



Day	Staple food	Lunch Menu	Ingredients			
			Yellow	Red	Green	
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
1 Mon.	rice	Stir-fried pork in Tonteki style Vinegary seasoned vegetable with nori, Miso soup with chicken and winter vegetables	milk	sugar, oil, taro root	pork, canned tuna, Nori seaweed, milk	garlic, cabbage, spinach, konjak, daikon radish, burdock, carrot, green onion
2 Tue.	rice	Let's enjoy Matsusaka beef for lunch! Beef and potato braised in sweet soy sauce Japanese style Daikon salad, lyokan orange	milk	potato, oil, sugar, sweet sake, sesame oil	beef, ham, dried bonito, milk	onion, carrot, konjak noodles, daikon radish, cucumber, lyokan orange
3 Wed.	sushi rice	Sushi rice with tuna and vegetables. Clear soup with tender broccoli Three-color-jelly	milk	sushi rice, sugar, oil, sweet sake, sesame, three-color-jelly	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.	rice	Pineapple teriyaki chicken Vegetables seasoned with sesame and vinegar, Wakame soup	milk	sweet sake, sesame oil, sugar, sesame	chicken, wakame seaweed, tofu, bacon, milk	canned pineapple, cucumber, bean sprout, carrot, onion, cabbage
5 Fri.	rice	Mackerel simmered in curry Mustard spinach salad, Miso soup with Chinese cabbage	milk	flour, sweet sake, sugar, mayonnaise	mackerel, bacon, tofu, miso, milk	mustard spinach, cabbage, bean sprout, Chinese cabbage, onion, carrot, green onion
6 Sat.						
8 Mon.	rice	Simmered tofu in spicy meat sauce Three-color-vegetable namul, Banana	milk	starch, sugar, oil, sesame, sesame oil	ground pork, tofu, reddish brown miso, milk	onion, leek, ginger root, dried shiitake mushroom, spinach, bean sprout, banana
9 Tue.	rice	Fried salmon with aurora sauce Boiled vegetables, Chinese cabbage soup	milk	mayonnaise, flour, panko bread, oil	salmon, Viennese sausage, milk	ketchup, cabbage, carrot, onion, parsley, Chinese cabbage
10 Wed.	udon noodles	Udon noodles simmered in sweet miso Ham salad, Cut-out cheese	milk	dried udon noodles, sweet sake, mayonnaise	chicken, deep-fried tofu, boiled fish paste, reddish-brown miso, miso, ham, cut-out cheese, milk	carrot, onion, green onion, Chinese cabbage, cucumber, cabbage
11 Thu.	rice	Fry-simmered chicken with shiitake mushrooms Japanese style salad, Miso soup with tofu	milk	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.	rice	Hamburg steak stewed in tomato sauce Beansprout soup, Grape jelly	milk	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.						
15 Mon.	rice	Panko-crust pan fried pork Kelp seasoned vegetables, Potato soup	milk	starch, oil, sugar, panko bread, potato	pork, salted kelp, Viennese sausage, tofu, milk	ginger root, cabbage, carrot, onion, parsley
16 Tue.	rice	Vinegary seasoned grilled chicken Vegetables with dried bonito flavor, Enoki mushroom soup	milk	sugar, sweet sake	chicken, dried bonito, tofu, wakame seaweed, milk	ginger root, cabbage, bean sprout, carrot, enoki mushroom, onion, green onion
17 Wed.	curry and rice	Curry and rice Fruit yogurt salad	milk	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

※ "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.

【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.】