

Year 2020 Menu for the month of November



Kodomo Mirai-ka Kindergarten/Pre-school Section

《Goal》 Stay seated until the meal is over

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

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

【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.】

