

Year 2021 Menu for the Month of March

Saturday half day childcare



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

《Goal》 Enjoy tasty school lunch with friends together.

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 senbei	rice	Stir-fried pork in Tonteki style Vinegary seasoned vegetable with nori, Miso soup with chicken and winter vegetables	milk deep-fried bread coated with sugar and soybean flour	sugar, oil, taro root, roll bread	pork, canned tuna, Nori seaweed, milk, soybean flour	garlic, cabbage, spinach, konjak, daikon radish, burdock, carrot, green onion
2 Tue.	Let's enjoy Matsusaka beef for lunch!		Beef and potato braised in sweet soy sauce Japanese style Daikon salad, lyokan orange	milk arare	potato, oil, sugar, sweet sake, sesame oil	beef, ham, dried bonito, milk	onion, carrot, konjak noodles, daikon radish, cucumber, lyokan orange
3 Wed.	milk senbei	sushi rice	Sushi rice with tuna and vegetables, Clear soup with tender broccoli Three-color-jelly	milk sugar coated arare	sushi rice, sugar, oil, sweet sake, sesame, three-color-jelly, assorted arare	egg, canned tuna, freeze-dried tofu, shredded nori seaweed, tofu, wheat gluten cake, milk	cucumber, carrot, dried shiitake mushroom, tender broccoli, enoki mushroom, onion
4 Thu.	yogurt	rice	Pineapple teriyaki chicken Vegetables seasoned with sesame and vinegar, Wakame soup	milk biscuit	sweet sake, sesame oil, sugar, sesame	chicken, wakame seaweed, tofu, bacon, milk	canned pineapple, cucumber, bean sprout, carrot, onion, cabbage
5 Fri.	milk fruit	rice	Mackerel simmered in curry Mustard spinach salad, Miso soup with Chinese cabbage	milk arare	flour, sweet sake, sugar, mayonnaise	mackerel, bacon, tofu, miso, milk	mustard spinach, cabbage, bean sprout, Chinese cabbage, onion, carrot, green onion
6 Sat.			Udon noodles with Wakame seaweed Fermented milk drink		dried udon noodles	chicken, boiled fish paste, wakame seaweed, fermented milk drink	carrot, onion, green onion
8 Mon.	milk arare	rice	Simmered tofu in spicy meat sauce Three-color-vegetable namul, Banana	milk cocoa rusks with dried wheat gluten	starch, sugar, oil, sesame, sesame oil, butter, granulated sugar	ground pork, tofu, reddish brown miso, milk, wheat gluten cake, cocoa	onion, leek, ginger root, dried shiitake mushroom, spinach, bean sprout, banana
9 Tue.	milk fruit	rice	Fried salmon with aurora sauce Boiled vegetables, Chinese cabbage soup	milk senbei	mayonnaise, flour, panko bread, oil	salmon, Viennese sausage, milk	ketchup, cabbage, carrot, onion, parsley, Chinese cabbage
10 Wed.	milk biscuit	udon noodles	Udon noodles simmered in sweet miso Ham salad, Cut-out cheese	milk, sandwich crackers with custard cream	dried udon noodles, sweet sake, mayonnaise, crackers, flour, sugar, butter	chicken, deep-fried tofu, boiled fish paste, reddish-brown miso, miso, ham, cut-out cheese, milk, egg	carrot, onion, green onion, Chinese cabbage, cucumber, cabbage
11 Thu.	milk arare	rice	Fry-simmered chicken with shiitake mushrooms Japanese style salad, Miso soup with tofu	milk senbei	starch, oil, sugar, sweet sake	chicken, tofu, deep fried tofu, miso, milk	shiitake mushroom, carrot, lemon, cucumber, cabbage, canned pineapple, Chinese cabbage, onion, green onion
12 Fri.	milk fruit	rice	Hamburg steak stewed in tomato sauce Beansprout soup, Grape jelly	milk biscuit	panko bread, oil, sugar, grape jelly	ground beef and pork, soybean milk, bacon, milk	onion, carrot, king trumpet mushroom, ketchup, bean sprout, cabbage, parsley
13 Sat.			Udon noodles in chicken soup Fermented milk drink		dried noodles	chicken, deep fried tofu, boiled fish paste, fermented milk	carrot, green onion, onion
15 Mon.	milk biscuit	rice	Panko-crust pan fried pork Kelp seasoned vegetables, Potato soup	milk arare	starch, oil, sugar, panko bread, potato	pork, salted kelp, Viennese sausage, tofu, milk	ginger root, cabbage, carrot, onion, parsley
16 Tue.	milk fruit	rice	Vinegary seasoned grilled chicken Vegetables with dried bonito flavor, Enoki mushroom soup	milk jam sandwich	sugar, sweet sake, bread, jam	chicken, dried bonito, tofu, wakame seaweed, milk	ginger root, cabbage, bean sprout, carrot, enoki mushroom, onion, green onion
17 Wed.	milk senbei	curry and rice	Curry and rice Fruit yogurt salad	milk biscuit wafer	rice, oil, potato, butter, flour, sugar	pork, cheese, milk, yogurt, fresh cream,	ginger root, garlic, onion, carrot, ketchup, apple, banana, canned pineapple, canned peach, canned orange
18 Thu.	milk arare	rice	Sweet savory simmered beef, Miso soup with onion Vegetables dressed with mayonnaise	milk baked potatoe	oil, sugar, mayonnaise, potato	ground beef, tubular fish cake, tofu, wakame seaweed, miso, milk, green dried nori	konjak noodles, burdock, carrot, ginger root, mustard spinach, cabbage, onion, Chinese cabbage
19 Fri.	milk fruit	rice	Salt-grilled mackerel, Macaroni salad Miso soup with potato	milk senbei	macaroni, mayonnaise, potato	Spanish mackerel, ham, miso, milk	cucumber, carrot, cabbage, enoki mushroom, onion, green onion
22 Mon.	milk cheese	rice	Deep-fried chicken, Chinese cabbage in sesame seeds Clear soup with plenty of vegetables and meat	milk arare	starch, oil, sesame, sugar	chicken, Viennese sausage, milk	ginger root, Chinese cabbage, carrot, spinach, onion, cabbage, bean sprout, parsley
23 Tue.	milk biscuit	rice	Yellowtail simmered in sweet soysauce Lotus root salad, Miso soup with wakmae seaweed	milk cherry-pink steamed bun	sweet sake, sugar, mayonnaise, pancake mix, jam	yellowtail, ham, wakame seaweed, miso, milk, yogurt	ginger root, lotus root, carrot, cucumber, cabbage, onion, green onion
24 Wed.	milk senbei	rice	Tofu and pork simmered in sweet soysauce Sweet vinegared Daikon radish, Yogurt	milk Korean pancake	oil, sugar, sweet sake, sesame, sesame oil, flour	pork, dried frozen tofu, yogurt, milk, tubular fish cake	onion, carrot, Chinese cabbage, green onion, daikon radish, leek
25 Thu.	milk biscuit	Azuki bean rice	Azuki bean rice, Teriyaki chicken, Vegetables with perilla flavor Tofu clear soup, Red and white celebration jelly	milk arare	glutinous rice, rice, black sesame, oil, sweet sake, red-and-white celebration jelly	azuki beans, chicken, tofu, wheat gluten cake, milk	onion, carrot, green onion, enoki mushroom, cabbage, perilla leaf
26 Fri.	milk fruit	rice	Ginger pork Rice noodles salad, Miso soup with Daikon	milk senbei	sweet sakem oil, Harusame rice noodles, mayonnaise	pork, ham, tofu, wakame seaweed, miso, milk	ginger root, cabbage, carrot, onion, green pepper, cucumber, canned orange, daikon radish, green onion
27 Sat.			Udon noodles with deep fried tofu Fermented milk drink		dried noodles	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, onion, green onion
29 Mon.	milk senbei	rice	Grilled orange marmalade chicken Vegetables dressed with tuna, Tofu clear soup	yogurt drink biscuit	oil, orange marmalade, sugar, sweet sake	chicken, canned tuna, bacon, tofu, wakame seaweed, yogurt drink	orange juice, spinach, cabbage, carrot, onion
30 Tue.	Menu that will be freely planned at each school						
31 Wed.							

※ "Matsusaka beef" served on March 2nd is freely provided by Matsusaka City as a part of support business aiming at making the best use of local food material.

※ 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.】