

Year 2021 Menu for the month of August

《Goal》 Start your day eating a good breakfast.

Saturday one day childcare

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

Day	Day of week	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
2	Mon.	milk arare	rice with red perilla seasoning	Rice with red perilla seasoning, Eggplant gratin, Clear soup with tofu	milk biscuit	rice, macaroni, butter, flour	ground pork, cheese, bacon, tofu, wakame seaweed, milk	perilla leaf, eggplant, onion, tomato puree, ketchup, carrot, cabbage
3	Tue.	milk fruit	rice	Spanish mackerel in curry seasoned vegetable sauce, Vegetables dressed with tuna, Soup with mehibi (roots of wakame seaweed)	milk orange jelly	sugar, sweet sake	Spanish mackerel, canned tuna, mehibi seaweed, tofu, wheat gluten cake, gelatine, fresh cream, milk	green onion, ginger, onion, cucumber, carrot, cabbage, enoki mushroom, powdered agar, orange juice
4	Wed.	milk wafer	rice	Pork and vegetables marinated in ketchup sauce Cabbage soup, Water melon	milk senbei	oil, sugar	pork, Viennese sausage, tofu, milk	onion, carrot, green pepper, eringi mushroom, ketchup, cabbage, bean sprout, water melon
5	Thu.	milk fruit	mixed rice	Mixed rice with vegetables, Tofu miso soup Vegetables seasoned with sesame and mayonnaise	milk Soymilk pumpkin cake	rice, oil, sweet sake, mayonnaise, sesame, sugar, pancake mix	canned tuna, deep fried tofu, tubular fish paste, tofu, miso, milk, processed soy milk	burdock, carrot, dried mushroom, cucumber, cabbage, onion, enoki mushroom, green onion, pumpkin
6	Fri.	milk biscuit	rice	Chicken cutlet, Boiled vegetables, Clear soup with winter melon	milk arare	mayonnaise, flour, panko bread, oil, sugar	chicken, wakame seaweed, tofu, milk	ketchup, carrot, winter melon, onion
7	Sat.	milk senbei	udon noodles	Udon noodle soup topped with fried tofu Fermented milk drink or Yogurt drink	milk arare	dried udon noodles	chicken, deep fried tofu, fish paste cake, fermented milk	carrot, green onion, onion
10	Tue.	milk biscuit	rice	Pan fried salmon in lemon soy sauce, Ham salad, Mie's local soup with colorful vegetables (Bon-jiru)	milk senbei	sugar, sweet sake, sesame, mayonnaise	salmon, ham, deep fried tofu, miso, milk	lemon, ginger, white green onion, cucumber, carrot, cabbage, pumpkin, eggplant, cowpeas, burdock
11	Wed.	milk arare	yakisoba noodles	Stir-fried noodles with pork and vegetables, Yogurt, Vegetable soup with potato and bacon	milk jam sandwich	fresh ramen noodles, oil, potato, bread, jam	pork, tubular fish paste, green dried seaweed, dried bonito, bacon, tofu, yogurt, milk	green pepper, cabbage, carrot, onion, ketchup
12	Thu.	milk cheese	rice	Mapo tofu, Banana, Baby sardine and cucumber dressed in sweet vinegar	milk biscuit	starch, sugar, oil	ground pork, tofu, brown reddish miso, baby sardine, tubular fish paste, wakame seaweed, milk	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, banana
13	Fri.	milk senbei	rice	Tandoori chicken, Beansprout soup Cole slaw salad	milk arare	mayonnaise, sugar	chicken, yogurt, ham, bacon, tofu, milk	ketchup, cabbage, cucumber, carrot, bean sprout, onion
14	Sat.	milk biscuit	udon noodles	Udon noodles in chicken soup Fermented milk drink or Yogurt drink	milk senbei	dried udon noodles	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, onion, green onion
16	Mon.	Menu planned freely by each nursery school						
17	Tue.	milk arare	rice	Miso flavored hamburger, Kelp seasoned vegetables, Vegetables soup	milk biscuit	oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, bacon, tofu, milk	onion, cabbage, carrot
18	Wed.	milk fruit	rice	Stir fried tofu in tomato sauce, Vegetables seasoned with sesame vinega, Cut-out cheese	milk macaroni with soybean flour	starch, sesame oil, sugar, sesame, macaroni	thick fried tofu, pork, cut-out cheese, soybean flour	onion, carrot, ketchup, dried parsley, cucumber, bean sprout
19	Thu.	milk senbei	pilaf	Pilaf, Soymilk soup, Canned peach	milk, wheat gluten cake rusk	rice, butter, potato, canned peach, granulated sugar	chicken, bacon, processed soymilk, wheat gluten cake, milk	onion, carrot, green pepper, dried parsley
20	Fri.	milk fruit	rice	Simmered Spanish mackerel, Vermicelli salad with shredded vegetables, Miso soup with seasonal summer vegetables	milk arare	sweet sake, sugar, vermicelli, sesame, sesame oil	Spanish mackerel, ham, deep fried tofu, miso, milk	ginger, cucumber, carrot, pumpkin, eggplant, onion
21	Sat.	milk biscuit	udon noodles	Udon noodle soup with wakame seaweed Fermented milk drink or Yogurt drink	milk senbei	dried udon noodles	chicken, boiled fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, onion, green onion
23	Mon.	milk arare	curry and rice	Curry and rice with seasonal summer vegetables Fruit yogurt salad	milk biscuit	rice, oil, butter, flour, sugar	chicken, cheese, milk, yogurt	ginger, garlic, pumpkin, eggplant, onion, carrot, green pepper, ketchup, banana, canned orange, canned peach, canned pineapple
24	Tue.	milk fruit	rice	Grilled salted salmon, Pumpkin salad, Miso soup with eggplant	milk senbei	mayonnaise	salmon, ham, deep fried tofu, tofu, brown reddish miso, milk	pumpkin, carrot, cucumber, eggplant, onion, green onion
25	Wed.	milk arare	rice	Stir-fried pork and cabbage with miso, Clear soup with some noodles, Banana	milk apple jelly	oil, sugar, sweet sake, somen noodles	pork, brown reddish miso, boiled fish paste, gelatine, milk	ginger, cabbage, green pepper, carrot, green onion, onion, banana, powdered agar, apple juice
26	Thu.	yogurt	rice	Beef and potato braised in sweet soy sauce, Pear jelly, Sweet vinegar marinated tomato and cucumber	milk wafer biscuit	potato, oil, sugar, sweet sake, pear jelly	beef	onion, carrot, string beans, konjak noodles, tomato, cucumber
27	Fri.	milk senbei	rice	Glazed sesame chicken, Simmered pumpkin, Clear wakame soup	milk sugar-coated fried arare	starch, oil, sugar, sweet sake, sesame, assorted arare	chicken, tofu, wakame seaweed, wheat gluten cake	ginger, pumpkin, enoki mushroom, carrot, onion
28	Sat.	milk arare	udon noodles	Udon noodle soup with chicken, fish paste, fried tofu and vegetables, Fermented milk or Yogurt drink	milk biscuit	dried udon noodles	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, green onion, onion
30	Mon.	milk fruit	rice	Grilled pork in a savory citrusy sauce, Onion soup, Salad with cabbage, canned tuna, and cereal	milk Pineapple and orange mousse	sugar, oil, cereal, sesame oil, corn starch	pork, canned tuna, tofu, wakame seaweed, yogurt, milk	garlic, onion, cabbage, carrot, cucumber, shimeji mushroom, green onion, lemon, canned pineapple, canned orange
31	Tue.	milk arare	rice	Pineapple teriyaki chicken, Tomato & vegetables seasoned with sesame, Miso soup with enoki mushroom	yogurt drink biscuit	sweet sake, sesame, sugar, sesame oil	chicken, tofu, wakame seaweed, miso	canned pineapple, tomato, cucumber, soybeans, carrot, enoki mushroom, cabbage, onion, green onion

※ On the days marked with “”, the nurseries offer their original healthy homemade snacks.

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

【You can see the country/origin of the main ingredients used for lunch on the bulletin board of each nursery school.】

