7 Wed.	milk biscuit	rice	Miso flavored hamburg steak / Kelp seasoned vegetables / Clear soup with tofu	milk Yogurt steamed cake	oil, sugar, panko powder, pan cake mix	ground beef and pork, processed soymilk, miso, salted kelp, bacon, tofu, wakame seaweed, yogurt, milk	onion, cabbage, carrot
8 Thu.	milk fruit	rice	Tandoori chicken / Spinach salad / Clear soup with plenty of vegetable and meat	milk senbei	mayonnaise	chicken, yogurt, canned tuna, bacon, milk	ketchup, spinach, cabbage, carrot, daikon radish, onion, parsley
9 Fri.	milk arare	Hashed beef rice	Hashed beef with rice Fruits moose	milk senbei	rice, potato, oil, butter, flour, sugar, mousse mix	ground beef, milk	onion, carrot, ketchup, banana, canned pineapple, orange, and peach
10 Sat.	milk biscuit	kishimen noodles	Kishimen noodles Fermented milk drink	milk senbei	kishimen noodle	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsh onion
12 Mon.	milk fruit	rice	Baked orange marmalade chicken / Vegetables dressed with semsami and mayonnaise / Clear soup with mushrooms	milk arare	oil, marmalade, mayonnaise, sesame	chicken, steamed fish paste, tofu, milk	orange juice, spinach, cabbage, carrot, enoki mushroom, shimeji mushroom, onion, welsh onion
13 Tue.	milk wafer	rice	Fried salmon in ketchup sauce / Boiled vegetables / Clear soup with beansprot	milk senbei	mayonnaise, flour, panko powder, oil, sugar	salmon, bacon, tofu, milk	ketchup, cabbage, carrot, beansprout, onion
14 Wed.	milk fruit	rice	Curried pork beans / Hijiki seaweed and spinach salad / Pumpkin pudding	milk baked sweet potato	potato, oil, sugar, sesame, pumpkin pudding, sweet potato, butter	boiled soybeans, ground pork, hijiki seaweed, milk	carro, onion, ketchup, spinach, beansprout
15 Thu.	milk biscuit	meatsauce udon	Udon noodles with sweet meatsauce Coleslaw salad	milk rusk	dried udon noodles, oil, starch, mayonnaise, sugar, bread, butter, granulated sugar	ground pork, red brownish miso, ham, milk	ginger, carot, shiitake mushroom, onion, cabbage, cucumber, canged orange
16 Fri.	milk senbei	rice	Lemon roasted chilcken with potatoes Clear soup with Chinese cabbage / Banana	milk arare	starch, oil, potato, sugqar, sweet sake	chicken, tofu, Vienna sausage, milk	lemon, Chinese cabbage, onion, carrot, parsley, banana
17 Sat.	milk senbei	Kayaku(meat & vegitabe) udon	Udon noodles with Kayaku toppings Fermented milk drink	milk biscuit	dried udon noodles	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, onion, welsh onion
19 Mon.	milk senbei	sweet potato rice	Sweet potato rice/ Vinegary seasoned grilled chicken / Vegetables with perilla flavor / Clear soup with wakame seaweed	milk arare	rice, sweet potato, black sesame, sugar, sweet sake	chicken, tofu, wakame seaweed, wheat gluten cake, milk	ginger, cabbage, carrot, perilla leaf, onion
20 Tue.	milk fruit	rice	Salt grilled salmon / Daikon radish salad / Miso soup with nameko mushroom	milk jam sandwich	mayonnaise, bread, strawberry jam	salmon, ham, tofu, fried tofu, reddish-brown miso, milk	daikon, cucumber, carrot, namko mushroom, welsh onion
21 Wed.	milk senbei	rice	Deep-fried chicken Japanese salad / Cabbage soup	milk biscuit	starch, oil, sugar	chicken, bacon, milk	ginger, cucumber, cabbage, carot, canned pineapple, cabbage, onion, shimeji mushroom
22 Thu.	milk fruit	rice	Ginger pork / Sesami-vinegar seasoned vegetables / Clear soup with wheat gluten	milk soy milk steamed cake	sugar, sweet sake, oil, sesame, wheat flour	pork, tofu, flower shaped wheat gluten, processed milk	ginger, daikon radish, cucumber, beansprout, carrot, onion, welsh onion
23 Fri.	milk senbei	rice	Simmered deep fried tofu and vegetables / Kelp seasoned Chinese cabbage / Miso soup with sweet potato	milk arare	starch, sugar, oil, sweet potato	tofu, chicken, dried baby sardine, hijiki seaweed, salted kelp, miso, milk	carrot, ketchup, Chinese cabbage, daikon radish, onion, welsh onion
24 Sat.	milk senbei	udon noodles in miso soup	Udon nodles simmered in miso with chicken and vegetables / Fermented milk drink	milk biscuit	dried udon noodles, sweet sake	chicken, fried tofu, steamed fish paste, reddish brown miso, fermented milk drink	carrot, onion, welsh onion, Chinese cabbage
26 Mon.	milk senbei	rice	Sauted tofu with ground pork and chilipepper / Dried bonita seasoned spinach/ Grape jelly	milk arare	starch, sugar, oil, grape jelly	ground pork, tofu, reddish-brown miso, boiled fish paste, milk	onion, leek, carrot, ginger, shiitake mushroom, spinach, Chinese cabbage
27 Tue.	yogurt	rice	Simmered spanish mackerel / Daikon radish and persimon seasoned in vinegar / Mison soup with Chinese cabbage	Steamed sweet potato buns	sweet sake, sugar, sesame, sweet potato, pancake mix	mackerel, tofu, fried tofu, wakame seaweed, miso, milk	ginger, persimon, daikon radish, carrot, Chinese cabage, onion, welsh onion
28 Wed.	milk fruit	rice	Braised beef and tofu in sukuyaki style / Vinegary seasoned vegetables with nori seaweed / Cut-out cheese	milk / macaroni dusuted with soybean powder	sygar, oil, macaroni	ground beef, grilled tofu, grilled wheat gluten, canned tuna, nori seaweed, cut out cheese, soybean powder, milk	carrot, onion, konnyakiu noodles, enoki mushroom, Chinese cabbage, welsh onion, cabbage
29 Thu.	milk senbei	mushro om rice	Mushroom rice / Macaroni salad / Miso soup with beansprout	milk / biscuit / wafer	rice, oil, sweet sake, mayonnaise	chickne, ham, tofu, fried tofu, miso, milk	shimeji, shiitake, maitake mushrooms, burdock, carrot, coucumber, canned orange, cabbage, beansprout, onion
30 Fri.	milk senbei	rice	Deep-fried tofu and vegetables simmered with ground pork / Hijiki seaweed salad / Banana	yogurt drink arare	potato, oil, sugar, sweet sake, starch, mayonnaise, sesame	thick fried tofu, ground pork, hijiki seaweed, canned tuna, yogurt drink	onion, carrot, cabbage, banana
31 Sat.	milk senbei	udon with fried tofu	Udon 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

※ 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 the situation.】

【Each pre-school presents the countries/areas of origin of the main ingredients that were actually used for lunch.】

