

# Year 2021 Menu for the Month of May

Saturday one day childcare

《Goal》 With thankfulness say Itadakimasu (Let's eat) and Gochisousama (I'm done) before and after eating

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

Day	Children under 3 years old		Lunch Menu	Afternoon snack	Ingredients		
					Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1 Sat.	milk arare	udon noodles	Udon noodles with Kayaku (chicken, fish paste, and vegetables) Fermented milk drink or yogurt drink	milk senbei	dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk	carrot, green onion, onion
6 Thu.	milk biscuit	rice	Sauted pork with miso flavor, Banana Clear soup with enoki mushroom	milk cocoa cake	sugar, sweet sake, oil, flour	pork, brown reddish miso, wheat gluten, wakame seaweed, milk, cocoa	ginger, cabbage, carrot, onion, green papper, enoki mushroom, banana, snow peas
7 Fri.	milk senbei	Chicken fried rice	Chicken fried rice Soyamilk soup, Cut-out cheese	milk arare	rice, oil, potato	chicken, bacon, processed soymilk, cutout cheese, milk	carrot, onion, green pepper, ketchup, dried parsley
8 Sat.	milk senbei	udon noodles	Udon noodle soup with deep fried tofu Fermented milk drink or yogurt drink	milk biscuit	dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk	carrot, onion, green onion
10 Mon.	milk arare	rice	Simmered beef with ginger, Vegetables seasoned with vinegar and sesame, Tofu miso soup	milk senbei	oil, sugar, sesame	beef, tubular fish-paste, tofu, miso, milk	konjak noodles, burdock, carrot, snow peas, ginger, cabbage, cucumber, beansprout, onion, green onion
11 Tue.	yogurt	rice	Salmon Meuniere Japanese style salad, Vegetable soup	milk macaroni kinako	flour, butter, oil, sugar, macaroni	salmon, bacon, tofu, milk, soybean flour	dried parsley, cucumber, cabbage, carrot, canned pineapple, onion
12 Wed.	milk wafer	rice with green pass	Rice with green peas Clear soup with wakame seaweed Braised chicken and burdock	milk, yogurt flavored steamed bun	rice, oil, sugar, sweet sake, pancake mix	chicken, tublar fish-paste, tofu, wakame seaweed, wheat gluten, milk, yogurt	green peas, pardock, carrot, koniak, onion, green onion
13 Thu.	milk senbei	rice	Hamburg steak stewed in tomato sauce, Cabbage soup, Peach jelly	milk biscuit	panko bread, oil, sugar, peach jelly	ground beef and pork, processed soymilk, bacon, tofu, milk	onion, carrot, green pepper, ketchup, cabbage
14 Fri.	milk fruit	rice	Grilled Spanish mackerel with mayonnaise sauce, Clear soup with wheat gluten, Cucumber and whitebait pickled in sweet vinegar	milk arare	mayonnaise, sugar	Spanish mackerel, miso, dried whitebait, wakame seaweed, wheat gluten, milk	onion, dried parsley, cucumber, canned orange, carrot, enoki mushroom, snow peas
15 Sat.	milk biscuit	udon noodles	Udon noodles in chicken soup Fermented milk drink or yogurt drink	milk senbei	dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk	carrot, green onion, onion
17 Mon.	milk arare	rice	Deep fried chicken with sesame seeds, Vegetables dressed with tuna, Clear tofu soup	milk senbei	starch, oil, sugar, sweet sake, sesame	chicken, canned tuna, tofu, milk	ginger, cucumber, carrot, cabbage, onion, green onion
18 Tue.	milk biscuit	rice	Baked scoopful potatoe croquette, Kelp seasoned vegetables Onion miso soup	milk arare	poato, sweet sake, panko bread, oil	ground beef and pork, cheese, deep fried tofu processed soymilk, saled kelp, tofu, miso, milk	onion, carrot, cabbage, shimeji muishroom, snow peas
19 Wed.	milk senbei	udon noodles	Soup udon noodles with seafood, pork, and vegetables, Ham salad, Yogurt	milk, soybean cream sandwich	dried udon noodles, starch, sesame oil, mayonnaise, bread rolls, sugar	pork, boiled fish paste, ham, yogurt, milk, processed soymilk	carrot, cabbage, onion, beansprout, green onion, cucumber, canned orange, cabbage
20 Thu.	milk fruit	rice	Pan fried pork with BBQ sauce Clear pak-choi soup Strawberry jelly	milk, pancake flavored with green tea	sugar, oil, strawberry jelly, pancake mix, butter	pork, bacon, tofu, milk, fresh cream	ketchup, garlic, cabbage, carrot, onion, green pepper, pak-choi, beansprout, powdered green tea
21 Fri.	milk fruit	rice	Lemon marinated horse mackerel Mayonnaise dressed vegetables Potato miso soup	milk biscuit	starch, oil, sugar, sweet sake, mayonnaise, sesame, potato	Spanish mackerel, tublar fish paste, deep fried tofu, tofu, miso, milk	lemon juice, cucumber, cabbage, carrot, onion, green onion
22 Sat.	milk arare	udon noodles	Udon noodles soup with wakame seaweed, Fermented milk drink or drink yogurt	milk senbei	dried udon noodles	chicken, boiled fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, green onion, onion
24 Mon.	milk fruit	rice	Vinegary seasoned grilled chicken, Clear vegetable soup with potato, Vinegary seasoned vegetables with nori seaweed	milk orange jelly	sugar, sweet sake, potato	chicken, canned tuna, nori seaweed, bacon, milk, gelatine	ginger, cabbage, carrot, onion, powdered agar, orange juice, canned orange
25 Tue.	milk biscuit	rice	Salt-grilled salmon, Macaroni salad Clear onion soup	milk, sugar coated arare	macaroni, mayonnaise, assorted arare, sugar	salmon, ham, tofu, milk	cucumber, carrot, cabbage, onion, enoki mushroom, green onion
26 Wed.	milk arare	curry and rice	Curry and rice Fruit yogurt salad	milk senbei	rice, oil, potato, butter, flour, sugar	chicken, cheese, milk, yogurt	ginger, garlic, onion, carrot, ketchup, banana, canned pineapple, peach, and canned orange
27 Thu.	milk senbei	rice	Crispy chicken cutlet in Worcesters sauce, Vegetables dressed with perilla leaf, Beansprout miso soup	milk wafer biscuit	starch, oil, sugar, panko bread	chicken, deep fried tofu, miso, milk	ginger, cabbage, carrot, perilla leaf, beansprout, onion, enoki mushroom, green onion
28 Fri.	milk cheese	rice	Pork beans, Banana Cabbage salad with corn	milk arare	potato, oil, sugar, mayonnaise	boiled soybeans, ground pork, tublar fish paste, milk	carrot, onion, ketchup, cabbage, canned corn, banana
29 Sat.	milk biscuit	udon noodles	Udon noodles with Kayaku Fermented milk drink or drink yogurt	milk senbei	dried udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk	carrot, green onion, onion
31 Mon.	milk arare	rice	Grilled chicken with orange marmalade, Mustard spinach salad, Miso soup with wakame seaweed	yogurt drink biscuit	oil, orange marmalade, mayonnaise, sesame	chicken, bacon, wakame seaweed tofu, miso, yogurt drink	orange juice, mustard spinach, cabbage, beansprout, onion, carrot, green onion

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

【The menu may change depending on the arrival date 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 board of each kindergarten/nursery.】