

Year 2021

## Menu for the Month of February



Matsusaka City

Kodomo Mirai-ka Kindergarten/Pre-school Section

《Goal》 Let your child clear the dishes as a member of the family

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
1 Mon.	milk fruit	rice	Fried pork with barbeques sauce Spaghetti salad, Mushroom clear soup	milk arare	sugar, oil, spaghetti, mayonnaise	pork, ham, tofu, milk	ketchup, garlic, cabbage, onion, green pepper, cucumber, carrot, enoki mushroom, shimeji mushroom, green onion
2 Tue.	milk cheese	rice	Fried horse-mackerel with ketchup sauce, Boiled vegetables, Vegetable soup with potatoes	milk biscuit	mayonnaise, wheat flour, panko bread, oil, sugar, potatoe	horse mackerel, Viennese sausage, milk	ketchup, cabbage, carrot, broccoli, onion
3 Wed.	milk arare	rice with soy beans	Soybean rice, Vinegary seasoned grilled chicken, Perilla flavored vegetables, Miso soup with Daikon	milk senbei	rice, sweet sake, sugar	Hijiki seaweed, boiled soy beans, deep fried tofu, chicken, tofu, wakme, miso, milk	carrot, ginger, cabbage, perilla leaf, daikon radish, onion, green onion
4 Thu.	milk biscuit	rice	Thick fried tofu simmered with vegetables and ground pork, Tuna salad, Banana	milk steamed bun	oil, sugar, sweet sake, starch, mayonnaise, wheat flour, brown sugar	thick fried tofu, ground pork, canned tuna, milk	onion, carrot, daikon radish, spinach, cabbage, banana
5 Fri.	milk senbei	rice	Lemon chicken and potatoes Clear soup with tofu, Cut-out rare cheese	milk, macaroni with Kinako	starch, oil, potatoe, sugar, sweet sake, macaroni	chicken, tofu, cut-our rare cheese, milk, soybean flour	lemon juice, onion, carrot, green onion, enoki muhsroom
6 Sat.			Udon noodles simmered in miso Fermented milk drink		dried udon, sweet sake	chicken, deep fried tofu, steamed fish-paste, reddish brown miso, fermented milk	carrot, onion, green onion, Chinese cabbage
8 Mon.	milk arare	rice	Chicken and egg simmered in soy sauce, Tenderstem broccoli dresswed with sesame and mayonnaise, Lemon jelly	milk, soybean starch cake	sugar, mayonnaise, sesame, lemon jelly, starch	chicken, egg, freeze-dried tofu, milk, processed soymilk, soybean flour	onion, dried mushroom, carrot, green onion, tenderstem broccoli, cabbage, apple
9 Tue.	milk fruit	rice	Salt-grilled salmon, Chicken and vegetable miso soup, Sesami seasoned spinach	milk donut with tofu	sesame, sugar, taro, oil, pancake mix, powder sugar	salmon, tubler fish paste, chicken, tofu, milk	spinach, Chinese cabbage, carrot, konjak, daikon radish, burdock, green onion
10 Wed.	milk fruit	rice with hashed beef	Hushed beef and rice Coleslaw salad	milk arare	rice, potatoe, oil, butter, wheat flour, sugar, mayonnaise	pork, ham, milk	onion, carrot, ketchup, cabbage, cucumber
12 Fri.	milk senbei	rice	Yellowtail teriyaki, Braised okara Miso soup with potatoes	milk biscuit wafer	sweet sake, sugar, potatoe	yellow tale, okara (soy pulp), deep fried tofu, white miso, milk	ginger, dried shiitake mushrooms, carrot, konjak noodles, green onion, komatsuna greens, onion
13 Sat.			Udon noodles soup with fried tof Fermented milk drink		dried udon	chicke, steamed fish paste, deep fried tofu, fermented milk drink	carrot, onion, green onion
15 Mon.	milk biscuit	rice	Pork beans Spinach salad, Apple	milk senbei	potatoe, oil, sugar, mayonnaise	boiled soybeans, ground pork, canned tuna, milk	carrot, onion, ketchup, spinach, cabbage, apple
16 Tue.	milk arare	rice	Non-fried spoon croquette, Kelp seasoned Chinese cabbage, Cclear tofu soup	milk, fish-shaped pancake with bean paste,	potatoe, sweet sake, panko bread, oil	ground beef and pork, cheese, processed soymilk, salted kelp, bacon, tofu, wakame seaweed, milk	onion, carrot, Chinese cabbage, shimeji mushrooms
17 Wed.	milk biscuit	udon noodles with meat	Udon noodles soup with meat, Seasoned tenderstem broccoli, Yogurt	milk fried soy beans	dried udon, oil, sugar, sesame oil, sesame, starch, sugar, sweet sake, starch syrup	beef, deep fried tofu, steamed fish paste, ham, yogurt, milk, boiled soybeans	carrot, oinon, green onion, cabbage, tenderstem broccoli, apple
18 Thu.	yogurt	rice	Chinese fried chicken with fragrant sauce, Sesame Daikon salad, Clear soup with plenty of vegetables and meat	milk biscuit	starch, oil, sugae, sesame oil, deep friede tofu, sesame	chicken, bacon, milk	green onion (white part), ginger, daikon radish, carrot, spinach, Chinese cabbage, onion, beansprout, dried parsley
19 Fri.	milk fruit	rice	Mackerel simmered in miso, Boiled vegetables with scrambled eggs, Clear soup with onion	milk cocoa cake	sugar, sweet sake, oil, sesame oil, wheat flour	mackerel, reddish brown miso, egg, ham, tofu, wheat gluten, milk, cocoa	cabbage, carrot, broccoli, konjak noodles, onion, green onion
20 Sat.			Udon noodles in chicken soup Fermented yogurt drink		dried udon	chicken, deep fried tofu, steamed fish paste, fermentd milk	carrot, green onion, onion
22 Mon.	milk arare	rice	Simplified double cooked pork Clear wakame soup, Soymilk pudding	milk, dried sardine toast	sugar, sweet sake, oil, bread, mayonnaise	pork, reddish brown miso, tofu, wakame seaweed, soymilk pudding, milk, dried whitebait	garlic, cabbage, carrot, onion, green pepper, dried parsley
24 Wed.	milk biscuit	rice	Meat and Hijiki hamburg Boiled vegetables, Onion miso soup	milk arare	panko bread, sugar, oil	ground beef and pork, hijiki seaweed, processed soymilk, tofu, wakame seaweed, miso, milk	onion, carrot, ketchup, cabbage, shimeji mushroom, Chinese cabbage
25 Thu.	milk senbei	pilaf	Pilaf, Soymilk soup Mikan citrus	milk pancake	rice, butter, potatoe, pancake mix, maple syrup	chicken, Viennese sausage, processed soymilk, milk	onion, carrot, green pepper, brccoli, mikan citrus
26 Fri.	milk fruit	rice	Tandoori chicken Daikon salad, Tofu miso soup	yogurt drink biscuit	mayonnaise	chicken, yogurt, ham, miso, yogurt drink	ketchup, daikon radish, cucumber, carrot, onion, beansprout, green onion
27 Sat.			Kishimen udon noodle soup Fermented milk drink		Kishimen noodles	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion

※ 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 ingredients 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.】

