

Year 2021 Menu for the month of September

Saturday half day childcare

《Goal》 chew the food well

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	Wed.	milk rice cracker	rice	Deep fried fish sausage with seaweed Spaghetti salad, Miso soup with seaweed	milk arare cracker	mayonnaise, flour, oil, spaghetti	chikuwa, green laver, ham, dried seaweed, tofu, fried tofu, miso, milk	cucumber, canned orange, cabbage, onion, carrot, green onion
2	Thu.	milk biscuit	rice	Scoop croquette Chopped kelp with dressing Tofu soup	milk rice cracker	potato, mirin, bread crumbs, oil	ground beef and pork, melting cheese, bacon, adjusted soy milk, tofu, salted kelp, milk, dried seaweed	onion, carrot, cabbage
3	Fri.	yoghurt	rice	Salmon chan chan yaki Somen noodles Banana	milk/wheat gluten rusk	butter, mirin, sugar, somen noodles, granulated sugar	salmon, miso, fish cake, wheat gluten soup, green laver, milk	onion, cabbage, carrot, green pepper, lemon juice, green onion, banana
4	Sat.			Udon with deep fried tofu Fermented milk drink or Yoghurt drink		dried udon noodle	chicken, fried tofu, fish cake, fermented milk drink	carrot, onion, green onion
6	Mon.	milk rice cracker	rice	Bangbang chicken Miso soup with tofu, Pear	milk biscuit	suger, sesame paste, sesame oil	chicken, tofu, fried tofu, miso, milk	cucumber, carrot, bean sprout, green onion, onion, enoki mushrooms, pear
7	Tue.	milk cheese	curry rice	Curry and rice Coleslaw salad	milk/syrup covered fruit	rice, oil, potatoe, butter, flour, sugar, mayonnaise	pork, melting cheese, milk, ham, boiled red bean can	bay leaf, ginger, garlic, onion, carrot, ketchup, cabbage, banana, cucumber, powdered agar, canned peach, canned orange, canned pine
8	Wed.	milk arare cracker	rice	Fried eggplant with chinese chili sauce, Three colored namul, Diecutting cheese	milk/soy milk rice cake	potato starch, sugar, oil, sesame, sesame oil	minced pork, tofu, red miso, diecutting cheese, soy milk, soybean flour, milk	eggplant, onion, chinese chive, carrot, ginger, dried mushroom, cucumber, bean sprout
9	Thu.	milk wafers	rice	Chicken with unglaze souce Chopped perilla with vegetables, Bean sprout soup	milk rice cracker	potato starch, oil, sugar, bread crumbs	chicken, sausage, milk	ginger, cabbage, carrot, perilla, bean sprouts, onions, dried parsley
10	Fri.	milk fruit	rice	Grilled salmon with salt Simmerd hijiki seaweed Miso soup with summer vegetable	milk arare cracker	suger, mirin, oil	salmon, boiled soybeans, hijiki seaweed, fried fish cake, fried tofu, miso, milk	carrot, pumpkin, eggplant, onion
11	Sat.			Udon with chicken and vegetables Fermented milk drink or Yoghurt drink		dried udon noodle	chicken, fried tofu, fish cake, fermented milk drink	carrot, green onion, onion
13	Mon.	milk fruit	rice	Light flavored grilled chicken Flavored ground chicken Clear soup with wheat gluten cake	milk arare cracker	suger, mirin	chicken, canned tuna, wheat gluten soup, tofu, dried seaweed, milk	ginger, cucumber, carrot, cabbage, onion, eggplant
14	Tue.	milk biscuit	mixed rice	Rice mixed with beef and burdock Cabbage salad, Winter melom clear soup	milk/tofu cocoa brownie	rice, sugar, mayonnaise, sesame, rice flour, potato starch, oil	beef, ham, dried seaweed, tofu, cocoa, milk	burdock, ginger, cucumber, cabbage, winter melon, carrot, onion
15	Wed.	milk rice cracker	bibimbap rice bowl	Bibimbap rice bowl Cabbage soup, Yoghurt	milk fried bread	rice, sugar, mirin, sesame oil, oil, sesame, bread rolls	minced pork, egg, sausage, red miso, tofu, yogurt, soybean flour, milk	garlic, ginger, bean sprout, cucumber, cabbage, carrot, onion
16	Thu.	milk arare cracker	rice	Fried spanish mackerel with ketchup Boiled vegetable Miso soup with onion	milk biscuit	mayonnaise, flour, bread crumbs, oil, sugar	spanish mackerel, tofu, fried tofu, miso, milk	ketchup, cabbage, carrot, onion, eggplant, green onion
17	Fri.	milk fruit	rice	Chicken seasoned with lemon salt sauce Poteto salad, Clear soup with seaweed	milk rice cracker	oil, sugar, potatoe, mayonnaise	chicken, salted kelp, ham, dried seaweed, tofu, milk	lemon juice, cucumber, carrot, onion, green onion
18	Sat.			Udon with seaweed Fermented milk drink or Yoghurt drink		dried udon noodle	chicken, fish cake, fried tofu, dried seaweed, fermented milk drink	carrot, green onion, onion
21	Tue.	milk arare cracker	rice	Hamburg with mashroom sauce Vegetable soup, Moon crepe	milk rice cracker	bread crumbs, oil, sugar, moon crepe	ground beef and pork, adjusted soy milk, bacon, milk	onion, carrot, elingi mushroom, shimeji mushroom, ketchup, cabbage
22	Wed.	milk fruit	rice	Ginger fried pork Clear soup with tofu Vegetable with sesame mayonnaise	milk wafer biscuit	mirin, oil, mayonnaise, sesame	pork, chikuwa, tofu, milk	ginger, carrot, onion, cucumber, cabbage, enoki mushroom, green onion
24	Fri.	milk rice cracker	chicken and egg rice bowl	Chicken and egg rice bowl Japanese style salad Miso soup with eggplant	milk coupe peach orange	rice, sugar, oil, cornstarch	chicken, egg, koya tofu, fried tofu, tofu, red miso, milk, yogurt	onion, dried mashroom, carrot, green onion, cabbage, lemon juice, cucumber, canned pine, eggplant, canned peach, orange can
25	Sat.			Udon with chicken and vegetable Fermented milk drink or Yoghurt drink		dried udon noodle	chicken, fried tofu, fish cake, fermented milk drink	carrot, green onion, onion
27	Mon.	milk fruit	rice	Pork with barbecue sauce Tuna salad, Soup with seaweed	milk grape jelly	suger, oil, mayonnaise	pork, canned tuna, dried seaweed, bacon, tofu, gelatin, cream, milk	ketchup, cabbage, carrot, onion, green pepper, cucumber, powdered agar, grape juice
28	Tue.	milk rice cracker	rice	Marinated horse mackerel, Sweet red kidney beans, Miso soup with poteto	milk arare cracker	potato starch, oil, sugar, mirin, potato	horse mackerel, red kidney beans, fried tofu, tofu, miso, milk	onion, carrot, green pepper, lemon juice, green onion
29	Wed.	milk fruit	udon with meat miso	Udon with meat miso Vegetables mixed with sesame vinegar, Green apple jelly	milk/steamed yogurt bread	dried udon, oil, sugar, potato starch, sesame oil, sesame, cake mix, green apple-style jelly	minced pork, red miso, yogurt, milk	ginger, carrot, raw mushroom, onion, cucumber, bean sprout
30	Thu.	milk biscuit	rice	Grilled chicken with marmalade sauce Pumpkin salad, Vegetable soup	yoghurt drink rice cracker	oil, orange marmalade, mayonnaise	chicken, ham, sausage, tofu, fermented milk drink	orange juice, pumpkin, carrot, cucumber, shimeji mushroom, cabbage, onion, dried parsley

※On the day marked with the nurseries offer their original homemade snacks.

【The menu may change depending on the arriving date of goods and climatic conditions.】

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