

# Year 2021 Menu for the Month of July

《Goal》 Wash your hands!



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

Day	Staple food	Lunch Menu	Afternoon snack	Ingredients		
				Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1 Thu.	rice	Baked spoonful croquette(pumpkin) Vegetables with perilla flavor, Vegetable soup	milk	sweet sake, panko bread, oil	ground beef and pork, cheese, fermented soymilk, Viennese sausage, tofu, milk	pumpkin, onion, carrot, cabbage, perilla leaf
2 Fri.	rice	Lemon marinated horse mackerel Spaghetti salad, Clear soup with enoki mushroom	milk	starch, oil, sugar, sweet sake, spaghetti, mayonnaise	horse mackerel, ham, wakame seaweed, tofu, milk	lemon, cucumber, canned orange, cabbage, enoki mushroom, onion, carrot, green onion
5 Mon.	rice	Boiled chicken with sweet vinegar sauce Wakame clear soup, Cut-out cheese	milk	sugar, sesame paste, sesame oil	chicken, wakame seaweed, tofu, bacon, cut-out cheese, milk	cucumber, carrot, beansprout, green onion, onion, cabbage
6 Tue.	rice	Miso marinated Spanish mackerel Vermicelli and shredded vegetables salad, Miso soup with mixed seasonal vegetables	milk	sweet sake, rice noodles, sesame, sugar, sesame oil	Spanish mackerel, white miso, ham, deep fried tofu, tofu, miso, milk	cucumber, carrot, pumpkin, egg plant, onion, snowpeas
7 Wed.	Sushi rice	Sushi mixed with tuna and vegetables Clear soup with star shaped vegetables, Tanabata sweets	milk	rice for sushi, sugar, sweet sake, somen noodles, tanabata jelly	egg, canned tuna, dried frozen tofu, nori seaweed, milk	cucumber, carrot, dried shiitake mushroom, okra, onion, enoki mushroom
8 Thu.	rice	Pork sauted with barbeque sauce Molokhia soup, Yogurt	milk	sugar, oil	pork, bacon, tofu, yogurt, milk	ketchup, cabbage, carrot, onion, green pepper, mulukhiya
9 Fri.	rice	Grilled chicken with orange marmalade, Miso soup with egg plants, Vegetables dressed with sesame mayonnaise	milk	oil, orange marmalade, mayonnaise, sesame	chicken, tubular fish-paste, tofu, miso, milk	orange juice, cucumber, cabbage, carrot, eggplant, onion, green onion
12 Mon.	rice	Pork ginger, Clear soup with wheat gluten, Coleslaw salad	milk	sweet sake, oil, mayonnaise, sugar	pork, ham, wheat gluten cake, tofu, wakame seaweed, milk	ginger, carrot, onion, cabbage, cucumber, eggplant
13 Tue.	rice	Deep-fried chicken, Kelp seasoned vegetables, Beansprout soup	milk	starch, oil	chicken, salt kelp, bacon, tofu, milk	ginger, cabbage, carrot, beansprout, onion, dried parsley
14 Wed.	udon noodles	udon noodles with miso-flavored ground pork Vegetables seasoned with vinegar and sesame, Watermelon jelly	milk	dried udon noodles, oil, sugar, starch, sesame oil, sesame, water melon jelly	ground pork, brown reddish miso, milk	ginger, carrot, shiitake mushroom, onion, cucumber, beansprout
15 Thu.	rice	Pork and vegetables simmered in miso, Mehibi (root of wakame seaweeds) soup, Banana	milk	potato, oil, sugar, sweet sake	pork, brown reddish, miso, mehibi seaweed, tofu, milk	ginger, green pepper, carrot, onion, ketchup, enoki mushroom, green onion, banana
16 Fri.	rice	Mayonnaise flavored grilled salmon Vegetables with dried bonito flavor, Onion miso soup	milk	mayonnaise	salmon, miso, tubular fish paste, dried bonito, tofu, deep fried tofu, milk	onion, dried parsley, cabbage, carrot, eggplant, green onion

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