

# Year 2021 Menu for the Month of June

Saturday one day childcare

《Goal》 After eating lunch and snacks, rinse your mouth or brush your teeth.

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 Tue.	milk arare	rice	Fried pork with marinated vegetables Cabbage soup, Sakura jelly 	milk, dried wheat-gluten-based rusks	oil, sugar, jelly with Japanese cherries, butter, granulated sugar	pork, Viennese sausage, tofu, wheat gluten cake, green dried seaweed, milk	onion, green pepper, carrot, elingi mushroom, ketchup, cabbage
2 Wed.	milk biscuit	mixed rice	Mixed rice with beef and burdock Macaroni salad, Clear soup with tofu	milk soy milk cake 	rice, sugar, macaroni, mayonnaise, flour, oil	beef, ham, Tofu, processed soy milk, milk	burdock, ginger, cucumber, canned orange, cabbage, onion, carrot, green onion, enoki mushroom
3 Thu.	milk cheese	rice	Chicken cutlet, Boiled vegetables, Clear soup with wakame seaweed	milk senbei	mayonnaise, flour, panko bread, oil, sugar	chicken, wakame seaweed, bacon, milk	ketchup, cabbage, carrot, onion
4 Fri.	milk fruit	rice	Pan fried salmon in lemon soy sauce Simmered dried shredded Daikon, Miso soup with cabbage	milk arare	sugar, sweet sake	salmon, deep fried fish paste, tofu, wakame seaweed, miso, milk	lemon juice, ginger, white leek, dried stripes of Daikon raddish, carrot, cabbage, onion
5 Sat.	milk arare	udon noodles	Udon noodles soup with deep fried tofu Fermented milk drink or Yogurt	milk senbei	dried Udon noodles	chicken, deep fried tofou, steamed fish paste, fermented milk drink	carrot, onion, green onion
7 Mon.	milk senbei	rice	Macaroni meat sauce gratin, Clear soup with plenty of vegetables and meat, Vegetables with perilla flavor	milk biscuit	macaroni, potato, butter, flour	Ground pork, cheese, bacon, tofu, milk	onion, tomato puree, ketchup, cabbage, perilla leaf, shimeji mushroom, carrot, dried parsley
8 Tue.	milk fruit	rice	Deep fried fish with vegetable sauce Potato salad, Clear soup with onion	milk senbei	sugar, potato, mayonnaise	Spanish mackerel, ham, Tofu, milk	green onion, ginger, onion, cucumber, carrot, canned orange, eggplant
9 Wed.	milk arare	dry curry	Dry curry, Yogurt Clear soup with pak choi	milk Korean pancake 	rice, oil, sesame oil, flour, sweet sake, sesame	ground beef and pork, boiled soybeans, bacon, yogurt, boiled fish paste roll, milk	onion, carrot, green pepper, ketchup, pak choi, cabbage, Chinese chive
10 Thu.	milk wafer	rice	Miso grilled chicken Clear soup with enoki mushroom, Banana	milk arare	sugar, sweet sake	chicken, brown reddish miso, tofu, milk	cabbage, carrot, Chinese chive, garlic, enoki mushroom, onion, green onion, banana
11 Fri.	milk fruit	rice	Ginger fried pork Rice noodle salad Miso soup with wakame seaweed	milk apple jelly 	sweet sake, oil, mayonnaise, sugar, rice noodles	pork, ham, wakame seaweed, tofu, miso, gelatine, milk	ginger, cabbage, carrot, onion, cucumber, canned orange, green onion, powder agar, apple juice
12 Sat.	milk senbei	udon noodles	Udon noodles in chicken soup Fermented milk drink or Yogurt	milk biscuit	dried Udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion
14 Mon.	milk fruit	spaghetti	Spaghetti and meat sauce Sesame vinegar seasoned vegetables, Cut-out cheese	milk jam sandwich 	spaghetti, oil, flour, sugar, sesame oil, sesame, bread, strawberry jam	ground beef and pork, cut out cheese, milk	carrot, onion, ketchup, cucumber, beansprout
15 Tue.	milk arare	rice	Thick fried tofu simmered with vegetables and ground pork Ham salad, Banana	milk senbei	potato, oil, sugar, sweet sake, starch, mayonnaise	thick deep fried tofu, ground pork, ham, milk	onion, carrot, cucumber, cabbage, banana
16 Wed.	milk fruit	rice	Tandoori chicken Japanese style salad, Onion soup	milk arare	oil, sugar	chicken, yogurt, tofu, wakame seaweed, milk	ketchup, cucumber, cabbage, carrot, canned pineapple, onion
17 Thu.	milk senbei	rice	Chicken and egg seasoned soy sauce, Tomato seasoned with salt and sesame oil, Apple jelly	milk bread with baby sardines 	sugar, sesame, sesame oil, apple jelly, bread, mayonnaise	chicken, egg, freeze-fried tofu, baby sardine, milk	onion, dried shiitake mushroom, carrot, green onion, tomato, cucumber, beansprout, dried parsley
18 Fri.	milk arare	rice	Horse mackerel marinated in sweet vinegar sauce, Miso soup with beansprout, Soybeans pudding	milk biscuit	starch, oil, sesame, sugar, sesame oil, soybean pudding	horse mackerel, wakame seaweed, tofu, brown reddish miso, milk	onion, carrot, green pepper, beansprout, green onion
19 Sat.	milk senbei	udon noodles	Udon noodles with wakame seaweed Fermented milk drink or Yogurt	milk arare	dried Udon noodles	chicken, boiled fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, green onion, onion
21 Mon.	milk biscuit	rice	Tonteki-style pork Clear soup with wakame seaweed Salad with cornflakes	milk baked potato 	sugar, oil, corn flake, sesame oil, potato	pork, canned tuna, wakame seaweed, tofu, dried green seaweed, milk	garlic, onion, cabbage, carrot, cucumber, green onion
22 Tue.	yogurt	rice	Fried salmon au gratin sauce (tomato puree and mayonnaise), Boiled vegetables, Miso soup with enoki mushroom	milk arare	mayonnaise, flour, panko bread, oil	salmon, miso, milk	ketchup, cabbage, carrot, enoki mushroom, onion, green onion
23 Wed.	milk biscuit	mixed rice	Mixed rice with namul seasoned vegetables and meat Clear soup with tofu, Banana	milk senbei	rice, sugar, sweet sake, sesame oil, oil, sesame	ground pork, egg, brown reddish miso, bacon, tofu, wakame seaweed, milk	garlic, ginger, beansprout, carrot, cucumber, onion, cabbage, banana
24 Thu.	milk arare	rice	Teriyaki chicken Braised okara (soybean fiber), Miso soup with shimeji mushroom	milk coupe orange 	oil, sweet sake, sugar	chicken, soybean fiber, deep fried tofu, miso, tofu, milk, yogurt	dried shiitake mushroom, carrot, konjak noodles, green onion, shimeji mushroom, cabbage, onion, corn starch, lemon juice, canned orange
25 Fri.	milk fruit	rice	Miso flavored hamburger steak Kelp seasoned vegetables Clear soup with beansprout	milk wafer biscuit	oil, sugar, panko bread	ground beef and pork, miso, processed soy milk, milk, tofu, salted kelp, Viennese sausage	onion, cabbage, carrot, beansprout
26 Sat.	milk senbei	udon noodles	Udon noodles with chicken fish-paste, and vegetables Fermented milk drink, or Yogurt	milk arare	dried Udon noodles	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion
28 Mon.	milk biscuit	rice	Tofu in spicy meat sauce, Vinegared cucumber and baby sardines, Banana	milk Savory cake with vegetable 	starch, sugar, oil, pancake mix	ground pork, tofu, brown reddish miso, baby sardine, bacon, milk, wakame seaweed, boiled fish paste roll, cheese	onion, Chinese chive, carrot, ginger, dried shiitake mushroom, cucumber, banana, canned corn
29 Tue.	milk fruit	rice	Chinese fried chicken with sesame oil sauce, Cabbage salad with sesame dressing, Clear soup with wheat gluten cakes	milk arare	starch, oil, sugar, sesame oil, sesame	chicken, wheat gluten cake, wakame seaweed, milk	white leek, ginger, cabbage, beansprout, carrot, onion, enoki mushroom
30 Wed.	milk biscuit	rice	Vinegarly seasoned grilled pork, Tofu miso soup, Vegetables dressed with sesame mayonnaise	yogurt drink senbei	sugar, sweet sake, mayonnaise, sesame	pork, boiled fish paste roll, tofu, miso, yogurt drink	ginger, cucumber, cabbage, carrot, onion, beansprout, green onion

※ On the days marked with "  ", 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 nursery.】

