

《Goal》 Wash your hands!

Day	Children under 3 years old	Morning snack	Staple food	Lunch Menu	Afternoon snack	Ingredients		
						Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1	Thu.	milk biscuit	rice	Baked spoonful croquette(pumpkin) Vegetables with perilla flavor, Vegetable soup	milk cocoa flavored cake	sweet sake, panko bread, oil, flour, sugar	ground beef and pork, cheese, fermented, soymilk, Viennese sausage, tofu, cocoa, milk	pumpkin, onion, carrot, cabbage, perilla leaf
2	Fri.	milk fruit	rice	Lemon marinated horse mackerel Spaghetti salad, Clear soup with enoki mushroom	milk senbei	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
3	Sat.	milk arare	udon noodles	udon noodle soup with fried tofu Fermented milk drink or yogurt drink	milk biscuit	dried udon noodles	chicken, deep fried, tofu, fish paste cake, fermented milk drink	carrot, onion, green onion
5	Mon.	milk arare	rice	Boiled chicken with sweet vinegar sauce Wakame clear soup, Cut-out cheese	milk pancake	sugar, sesame paste, sesame oil, pancake mix, butter, maple syrup	chicken, wakame seaweed, tofu, bacon, cut-out cheese, milk	cucumber, carrot, bean sprout, green onion, onion, cabbage
6	Tue.	milk fruit	rice	Miso marinated Spanish mackerel Vermicelli and shredded vegetables salad, Miso soup with mixed seasonal vegetables	milk biscuit	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, snow peas
7	Wed.	milk wafer	Sushi rice	Sushi mixed with tuna and vegetables Clear soup with star shaped vegetables, Tanabata sweets	milk arare	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.	milk biscuit	rice	Pork sauted with barbeque sauce Molokhia soup, Yogurt	milk soy milk starch cake	sugar, oil, starch	pork, bacon, tofu, yogurt, soymilk, soybean flour, milk	ketchup, cabbage, carrot, onion, green pepper, mulukhiya
9	Fri.	milk fruit	rice	Grilled chicken with orange marmalade, Miso soup with egg plants Vegetables dressed with sesame mayonnaise	milk senbei	oil, orange marmalade, mayonnaise, sesame	chicken, tubular fish-paste, tofu, miso, milk	orange juice, cucumber, cabbage, carrot, eggplant, onion, green onion
10	Sat.	milk arare	udon noodles	udon noodle in chicken soup Fermented milk drink or yogurt drink	milk biscuit	dried udon noodles	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, green onion, onion
12	Mon.	milk fruit	rice	Pork ginger, Clear soup with wheat gluten, Coleslaw salad	milk grape jelly	sweet sake, oil, mayonnaise, sugar	pork, ham, wheat gluten cake, tofu, wakame seaweed, gelatine, fresh cream, milk	ginger, carrot, onion, cabbage, cucumber, eggplant, powder agar, grape juice
13	Tue.	milk arare	rice	Deep-fried chicken, Kelp seasoned vegetables, Beansprout soup	milk biscuit	starch, oil	chicken, salt kelp, bacon, tofu, milk	ginger, cabbage, carrot, bean sprout, onion, dried parsley
14	Wed.	milk senbei	udon noodles	udon noodles with miso-flavored ground pork, Vegetables seasoned with vinegar and sesame, Watermelon jelly	milk tast bread with dried baby sardines	dried udon noodles, oil, sugar, starch, sesame oil, sesame, water melon jelly, bread, mayonnaise	ground pork, brown reddish miso, dried baby sardine, milk	ginger, carrot, shiitake mushroom, onion, cucumber, bean sprout, dried parsley
15	Thu.	milk biscuit	rice	Pork and vegetables simmered in miso Mehibi (root of wakame seaweeds) soup, Banana	milk arare	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.	milk fruit	rice	Mayonnaise flavored grilled salmon Vegetables with dried bonito flavor, Onion miso soup	milk senbei	mayonnaise	salmon, miso, tubular fish paste, dried bonito, tofu, deep fried tofu, milk	onion, dried parsley, cabbage, carrot, eggplant, green onion
17	Sat.	milk biscuit	udon noodles	udon noodles soup with wakame seaweed Fermented milk drink or yogurt drink	milk arare	dried udon noodles	chicken, Naruto fish cake, wakame, seaweed, deep fried tofu, fermented milk drink	carrot, onion, green onion
19	Mon.	milk arare	rice	Eggplant in spicy meat sauce, Soymilk pudding, Tomato and cucumber dressed in sweet vinegar	milk wafer biscuit	starch, sugar, oil, soymilk pudding	ground pork, tofu, brown reddish miso, milk	eggplant, onion, leek, carrot, ginger, dried shiitake mushroom, tomato, cucumber
20	Tue.	milk biscuit	curry and rice	Curry and rice with mixed seasonal vegetables Fruit mousse	milk senbei	rice, oil, butter, flour, sugar, mousse mix	ground beef, cheese, milk	ginger, garlic, pumpkin, eggplant, onion, carrot, green pepper, ketchup, banana, canned pineapple, canned orange, canned peach
21	Wed.	milk cheese	rice	Teriyaki chicken, Dried shredded daikon simmered in sweet soysauce Miso soup with wakame seaweed	milk sugar coated arare	oil, sweet sake, sugar, assorted arare	chicken, deep fried fishcake, wakame seaweed, tofu, miso, milk	dried daikon radish, carrot, pumpkin, onion, green onion
24	Sat.	milk biscuit	udon noodles	udon noodle soup with chicken, fish cake, and vegetables Fermented milk drink or yogurt drink	milk senbei	dried udon noodles	chicken, deep fried tofu, steamed fish, paste, fermented milk drink	carrot, green onion, onion
26	Mon.	yogurt	rice	Beans cooked with pork and tomato sauce Salad with hijiki seaweed, Banana	milk arare	potato, sugar, mayonnaise	boiled soybeans, bacon, ground pork, hijiki seaweed, canned tuna, milk	carrot, onion, tomato, ketchup, cabbage, banana
27	Tue.	milk senbei	rice	Glaze-panfried saury, Tomato seasoned with salt and sesame oil Water melon clear soup	milk boiled corn	starch, oil, sugar, sweet sake, sesame, sesame oil	saury, wheat gluten cake, milk	tomato, cucumber, bean sprout, carrot, winter melon, onion, green onion, corn
28	Wed.	milk arare	rice	Hamburg steak stewed with seasonal vegetable in tomato sauce Lettuce soup, Banana	milk senbei	panko bread, oil, sugar	ground beef and pork, processed soymilk, tofu, bacon, milk	onion, carrot, green pepper, egg plant, ketchup, lettuce, banana
29	Thu.	milk biscuit	rice	Rice with wakame seaweed Salad with cooled parboiled pork, Miso soup with pumpkin	milk orange mousse	rice, sugar, sesame paste, sesame oil, corn starch	rice seasoned with wakame, dried baby sardine, pork, tofu, miso, milk, yogurt	cabbage, cucumber, carrot, onion, pumpkin, green onion, lemon, lemon, canned orange
30	Fri.	milk fruit	rice	Vinegarry seasoned grilled chicken Chopped salad with potato, ham, carrot, tomato etc. in Macedonian style, Onion clear soup	yogurt drink biscuit	sugar, sweet sake, potato, mayonnaise	chicken, ham, tofu, milk	ginger, cucumber, carrot, canned orange, onion, green onion
31	Sat.	milk arare	udon noodles	udon noodles soup with deep fried tofu, Fermented milk drink or yogurt drink	milk senbei	dried udon noodles	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, onion, 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.】