Year 2021　Menu for the month of September

《Goal》　chew the food well

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

Day		Staple food	Lunch Menu		Ingredients		
					Energy food	Foods to produce blood, mustles and bones	Foods to keep you healthy
13	Mon.	rice	Light flavored grilled chicken Flavored ground chicken, Clear soup with wheat gluten cake	milk	suger,mirin	chicken, canned tuna, wheat gluten soup, tofu, dried seaweed, milk	ginger, cucumber, carrot, cabbage, onion, eggplant
14	Tue.	mixed rice	Rice mixed with beef and burdock Cabbage salad, Winter melom clear soup	milk	rice, sugar, mayonnaise, sesame,	beef, ham, dried seaweed, tofu, milk	burdock, ginger, cucumber, cabbage, winter melon, carrot, onion
15	Wed.	bibimbap rice bowl	Bibimbap rice bowl Cabbage soup, Yoghurt	milk	rice, sugar, mirin, sesame oil, oil, sesame,	minced pork, egg, red miso,sausage, tofu, yogurt, soybean flour, milk	garlic, ginger, bean sprout, cucumber, cabbage, carrot, onion
16	Thu.	rice	Fried spanish mackerel with ketchup Boiled vegetable, Miso soup with onion	milk	mayonnaise, flour, bread crumbs, oil, sugar	spanish mackerel, tofu, fried tofu, miso, milk	ketchup, cabbage, carrot, onion, eggplant, green onion
17	Fri.	rice	Chicken seasoned with lemon salt sauce Poteto salad, Clear soup with seaweed	milk	oil, sugar, potatoe, mayonnaise	chicken, salted kelp, ham, dried seaweed, tofu, milk	lemon juice, cucumber, carrot, onion, green onion
21	Tue.	rice	Hamburg with mashroom sauce Vegetable soup, Moon crepe	milk	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.	rice	Ginger fried pork, Clear soup with tofu Vegetable with sesame mayonnaise	milk	mirin, oil, mayonnaise, sesame	pork, chikuwa, tofu, milk	ginger, carrot, onion, cucumber, cabbage, enoki mushroom, green onion
24	Fri.	chicken and egg rice bowl	chicken and egg rice bowl Japanese style salad, Miso soup with eggplant	milk,	rice, sugar, oil,	chicken, egg, koya tofu, fried tofu, tofu, red miso, milk,	onion, dried mashroom, carrot, green onion, cucumber, cabbage, canned pine, eggplant
27	Mon.	rice	Pork with barbecue sauce Tuna salad, Soup with seaweed	milk	suger, oil, mayonnaise	pork, canned tuna, dried seaweed, bacon, tofu, milk	ketchup, cabbage, carrot, onion, green pepper, cucumber
28	Tue.	rice	Marinated horse mackerel, Sweet red kidney beans Miso soup with poteto	milk	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.	udon with meat miso	Udon with meat miso, Vegetables mixed with sesame vinegar, Green apple jelly	milk	dried udon, oil, sugar, potato starch, sesame oil, sesame, green apple jelly	minced pork, red miso, milk	ginger, carrot, raw mushroom, onion, cucumber, bean sprout
30	Thu.	rice	Grilled chicken with marmalade sauce Pumpkin salad, Vegetable soup	milk	oil, orange marmalade, mayonnaise	chicken, ham, sausage, tofu, milk	orange juice, pumpkin, carrot, cucumber, shimeji mushroom, cabbage, onion, dried parsley

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