

## Year 2020 Menu for the month of December

《Goal》 Stop likes and dislikes for certain food. Let's eat anything.

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 cheese	rice	Tandoori chicken, Cabbage soup Sesame seasoned boiled spinach	milk / macaroni kinako	sesame, sugar, macaroni	chicken, yogurt, bacon, milk, soybean powder	ketchup, spinach, Chinese cabbage, carrot, cabbage, onion
2	Wed.	milk biscuit	rice	Scoop-up nonfried croquette Kelp seasoned vegetables Miso soup with beansprout	milk senbei	potato, sweet sake, panko powder, oil	ground beef and pork, cheese, processed soymilk, salted kelp, tofu, miso, milk	onion, carrot, cabbage, beansprout, enoki mushroom, green onion
3	Thu.	milk arare	mixed rice with hijiki	Mixed rice with hijiki seaweed Daikon salad, Clear soup with onion	milk / steamed sweet potato	rice, oil, sweet sake, mayonnaise, sweet potato	chicken, deep fried tofu, hijiki seaweed, ham, tofu, milk	burdock, carrot, konjac, daikon radish, cucumber, cabbage, onion, enoki mushroom, green onion
4	Fri.	milk fruit	rice	Deep fried horse mackerel with aurora sauce, Leafy vegetables, Mushroom soup	milk biscuit	mayonnaise, flour, panko powder, oil	horse mackerel, bacon, tofu, milk	ketchup, Chinese cabbage, carrot, shimeji mushrooms, cabbage, onion
5	Sat.	milk arare	Udon noodles	Udon noodles simmered in miso Fermented milk drink	milk biscuit	dried udon noodles	chicken, deep fried tofu, steamed fish paste, reddish-brown miso, fermented milk	carrot, onion, green onion, Chinese cabbage,
7	Mon.	milk senbei	Udon noodles	Udon noodle soup with seafood, meat and vegetables toppings, Ham salad, Cut-out cheese	milk pancake	dried udon noodles, starch, sesame oil, mayonnaise, pancake mix, butter, maple syrup	pork, naruto fish paste, ham, out-out cheese, milk	carrot, Chinese cabbage, onion, beansprout, green onion, cucumber, canned orange, cabbage
8	Tue.	milk fruit	rice	Mackerel simmered in miso, Boiled vegetables with scrambled egg, Clear soup with mushrooms	milk biscuit	sugar, sweet sake, oil, sesame oil	mackerel, reddish-brown miso, egg, ham, tofu, milk	ginger, cabbage, carrot, broccoli, konjac noodles, enoki mushroom, shimeji mushroom, onion
9	Wed.	milk arare	rice	Fried chicken with creamy sauce Japanese salad, Banana	milk wafer biscuit	potato, butter, flour, oil, sugar	chicken, milk, fresh cream	onion, carrot, parsley, cucumber, cabbage, canned pineapple, banana
10	Thu.	milk senbei	rice	Simmered pork and vegetables with miso, Clear soup with Chinese cabbage, Yogurt	milk / savory vegetable cake	potato, oil, sugar, sweet sake, pancake mix	pork, reddish-brown miso, Vienna sausage, tofu, yogurt, milk, bacon, cheese	ginger, green pepper, carrot, onion, ketchup, Chinese cabbage
11	Fri.	milk fruit	rice	Fried chicken, Daikon radish seasoned by sweet vinegar, Miso soup with onion	milk senbei	starch, oil, sugar, sesame	chicken, miso, milk	ginger, daikon radish, carrot, cucumber, onion, Chinese cabbage, beansprout, green onion
12	Sat.	milk arare	Udon noodles	Udon noodle soup topped with fried tofu Fermented milk drink	milk biscuit	dried udon noodles	chicken, steamed fish paste, deep fried tofu, fermented milk drink	carrot, onion, green onion
14	Mon.	milk arare	rice	Stew-style hamburger steak Boiled vegetables, Clear soup with plenty of vegetables	milk / sugar coated fried arare	panko powder, oil, sugar, assorted arare, brown sugar	ground beef and pork, processed soymilk, bacon, milk	onion, carrot, enoki mushroom, ketchup, cabbage, daikon radish, parsley
15	Tue.	milk fruit	rice	Ginger pork, Chinese cabbage seasoned with sesame, Miso soup with eddo	milk biscuit	sugar, sweet sake, oil, sesame, eddo	pork, tubular fish paste, tofu, deep fried tofu, miso, milk	ginger, daikon radish, Chinese cabbage, spinach, onion, carrot, green onion
16	Wed.	milk senbei	rice	Curry and Rice Fruit yogurt salad	milk biscuit	rice, oil, potato, butter, flour, sugar	pork, cheese, milk, yogurt	ginger, garlic, onion, carrot, ketchup, banana, canned pineapple, canned peach, canned orange
17	Thu.	milk arare	rice	Grilled chicken with sesame, Clear soup with tofu, Salad with miso dressing	milk biscuit	starch, oil, sugar, sweet sake, sesame	chicken, ham, miso, tofu, milk	ginger, cabbage, cucumber, carrot, onion, enoki mushrooms, green onion
18	Fri.	milk fruit	rice	Simmered mackerel and arame seaweed Pork and vegetable miso soup, Peach jelly	milk lotus root chips	sweet sake, sugar, peach jelly, oil	Spanish mackerel, arame seaweed, pork, tofu, miso, milk	ginger, burdock, carrot, daikon radish, Chinese cabbage, green onion, lotus
19	Sat.	milk senbei	rice	Udon noodles in chicken soup Fermented milk drink	milk arare	dried udon noodles	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, green onion, onion
21	Mon.	milk wafer	rice	Vinegarly seasoned grilled chicken Sautéed lotus root, Clear daikon soup	milk / Pumpkin soya milk cake	sugar, sweet sake, sesame, oil, pancake mix	chicken, deep fried fish cake, bacon, milk, processed milk	ginger, lotus, carrot, konjac noodles, daikon radish, onion, green onion, pumpkin
22	Tue.	milk fruit	rice	Grilled salmon, Sweetly simmered red kidney beans, Clear chanko soup with ground chicken, tofu and	milk senbei	sugar, starch, rice noodles, sweet sake	salmon, kidney beans, ground chicken, deep fried tofu, milk	ginger, Chinese cabbage, daikon radish, onion, carrot
23	Wed.	milk arare	rice	Pork and potatoe braised in sweet soy sauce, Japanese style Daikon salad, Banana	milk / wheat gluten coco rusks	potato, oil, sugar, butter, sweet sake, sesame oil, sesame, granulated sugar	pork, ham, shaved dried bonito, milk, wheat gluten cake, cocoa	onion, carrot, konjac noodles, daikon radish, cucumber, banana
24	Thu.	yogurt	rice	Sweet savory simmered beef, Sesame vinegar seasoned vegetables, Miso soup with enoki mushrooms	milk biscuit	oil, sugar, sesame	ground beef, tofu, miso, milk	konjac noodles, burdock, carrot, ginger, spinach, beansprout, cabbage, enoki mushrooms, onion
25	Fri.	milk senbei	fried rice	Chicken fried rice with ketchup sauce, vegetables with dried bonito flavor, Soy milk soup, Christmas dessert	milk biscuit	rice, butter, potato, Christmas dessert	chicken, bacon, processed milk, shaved dried bonito, milk	carrot, onion, green pepper, ketchup, cabbage, broccoli
26	Sat.	milk arare	Kishimen noodles	Kishimen noodles Fermented milk drink	milk senbei	kishimen noodles	chicken, deep fried tofu, naruto fish paste, fermented milk drink	carrot, green onion, onion
28	Mon.	milk arare	rice	Pan-fried pork with bbq sauce, Rice noodles salad, Miso soup with wakame seaweed	yogurt drink biscuit	sugar, oil, rice noodles, mayonnaise	pork, ham, wakam seaweed, Vienna sausage, tofu, yogurt drink	ketchup, garlic, cabbage, enoki mushrooms, onion, green pepper, cucumber, carrot

※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.】