

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	Staple food	Lunch Menu		Ingredients		
				Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
9	Fri. rice	Mapo Tofu with ground pork, 3-color vegetable Namul, Red and white jelly with strawberry flavor	milk	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
12	Mon. rice	Deep-fried chicken, Beansprout clear soup, Cabbage dressed with sesame	milk	starch, oil, sesame, sugar	chicken, tubular fish paste, bacon, milk	ginger, cabbage, cucumber, carrot, bean sprout, onion, dried parsley
13	Tue. rice	Salt-grilled salmon, Spaghetti salad Miso soup with greens	milk	spaghetti, mayonnaise, potato	salmon, ham, deep fried tofu, miso, milk	cucumber, carrot, cabbage, onion, podded peas
14	Wed. rice	Pork with ketchup sauce, Banana Clear soup with shimeji mushroom	milk	oil, sugar	pork, Viennese sausage, tofu, milk	onion, carrot, green pepper, shimeji mushroom, banana, ketchup, shimeji mushroom
15	Thu. rice	Miso-flavored hamburger steak, Kelp-seasoned vegetables, Clear soup with plenty of vegetables	milk	oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, tofu, milk	onion, cabbage, carrot, onion, shimeji mushroom, green onion
16	Fri. udon noodles	Udon noodles with miso-flavored ground pork, Sesame vinegar seasoned vegetables, Yogurt	milk	dried udon noodles, oil, sugar, starch, sesame oil, sesame	pork, reddish brown miso, yogurt, milk	ginger, carrot, shiitake mushroom, onion, cucumber, bean sprout
19	Mon. rice	Chicken cutlet, Boiled vegetables Wakame clear soup	milk	mayonnaise, flour, panko bread, oil, sugar	chicken, wakame seaweed, bacon, milk	ketchup, cabbage, carrot, onion
20	Tue. rice	Mayonnaise grilled salmon, Beansprout miso soup, Pickled cucumber and baby sardines	milk	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. rice	Macaroni meat sauce gratin Clear soup with Tofu, Sakura jelly	milk	macaroni, potato, butter, flour, Sakura jelly	ground pork, cheese, bacon, tofu, milk	onion, tomato puree, ketchup, cabbage, carrot
22	Thu. rice	Rice with wakame seaweed, Clear soup with tofu, Simmered chicken with bamboo shoots	milk	rice, oil, sugar, sweet sake	wakame seaweed, dried baby sardines, chicken, deep fried fishcake, tofu, milk	bamboo shoots, carrot, onion, enoki mushroom, green onion
23	Fri. rice	Ginger pork, Colwslaw salad Podded peas miso soup	milk	sweet sake, oil, mayonnaise, sugar	pork, ham, wakame seaweed, tofu, miso, milk	ginger, cabbage, onion, green pepper, cucumber, carrot, podded peas, green onion
26	Mon. rice	Grilled chicken marinated in miso Wakame seaweed clear soup, Banana	milk	sugar, sweet sake, sesame oil	chicken, reddish brown miso, wakame seaweed, tofu, milk	cabbage, carrot, leek, garlic, onion, green onion, banana
27	Tue. rice	Deep-fried marinated mackerel Potato salad, Onion miso soup	milk	starch, oil, potato, mayonnaise	horse mackerel, ham, wakame seaweed, miso, milk	ginger, cucumber, carrot, onion, cabbage, green onion
28	Wed. rice	Rice with bamboo shoots, Tuna salad Clear soup with podded peas	milk	rice, oil, sweet sake, mayonnaise	chicken, deep fried tofu, canned tuna, tofu, wakame seaweed, milk	bamboo shoots, carrot, cucumber, podded peas, shimeji mushroom, onion
30	Fri. rice	Pineapple Teriyaki chicken Hijiki seaweed salad, Cabbage soup	milk	sweet sake, sugar, mayonnaise	chicken, hijiki seaweed, canned tuna, bacon, milk	canned pineapple, carrot, cucumber, cabbage, onion

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

