

Year 2020 Menu for the month of November

Saturday half day childcare



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

《Goal》 Stay seated until the meal is over

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 you healthy	
2 Mon.	yogurt	rice	Scoop-up non-fried croquette / Vegetables with dried bonito flavor / Clear soup with tofu	milk arare	potato, sweet sake, oil, panko bread, sugar	ground beef & pork, cheese, processed soymilk, tubular fish cake, sausage, tofu, wakame seaweed, milk	onion, carrot, cabbage, daikon radish	
4 Wed.	milk senbei	rice	Stewed chicken and soybean mix, Komatsuna greens salad, Banana	milk Steamed bun	taro, sugar, sweet sake, oil, mayonnaise, sesame, flour, brown sugar	chicken, deep fried tofu, bacon, milk	daikon radish, carrot, konnyaku, mustard spinach, cabbage, banana	
5 Thu.	milk arare	Curry & udon noodles	Udon noodles curry flavored / Daikon radish with sesame sauce / Mini dessert (apple jelly)	milk biscuit	dried udon noodles, oil, sugar, sesame, apple jelly	pork, boiled fish paste, fried tofu, milk	carrot, onion, green onion, daikon radish, spinach	
6 Fri.	milk fruit	rice	Fried salmon with lemon and soy sauce / Salad with dried stripes of Daikon and / Hijiki seaweed, Clear soup with wakame seaweed	milk rusk	sugar, sweet sake, mayonnaise, bread, butter, granulated sugar	salmon, hijiki seaweed, bacon, wakame seaweed, tofu, milk	lemon, ginger, leek, dried daikon stripes, carrot, cabbage, onion, shimeji mushroom, green onion	
7 Sat.			Udon noodles in chicken soup, Fermented milk drink			dried udon noodles	chicken, fried tofu, steamed fish paste, fermented milk drink	carrot, green onion, onion
9 Mon.	milk wafer	rice	Vinegary seasoned grilled chicken, Lotus root salad, Shimeji mushroom soup	milk senbei	sugar, sweet sake, mayonnaise	chicken, canned tuna, tofu, wheat gluten cake, milk	ginger, lotus root, carrot, cucumber, shimeji mushroom, onion, green onion	
10 Tue.	milk biscuit	rice	Yellowtail Teriyak, Seasoned boiled spinach, Miso soup with onion	milk, sweet potato potato chips	sweet sake, sugar, sweet potato, oil	yellowtail, boiled fish paste, tofu, dried tofu, miso paste, milk	ginger, spinach, Chinese cabbage, carrot, onion, green onion	
11 Wed.	milk cheese	rice	Fried chicken with panko bread marinated in worcesters sauce / Seasoned boiled kelp / Potato soup	milk arare	starch, oil, sugar, panko bread, potato	chicken, salted kelp, bacon, tofu, milk	ginger, cabbage, carrot, onion, parsley	
12 Thu.	milk senbei	mixed rice	Mixed vegetables rice / Sesame seasoned Chinese cabbage / Clear soup with somen noodles	milk sweet potato soybean cake	rice, oil, sweet sake, sesame, sugar, somen noodles, sweet potato, pan cake mix	canned tuna, fried tofu, tubular fish paste, wheat gluten cake, milk, processed soymilk	burdock, carrot, shiitake mushroom, Chinese cabbage, spinach, enoki mushroom, onion, green onion	
13 Fri.	milk fruit	rice	Hamburger steak with hijiki seaweed, Boiled vegetables, Miso soup with tofu	milk biscuit	panko bread, oil, sugar	ground beef & pork, hijiki seaweed, processed soymilk, tofu, brown reddish miso, milk	onion, carrot, ketchup, cabbage, Chinese cabbage, onion, shimeji mushroom, green onion	
14 Sat.			Udon noodles with wakame seaweed, Fermented milk drink			dried udon noodles	chicken, boiled fish paste, wakame seaweed, fermented milk drink	carrot, onion, green onion
16 Mon.	milk fruit	rice	Pan-fried pork with BBQ sauce / Tuna salad / Clear soup with wakame seaweed	milk biscuit wafer	sugar, oil, mayonnaise	pork, canned tuna, wakame seaweed, sausage, milk	ketchup, garlic, cabbage, enoki mushroom, onion, cucumber, carrot, Chinese cabbage	
17 Tue.	milk arare	rice	Salted Spanish mackerel, Mimosa salad, Miso soup with Daikon radish	milk candied potato	oil, sugar, sweet potato, sesame	Spanish mackerel, tofu, miso, milk	cucumber, cabbage, carrot, canned pineapple, daikon radish, onion, green onion	
18 Wed.	milk senbei	rice	Macaroni meat sauce gratin, Vegetables with perilla flavor, Cabbage soup	milk arare	macaroni, potato, butter, flour	ground pork, cheese, bacon, tofu, milk	onion, tomato puree, ketchup, cabbage, perilla leaves, carrot	
19 Thu.			Let's all eat matsusaka beef Mixed rice with matsusaka beef and burdock, Daikon radish salad, clear soup with onion	milk, dried baby sardines toast	rice, sugar, mayonnaise, sesame, bread	ground beef, ham, tofu, wakame seaweed, milk, dried baby sardine	burdock, ginger, daikon radish, cucumber, carrot, onion, enoki mushroom, green onion, parsley	
20 Fri.	milk fruit	rice	Ginger pork, Japanese salad, Miso soup with Chinese cabbage	milk biscuit	sugar, sweet sake, oil	ground pork, tofu, dried tofu, wakame seaweed, milk	ginger, daikon radish, cucumber, cabbage, carrot, canned pineapple, Chinese cabbage, onion, green onion	
21 Sat.			Kishimen noodles, Fermented milk drink			kishimen noodles	chicken, dried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion
24 Tue.	milk fruit	rice	Teriyaki chicken / Root crops fried and boiled in sweet soy sauce / Sweet potato miso soup	milk sugar coated arare	oil, sweet sake, sesame, sesame oil, sugar, sweet potato, arare	chicken, deep fried fishcake, tofu, miso, milk	burdock, carrot, green pepper, konnyaku noodles, onion, green onion	
25 Wed.	milk arare	curry flavored pilaf	Curry pilaf, Soymilk soup, Yogurt	milk senbei	rice, butter, potato	chicken, bacon, processed milk, yogurt, milk	onion, carrot, green pepper, Chinese cabbage, parsley	
26 Thu.	milk biscuit	rice	Grilled pork with miso paste / Clear soup with enoki mushroom / Cut-out cheese	milk sweet potato	sugar, sweet sake, oil, sweet potato, butter	pork, brown reddish miso, tofu, cut-out cheese, milk, fresh cream	ginger, cabbage, carrot, onion, green pepper, enoki mushroom, green onion	
27 Fri.	milk fruit	rice	Deep-fried marinated mackerel, Spinach salad, Miso soup with beansprout	milk arare	starch, oil, mayonnaise	saurel, canned tuna, tofu, fried tofu, miso, milk	ginger, spinach, cabbage, carrot, beansprout, onion, green onion	
28 Sat.			Udon noodles with several toppings, Fermented milk drink			dried udon noodles	chicken, fried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion
30 Mon.	milk senbei	rice	Beef stew, Banana Salad with miso dressing	yogurt drink biscuit	oil, potato, butter, flour, sugar, sesame	chopped beef, fresh cream, tubular fish paste, miso, yogurt drink	carrot, onion, ketchup, tomato puree, cabbage, cucumber, carrot, banana	

※ On the 19th of november, an organization from matsusaka will give away free 『beef』

※ The handmark indicates 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.】

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

