

Year 2021 Menu for the Month of April

《Goal》 Get used to eating meals and snacks in the classroom.



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

Day	Children under 3 years old		Lunch Menu	Afternoon snack	Ingredients		
	Morning snack	Staple food			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1 Thu.	milk arare	rice	Sautéed pork and cabbage with miso sauce, Clear soup with somen noodles, Banana	milk senbei	oil, sugar, sweet sake, somen noodles	pork, reddish brown miso, wakame seaweed, milk	ginger, cabbage, green pepper, carrot, onion, green onion, banana
2 Fri.	milk biscuit	rice	Vinegary seasoned grilled chicken, Vegetables with dried bonito, Tofu miso soup	milk bread crust rusks	sugar, sweet sake, bread, butter, granulated sugar	chicken, dried bonito, tofu, miso, green dried seaweed, milk	ginger, cabbage, cucumber, carrot, onion, bean sprout, green onion
3 Sat.			Udon noodle soup topped with deep fried tofu, Fermented milk drink		dried udon noodles	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, onion, green onion
5 Mon.	vegetable juice, senbei	rice	Teriyaki chicken, Clear soup with onion Cabbage salad with corn	milk sugar-coated arare fries	oil, sweet sake, mayonnaise, assorted arare, sugar	chicken, tubular fish paste, tofu, wakame seaweed, milk	cabbage, canned corn, carrot, onion, green onion
6 Tue.	vegetable juice, arare	rice	Simmered Spanish mackerel Vegetables dressed with tuna, Banana	milk biscuit	sugar, sweet sake	Spanish mackerel, canned tuna, milk	ginger, spinach, carrot, cabbage, banana
7 Wed.	milk biscuit	Rice with hashed beef	Rice with hashed beef Fruit yogurt salad	milk senbei	rice, potato, oil, butter, flour, sugar	pork, yogurt, milk	onion, carrot, ketchup, banana, canned orange, canned peach
8 Thu.	milk senbei	rice	Beef and potato braised in sweet soy sauce, Japanese style salad, Cut-out cheese	milk arare	potato, oil, sugar, sweet sake	beef, cut out cheese, milk	onion, carrot, konjac noodles, cucumber, cabbage, canned orange
9 Fri.	milk fruit	rice	Mapo Tofu with ground pork, 3-color vegetable Namul, Red and white jelly with strawberry flavor	milk biscuit	starch, sugar, oil, sesame, sesame oil, strawberry jelly	ground pork, tofu, reddish brown miso, milk	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, bean sprout
10 Sat.			Udon noodles in chicken soup Fermented milk drink		dried udon noodles	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, onion, green onion
12 Mon.	milk fruit	rice	Deep-fried chicken, Bean sprout clear soup, Cabbage dressed with sesame	milk senbei	starch, oil, sesame, sugar	chicken, tubular fish paste, bacon, milk	ginger, cabbage, cucumber, carrot, bean sprout, onion, dried parsley
13 Tue.	milk biscuit	rice	Salt-grilled salmon, Spaghetti salad Miso soup with greens	milk arare	spaghetti, mayonnaise, potato	salmon, ham, deep fried tofu, miso, milk	cucumber, carrot, cabbage, onion, podded peas
14 Wed.	milk cheese	rice	Pork with ketchup sauce, Banana Clear soup with shimeji mushroom	milk yogurt flavored cake	oil, sugar, pancake mix	pork, Viennese sausage, tofu, yogurt, milk	onion, carrot, green pepper, enoki mushroom, ketchup, shimeji mushroom, banana
15 Thu.	milk arare	rice	Miso-flavored hamburger steak Kelp-seasoned vegetables, Clear soup with plenty of vegetables	milk macaroni Kinako	oil, sugar, panko bread, macaroni	ground beef and pork, processed soy milk, miso, salted kelp, tofu, soybean flour, milk	onion, cabbage, carrot, onion, shimeji mushroom, green onion
16 Fri.	milk senbei	udon noodles	Udon noodles with Miso-flavored ground pork, Sesame vinegar seasoned vegetables, Yogurt	milk biscuit	dried udon noodles, oil, sugar, starch, sesame oil, sesame	pork, reddish brown miso, yogurt, milk	ginger, carrot, shiitake mushroom, onion, cucumber, bean sprout
17 Sat.			Udon noodles Miso-simmered-style Fermented milk drink		dried udon noodles, sweet sake	chicken, deep fried tofu, steamed fish paste, reddish brown miso, fermented milk drink	carrot, onion, green onion, Chinese cabbage
19 Mon.	milk biscuit	rice	Chicken cutlet, Boiled vegetables Wakame clear soup	milk senbei	mayonnaise, flour, panko bread, oil, sugar	chicken, wakame seaweed, bacon, milk	ketchup, cabbage, carrot, onion
20 Tue.	milk fruit	rice	Mayonnaise grilled salmon, Bean sprout miso soup, Pickled cucumber and baby sardines	milk arare	mayonnaise, sugar	salmon, miso, dried baby sardine, wakame seaweed, deep fried tofu, miso, milk	onion, dried parsley, cucumber, canned orange, bean sprout, cabbage, carrot, green onion
21 Wed.	milk senbei	rice	Macaroni meat sauce gratin Clear soup with Tofu, Sakura jelly	milk wafer biscuit	macaroni, potato, butter, flour, Sakura jelly	ground pork, cheese, bacon, tofu, milk	onion, tomato puree, ketchup, cabbage, carrot
22 Thu.	milk arare	Rice with wakame seaweed	Rice with wakame seaweed, Clear soup with tofu, Simmered chicken with bamboo shoots	milk muffin	rice, oil, sugar, sweet sake, pancake mix, butter	wakame seaweed, dried baby sardines, chicken, deep fried fish cake, tofu, milk	bamboo shoots, carrot, onion, enoki mushroom, green onion
23 Fri.	yogurt	rice	Ginger pork, Colwslaw salad, Podded peas miso soup	milk, Rusks with dried wheat-gluten	sweet sake, oil, mayonnaise, sugar, dried wheat gluten, butter, granulated sugar	pork, ham, wakame seaweed, tofu, miso, milk	ginger, cabbage, onion, green pepper, cucumber, carrot, podded peas, green onion
24 Sat.			Udon noodle soup with wakame seaweed, Fermented milk drink		dried udon noodles	chicken, naruto fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, green onion, onion
26 Mon.	milk senbei	rice	Grilled chicken marinated in Miso Wakame seaweed clear soup, Banana	milk, steamed soyamilk cake	sugar, sweet sake, sesame oil, flour	chicken, reddish brown miso, wakame seaweed, tofu, processed soyamilk, sugared beans, milk	cabbage, carrot, leek, garlic, onion, green onion, banana
27 Tue.	milk fruit	rice	Deep-fried marinated mackerel Potato salad, Onion miso soup	milk senbei	starch, oil, potato, mayonnaise	horse mackerel, ham, wakame seaweed, miso, milk	ginger, cucumber, carrot, onion, cabbage, green onion
28 Wed.	milk biscuit	Rice with bamboo shoots	Rice with bamboo shoots, Tuna salad Clear soup with podded peas	milk jam sandwich	rice, oil, sweet sake, mayonnaise, bread, jam	chicken, deep fried tofu, canned tuna, tofu, wakame seaweed, milk	bamboo shoots, carrot, cucumber, cabbage, podded peas, shimeji mushroom, onion
30 Fri.	milk fruit	rice	Pineapple Teriyaki chicken Hijiki seaweed salad, Cabbage soup	yogurt drink biscuit	sweet sake, sugar, mayonnaise	chicken, hijiki seaweed, canned tuna, bacon, yogurt drink	canned pineapple, carrot, cucumber, cabbage, onion

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

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

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

