

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	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	Tandoori chicken, Cabbage soup Sesame seasoned boiled spinach	milk	sesame, sugar	chicken, yogurt, bacon, milk	ketchup, spinach, Chinese cabbage, carrot, cabbage, onion
2	Wed.	rice	Scoop-up nonfried croquette Kelp seasoned vegetables Miso soup with beansprout	milk	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.	mixed rice with hijiki	Mixed rice with hijiki seaweed Daikon salad, Clear soup with onion	milk	rice, oil, sweet sake, mayonnaise	chicken, deep fried tofu, hijiki seaweed, ham, tofu, milk	burdock, carrot, konjac, daikon radish, cucumber, cabbage, onion, enoki mushroom, green onion
4	Fri.	rice	Deep fried horse mackerel with aurora sauce, Leafy vegetables, Mushroom soup	milk	mayonnaise, flour, panko powder, oil	horse mackerel, bacon, tofu, milk	ketchup, Chinese cabbage, carrot, shimeji mushrooms, cabbage, onion
7	Mon.	Udon noodles	Udon noodle soup with seafood, meat and vegetables toppings, Ham salad, Cut-out cheese	milk	dried udon noodles, starch, sesame oil, mayonnaise	pork, naruto fish paste, ham, cut-out cheese, milk	carrot, Chinese cabbage, onion, beansprout, green onion, cucumber, canned orange, cabbage
8	Tue.	rice	Mackerel simmered in miso, Boiled vegetables with scrambled egg, Clear soup with mushrooms	milk	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.	rice	Fried chicken with creamy sauce Japanese salad, Banana	milk	potato, butter, flour, oil, sugar	chicken, milk, fresh cream	onion, carrot, parsley, cucumber, cabbage, canned pineapple, banana
10	Thu.	rice	Simmered pork and vegetables with miso, Clear soup with Chinese cabbage, Yogurt	milk	potato, oil, sugar, sweet sake	pork, reddish-brown miso, Vienna sausage, tofu, yogurt, milk	ginger, green pepper, carrot, onion, ketchup, Chinese cabbage
11	Fri.	rice	Fried chicken, Daikon radish seasoned by sweet vinegar, Miso soup with onion	milk	starch, oil, sugar, sesame	chicken, miso, milk	ginger, daikon radish, carrot, cucumber, onion, Chinese cabbage, beansprout, green onion
14	Mon.	rice	Stew-style hamburger steak Boiled vegetables, Clear soup with plenty of vegetables	milk	panko powder, oil, sugar	ground beef and pork, processed soymilk, bacon, milk	onion, carrot, enoki mushroom, ketchup, cabbage, daikon radish, parsley
15	Tue.	rice	Ginger pork, Chinese cabbage seasoned with sesame, Miso soup with eddo	milk	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.	rice	Curry and Rice Fruit yogurt salad	milk	rice, oil, potato, butter, flour, sugar	pork, cheese, milk, yogurt	ginger, garlic, onion, carrot, ketchup, banana, canned pineapple, canned peach, canned orange
17	Thu.	rice	Grilled chicken with sesame, Clear soup with tofu, Salad with miso dressing	milk	starch, oil, sugar, sweet sake, sesame	chicken, ham, miso, tofu, milk	ginger, cabbage, cucumber, carrot, onion, enoki mushrooms, green onion
18	Fri.	rice	Simmered mackerel and arame seaweed Pork and vegetable miso soup, Peach jelly	milk	sweet sake, sugar, peach jelly, oil	Spanish mackerel, arame seaweed, pork, tofu, miso, milk	ginger, burdock, carrot, daikon radish, Chinese cabbage, green onion
21	Mon.	rice	Vinegarly seasoned grilled chicken Sautéed lotus root, Clear daikon soup	milk	sugar, sweet sake, sesame, oil	chicken, deep fried fish cake, bacon, milk, processed milk	ginger, lotus, carrot, konjac noodles, daikon radish, onion, green onion

【The menu items may alter subject to availability and climatic change. Thank you for your kind understanding to this situation.】

