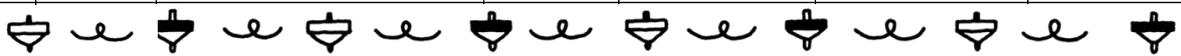


# Year 2021 Menu for the Month of January



《Goal》 Let's learn about the food effect.

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

Day	Staple food	Lunch Menu	Ingredients		
			Yellow	Red	Green
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
12 Tue.	rice	Ginger fried pork Sweet vinegared Daikon Miso soup with potatoe milk	sweet sake, oil, sugar, sesame, potato	pork, deep fried tofu, tofu, miso, milk	ginger, cabbage, carrot, onion, green pepper, daikon raddish, green onion
13 Wed.	Mixed rice	Mixed rice with Namul seasoned vegetables and meat, Chinese cabbage soup, Cut-out cheese milk	rice, sugar, sweet sake, sesame oil, oil, sesame	ground pork, egg, reddish brown miso, Vienna sausage, cutout cheese, milk, green dried seaweed	garlic, ginger, beansprout, carrot, spinach, Chinese cabbage, onion, dried parsley
14 Thu.	rice	Let's enjoy Matsusaka beef for lunch!  Beef stew, Orange Lightly pickled green vegetables milk	oil, potato, butter, flour, sugar	beef, raw cream, boiled fish paste roll, milk	bay leaf, carrot, onion, ketchup, tomato puree, dried parsley, spinach, Chinese cabbage, orange
15 Fri.	rice	Mayonnaise grilled salmon Simmered Kiriboshi daikon Miso soup with taro milk	mayonnaise, sugar, sweet sake, taro	salmon, miso, deep fried fishcake, deep fried tofu, milk	onion, dried parsley, stripes of dried daikon, carrot, Chinese cabbage, green onion
					
18 Mon.	rice	Tofu in spicy meat sauce Vinegared vegetable with nori Banana milk	starch, sugar, oil	ground pork, tofu, reddish brown miso, canned tuna, nori seaweed, milk	onion, Chinese chive, carrot, ginger, dried shitake mushroom, cabbage, spinach, banana
19 Tue.	rice	Deep-fried marinated horse mackerel, Mustard spinach salad, Miso soup with Chinese cabbage milk	starch, oil, mayonnaise, sesame	horse mackerel, bacon, tofu, miso, milk	ginger, mustard spinach, cabbage, beansprout, Chinese cabbage, onion, carrot, green onion
20 Wed.	rice	Miso fried chicken, Ham salad, Clear soup with shimeji mushrooms milk	sugar, sweet sake, sesame oil, mayonnaise	chicken, reddish brown miso, ham, tofu, wheat gluten, milk	cabbage, onion, Chinese chive, garlic, cucumber, carrot, shimeji mushroom, green onion
21 Thu.	Curried pilaf	Curried pilaf Vegetable soup with potatoe milk	rice, oil, potato	ground beef and pork, boiled soybeans, bacon, yogurt, milk	onion, carrot, green pepper, ketchup, cabbage
22 Fri.	rice	Chicken outlet, Boiled leafy vegetable, Clear soup with onion milk	mayonnaise, flour, panko bread, oil, sugar	chicken, tofu, milk	ketchup, cabbage, carrot, onion, enoki mushroom, green onion
					
25 Mon.	rice	Teriyaki chicken, Miso soup with chicken and winter vegetables, Leafy vegetables dressed with hijiki seaweed milk	oil, sweet sake, sugar, sesame, taro	chicken, hijiki seaweed, milk	spinach, carrot, beansprout, konjac, Daikon raddish, burdock
26 Tue.	rice	Fried saury with sweet soy sauce, Japanese style daikon salad, Clear soup with wheat gluten milk	starch, oil, sugar, sweet sake, sesame oil, sesame	paacific saury, ham, dried bonito, wheat gluten, milk	Daikon raddish, cucumber, carrot, onion, Chinese cabbage, green onion
27 Wed.	rice	Macaroni Au Gratin, Vegitable with perilla flavor, Clear soup with tofu milk	macaroni, oil, butter, flour, panko bread	chicken, milk, hot melt cheese, Vienna sausage, tofu	onion, bay leaf, dried parsley, cabbage, carrot, perilla leaf, Chinese cabbage
28 Thu.	spaghetti	Spaghetti and meatsauce Coleslaw salad, Vegitable soup milk	spaghetti, oil, flour, sugar, myonnaie, oil	ground beef and pork, Vienna sausage, tofu, milk	carrot, onion, ketchup, cabbage, cucumber, canned orange, pak choi, daikon, enoki mushroom
29 Fri.	rice	Grilled orange marmalade chicken, Sesami seasoned tenderstem broccoli, Miso soup with Daikon milk	oil, orange mamalade, sugar, sesame oil, sesame	chicken, ham, tofu, deep fried tofu, wakame seaweed, miso, yogurt drink	orange juice, cabbage, carrot, tenderstem broccoli, Daikon raddish, onion
					

※ On the 14th of January, an organization from Matsusaka will give away free 『beef』

【The above menu is subject to change depending on the arrival of goods and climatic conditions. Thank you for your kind understanding.】