

Year 2021 Menu for the Month of January



Saturday one day childcare

《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, cucumberm, 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 | pork, 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 seaasoned 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. | milk senbei | udon noodle | Udon noodles in chicken soup Fermented milk drink | milk biscuit | 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, Chinsse 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 |
| 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. | milk arare | udon noodle | Udon noodles with several kinds of toppings Fermented milk drink | milk senbei | 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 outlet, 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. | milk biscuit | kishimen | Kishimen noodles Fermented milk drink | milk arare | 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, weafer, 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, yogurtg | 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 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 |
| 30 Sat. | milk biscuit | udon noodle | Udon with wakame seaweed Fermented milk drink | milk arare | 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 "👉" 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.】