

Year 2021 Menu for the Month of May



《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		Lunch Menu	Ingredients			
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
6	Thu.	Sauteed pork with miso flavor rice Clear soup with enoki mushroom, Banana	milk	sugar, sweet sake, oil	pork, brown reddish miso, wheat gluten, wakame seaweed, milk	ginger, cabbage, carrot, onion, green papper, enoki mushroom, banana, snow peas
7	Fri.	Chicken fried rice rice Soyamilk soup, Cut-out cheese	milk	rice, oil, potato	chicken, bacon, processed soymilk, cutout cheese, milk	carrot, onion, green pepper, ketchup, dried parsley
10	Mon.	Simmered beef with ginger, Cabbage seasoned with vinegar and sesame, Tofu miso soup rice	milk	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.	Salmon Meuniere rice Japanese style salad, Vegetable soup	milk	flour, butter, oil, sugar	salmon, bacon, tofu, milk	dried parsley, cucumber, cabbage, carrot, canned pineapple, onion
12	Wed.	Rice with green peas, Clear soup with wakame seaweed, Braised chicken and burdock rice	milk	rice, oil, sugar, sweet sake	chicken, tubular fish-paste, tofu, wakame seaweed, wheat gluten, milk	green peas, burdock, carrot, konjak, onion, green onion
13	Thu.	Hamburg steak stewed in tomato sauce, Cabbage soup, Peach jelly rice	milk	panko bread, oil, sugar, peach jelly	ground beef and pork, processed soymilk, bacon, tofu, milk	onion, carrot, green pepper, ketchup, cabbage
14	Fri.	Grilled Spanish mackerel with mayonnaise sauce, Clear soup with wheat gluten, Cucumber and whitebait pickled in sweet vinegar rice	milk	mayonnaise, sugar	Spanish mackerel, miso, dried whitebait, wakame seaweed, wheat gluten, milk	onion, dried parsley, cucumber, canned orange, carrot, enoki mushroom, snow peas
17	Mon.	Deep fried chicken with sesame seeds, Vegetables dressed with tuna, Clear tofu soup rice	milk	starch, oil, sugar, sweet sake, sesame	chicken, canned tuna, tofu, milk	ginger, cucumber, carrot, cabbage, onion, green onion
18	Tue.	Baked scoopful potatoe croquette, Kelp seasoned vegetables rice Onion miso soup	milk	potato, sweet sake, panko bread, oil	ground beef and pork, cheese, processed soymilk, saled kelp, tofu, deep fried tofu, miso, milk	onion, carrot, cabbage, shimeji mushroom, snow peas
19	Wed.	Soup udon noodles with seafood, pork, and vegetables udon noodles Ham salad, Yogurt	milk	dried udon noodles, starch, sesame oil, mayonnaise	pork, boiled fish paste, ham, yogurt, milk	carrot, cabbage, onion, beansprout, green onion, cucumber, canned orange, cabbage
20	Thu.	Pan fried pork with BBQ sauce rice Clear pak-choi soup Strawberry jelly	milk	sugar, oil, strawberry jelly	pork, bacon, tofu, milk	ketchup, garlic, cabbage, carrot, onion, green pepper, pak-choi, beansprout
21	Fri.	Lemon marinated horse mackerel rice Mayonnaise dressed vegetables Potato miso soup	milk	starch, oil, sugar, sweet sake, mayonnaise, sesame, potato	Spanish mackerel, tubular fish paste, deep fried tofu, tofu, miso, milk	lemon juice, cucumber, cabbage, carrot, onion, green onion
24	Mon.	Vinegary seasoned grilled chicken, Vinegary seasoned vegetables with nori seaweed, Clear vegetable soup with potato rice	milk	sugar, sweet sake, potato	chicken, canned tuna, nori seaweed, bacon, milk	ginger, cabbage, carrot, onion
25	Tue.	Salt-grilled salmon, Macaroni salad rice Clear onion soup	milk	macaroni, mayonnaise	salmon, ham, tofu, milk	cucumber, carrot, cabbage, onion, enoki mushroom, green onion
26	Wed.	Curry and rice and rice Fruit yogurt salad	milk	rice, oil, potato, butter, flour, sugar	chicken, cheese, milk, yogurt	ginger, garlic, onion, carrot, ketchup, banana, canned pineapple, peach, and canned orange
27	Thu.	Crispy chicken cutlet in Worcesters sauce, Vegetables dressed with perilla leaf, Beansprout miso soup rice	milk	starch, oil, sugar, panko bread	chicken, deep fried tofu, miso, milk	ginger, cabbage, carrot, perilla leaf, beansprout, onion, enoki mushroom, green onion
28	Fri.	Pork beans, Banana rice Cabbage salad with corn	milk	potato, oil, sugar, mayonnaise	boiled soybeans, ground pork, tubular fish paste, milk	carrot, onion, ketchup, cabbage, canned corn, banana
31	Mon.	Grilled chicken with orange marmalade rice Mustard spinach salad Miso soup with wakame seaweed	milk	oil, orange marmalade, mayonnaise, sesame	chicken, bacon, wakame seaweed, tofu, miso, milk	orange juice, mustard spinach, cabbage, beansprout, onion, carrot, green onion

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