

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	Children under 3 years old		Lunch Menu	Afternoon snack	Ingredients		
	Morning snack	Staple food			Yellow	Red	Green
					Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
4 Mon.	milk senbei	rice	Miso stir-fried with pork and cabbage, Clear soup with noodles and vegetable, Apple	milk biscuit	oil, sugar, sweet sake, somen noodles	pork, reddish brown miso, tofu, milk	ginger, cabbage, onion, green pepper, carrot, green onion, apple
5 Tue.	milk arare	rice	Simmered chicken and root vegetable, Vinegared cucumber and dried baby saedines, Banana	milk, Steamed bread with sweet redbeans	taro, sweet sake, sugar, oil, flour	chicken, dried whitebait, deep fried fishcake, milk, wakame seaweed, soymilk, frosted bean sweets	daikon raddish, carrot, burdock, konjac, cucumber, canned orange, banana
6 Wed.	milk senbei	rice bowl	Stir-fried vegetable and pork gravy rice bowl, Vegetables dressed with tuna, Orange mousse	milk deep fried bread	rice, oil, sugar, starch, sesame oil, sweet sake, orange mousse, roll bread	rice, boiled fish paste, canned tuna, milk, soybean flour	carrot, Chinese cabbage, onion, dried shiitake mushroom, garlic, ginger, spinach, cabbage
7 Thu.	yogurt	rice	Miso flavored hamburg, Kelp seasoned vegetables, Plenty of vegetables and meat soup	milk biscuit	oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, Vienna sausage, milk	onion, Chinese cabbage, carrot, cabbage, beansprout, dried parsley
8 Fri.	milk fruit	rice	Simmered yellowtail in sweetened soysauce, Miso soup with wakame seaweed, Sesami mayonnaise seasoned tender broccoli	milk arare	sweet sake, sugar, mayonnaise, sesame	yellowtail, wakame seaweed, tofu, miso, milk	ginger, tenderstem broccoli, cabbage, carrot, apple, onion, green onion,
9 Sat.			Udon noodles in chicken sou Fermented milk drink		dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milkdrink	carrot, green onion, onion
12 Tue.	milk fruit	rice	Ginger fried pork Sweet vinegared Daikon Miso soup with potatoe	milk Sweet red bean soup	sweet sake, oil, sugar, sesame, potato, assorted arare, starch	pork, deep fried tofu, tofu, miso, milk, strained sweet bean paste	ginger, cabbage, carrot, onion, green pepper, daikon raddish, green onion
13 Wed.	milk senbei	Mixed rice	Mixed rice with Namul seasoned vegetables and meat, Chinsé cabbage soup, Cut-out cheese	milk Original rusk	rice, sugar, sweet sake, sesame oil, oil, sesame, bread, butter, granulated sugar	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.	Let's enjoy Matsusaka beef for lunch!						
14 Thu.	milk wafer	rice	Beef stew, Orange Lightly pickled green vegetables	milk arare	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.	milk fruit	rice	Mayonnaise grilled salmon Simmered Kiriboshi daikon Miso soup with taro	milk senbei	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
16 Sat.			Udon noodles with several kinds of toppings Fermented milk drink		dried udon noodles	chicken, deep fried tofu, steamed fish paste, fermented milkdrink	carrot, green onion, onion
18 Mon.	milk biscuit	rice	Tofu in spicy meat sauce Vinegared vegetable with nori Banana	milk arare	starch, sugar, oil	ground pork, tofu, reddish brown miso, canned tuna, nori seaweed, milk	onion, Chinese chive, carrot, ginger, dried shiitake mushroom, cabbage, spinach, banana
19 Tue.	milk cheese	rice	Deep-fried marinated horse mackerel, Mustard spinach salad, Miso soup with Chinese cabbage	milk jam sandwich	starch, oil, mayonnaise, sesame, bread, jam	horse mackerel, bacon, tofu, miso, milk	ginger, mustard spinach, cabbage, beansprout, Chinese cabbage, onion, carrot, green onion
20 Wed.	milk fruit	rice	Miso fried chicken, Ham salad, Clear soup with shimeji mushrooms	milk senbei	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.	milk biscuit	Curried pilaf	Curried pilaf, Yogurt Vegetable soup with potatoe	milk Uiro(Steamed brown sugar rice cake)	rice, oil, potato, flour, brown sugar, starch	ground beef and pork, boiled soybeans, bacon, yogurt, milk	onion, carrot, green pepper, ketchup, cabbage
22 Fri.	milk arare	rice	Chicken cutlet, Boiled leafy vegetable, Clear soup with onion	milk senbei	mayonnaise, flour, panko bread, oil, sugar	chicken, tofu, milk	ketchup, cabbage, carrot, onion, enoki mushroom, green onion
23 Sat.			Kishimen noodles Fermented milk drink		Kishimen noodles	chicken, deep fried tofu, boiled fish paste, fermented milkdrink	carrot, green onion, onion
25 Mon.	milk biscuit	rice	Teriyaki chicken, Miso soup with chicken and winter vegetables, Leafy vegetables dressed with hijiki seaweed	milk, Korean pancake	oil, sweet sake, sugar, sesame, taro, sesame oil, flour	chicken, hijiki seaweed, milk, boiled fish paste roll	spinach, carrot, beansprout, konjac, Daikon raddish, burdock, green onion, Chinese chive, onion
26 Tue.	milk fruit	rice	Fried saury with sweet soy sauce, Japanese style daikon salad, Clear soup with wheat gluten	milk arare	starch, oil, sugar, sweet sake, sesame oil, sesame	pacific saury, ham, dried bonito, wheat gluten, milk	Daikon raddish, cucumber, carrot, onion, Chinese cabbage, green onion
27 Wed.	milk senbei	rice	Macaroni Au Gratin, Vegitable with perilla flavor, Clear soup with tofu	milk, wafer, biscuit	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.	milk arare	spaghetti	Spaghetti and meatsauce Coleslaw salad, Vegitable soup	milk yogurt cake	spaghetti, oil, flour, sugar, myonnaie, oil, pancake mix	ground beef and pork, Vienna sausage, tofu, milk, yogurt	carrot, onion, ketchup, cabbage, cucumber, canned orange, pak choi, daikon, enoki mushroom
29 Fri.	milk fruit	rice	Grilled orange marmalade chicken, Sesami seasoned tenderstem broccoli, Miso soup with Daikon	yogurt drink senbei	oil, orange marmalade, sugar, sesame oil, sesame	chicken, ham, tofu, deep fried tofu, wakame seaweed, miso, yogurt drink	orange juice, cabbage, carrot, tenderstem broccoli, Daikon raddish, onion
30 Sat.			Udon with wakame seaweed Fermented milk drink		dried udon noodles	chicken, boiled fish paster, wakame seaweed, fermented milkdrink	carrot, onion, green onion

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

※ On days with the "Hand" marks, the kindergartens/nurseries offer original healthy homemade snacks.

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

【The country/origin of the main ingredients used for lunch are shown on the bulletin boards of each kindergarten/nursery.】