

# Year 2021 Menu for the Month of June

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

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

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