

Year 2021 Menu for the month of October

《Goal》 Try different kinds of new foods and learn their names.



Saturday half day childcare

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

Day	Children under 3 years old		Lunch Menu	P.M. Snack	Ingredients		
	A.M. snack	Staple food			Yellow	Red	Green
					Energy food	Foods to produce blood, muscles, and bones	Foods to keep your health
1 Fri.	milk arare	rice	Curried pork beans Marinated greens and hijiki seaweed Cut-out cheese	milk biscuit	potato, oil, curry powder, sugar, sesame	boiled soysbeans, ground pork, hijiki seaweed, cut-out cheese, milk	carrot, onion, ketchup, bay leaf, spinach, cabbage, beansprout
2 Sat.			Udon noodles with chicken, fish-paste, and vegetables Fermented milk drink or Yogurt drink		dried Udon	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, green onion, onion
4 Mon.	milk senbei	rice	Simmered fried tofu and vegetables, Kelp seasoned vegetables Sweet potato miso soup	milk arare	starch, sugar, oil, sweet potato	tofu, miced chicken, dried baby sardines, hijiki seaweed, green dried seaweed, kelp, miso, milk	carrot, ketchup, cabbage, daikon raddish, onion, green onions
5 Tue.	milk biscuit	rice	Stir fried pork with miso flavor Ham salad Clear soup with wheat gluten bread	milk senbei	sugar, sweet sake, oil, mayonnaise	pork, reddish brown miso, ham, tofu, wheat gluten cake, milk	ginger, cabbage, carrot, onion, green pepper, cucumber, greenonions
6 Wed.	milk arare	rice	Chicken cutlet, Boiled vegetables Soup with Daikon raddish	milk, wafer biscuit	mayonnaisae, flour, panko bread, oil, sugar	chicken, bacon, tofu, dried wakame, milk	ketchup, cabbage, carrot, daikon radish, onion
7 Thu.	yogurt	rice	Rice with mushrooms Salad with starch noodles Miso soup with Daikon raddish	milk/Kinako rusks with dried wheeat	rice, Japanese vermiceli, mayonnaise, granulated sugar, butter	chicken, ham, deep fried tofu, tofu, miso, wheat gluten cake, soybean flour, milk	shimeji mushrooms, drid shiitake mushroom, maitake mushroom, burdock, carrot, cucumber, daikon, cabbage, canned orange, onion, green onion
8 Fri.	milk fruit	rice	Spanish mackerel simmered with miso, Vegetables with dried bonito flavor, Clear soup with Chinese cabbage	milk/cocoa cream sandwich	sugar, sweet sake, rolls, starch	Spanish mackerel, tubler fish cake, reddish brown miso, tofu, cocoa, dried bonito, milk, processed soymilk	ginger, cabbage, carrot, Chinese cabbage, onion, green onion
9 Sat.			Udon noodles in chicken soup Fermented milk drink or Yogurt drink		dried Udon	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, onion, green onion
11 Mon.	milk senbei	rice	Teriyaki chicken Daikon and persimon pickled in sweet vinegar, Chinese cabbage miso soup	milk arare	oil, sweet sake, sugar, sesame	chicken, tofu, deep fried tofu, wakame seaweed, miso, milk	persimon, daikon, carrot, Chinese cabbage, onion, green onion
12 Tue.	milk biscuit	rice	Grilled salmon wih miso-sesame sauce, Root crops fred and boiled in sweet soy sauce, Clear soup with wakame seaweed	milk/sweet potato soymilk cake	sugar, sweet sake, oil, sesame, sesame oil, sweet potato, pancake mix	salmon, miso, deep fried fish cake, tofu, wakame seaweed, processed soymilk, milk	Japanese white leek, burdock, carrot, green pepper, konjak noodles, onion, enoki mushroom
13 Wed.	milk fruit	rice	Thick fried tofu simmered with vegetables and minced pork/ Chopped salad with potato, ham, carrot etc. in Macedonian style/Apple jelly	milk senbei	oil, sugar, sweet sake, starch, potato, mayonnaise, apple jelly	deep fried tofu, ground pork, ham, milk	onion, carrot, Daikon raddish, cucumber, canned orange
14 Thu.	milk fruit	rice	Glazed sesame chicken, Japanese-style salad, Soymilk miso soup	milk biscuit	starch, oil, sugar, sweet sake, sesame	chicken, tofu, processed soymilk, miso, milk	ginger, cucumber, cabbage, carrot, canned pineapple, Chinese cabbage, onion, green onion
15 Fri.	milk arare	spaghetti	Spaghetti Napolitan, Banana Soup with plenty of vegetables and meat	milk soyflour steamed bread	spaghetti, rice flour, sugar, oil, butter	ground beef and pork, Vienese sausage, tofu, soybean flour, processed soymilk, milk	onion, carrot, green pepper, ketchup, Daikon raddish, cabbage, dried parcle, banana
16 Sat.			Udon noodle soup topped with fried tofu Fermented milkdrink or Yogurt drink		dried Udon	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, onion, green onion
18 Mon.	milk fruit	pilaf	Curry flavored pialf Soymilk soup, Yogurt	milk/baked sweet potato	rice, potato, sweet potato, butter	chicken, bacon, processed soymilk, yogurt, milk	onion, carrot, green pepper, Chinese cabage, dried parcle
19 Tue.	milk fruit	rice	Mapo tofu, Banana Baby sardine and cucumber dressed in sweet vinegar	yogurt drink arare	starch, sugar, oil	ground pork, tofu, wakame seaweed, reddish brown miso, tubler fish paste, dried baby sardines, yogurt drink	onion, Chinese chive, carrot, ginger, dried shitake mushroom, cucumber, banana
20 Wed.	milk wafer	rice	Tandoori chicken Hijiki seaweed salad, Soup with shimeji mushroom	milk senbei	sugar, mayonnaise	chicken, yogurt, hijiki seaweed, canned tuna, bacon, tofu, milk	ketchup, carrot, cabbage, shimeji mushroom, onion
21 Thu.	milk senbei	rice	Miso flavored hamburg Kelp seasoned Chinese cabbage Soup with tofu	milk biscuit	oil, sugar, panko powder	ground beef and pork, processed soymilk, miso, salted kelp, bacon, tofu, milk	onion, Chinese cabbage, breansprout, carrot, cabbage
22 Fri.	milk biscuit	rice	Simmered Spanish mackerel and arame seaweed, Daikon raddish salad, Miso soup with nameko mushrooms	milk Steamed sweet potato buns	sweet sake, sugar, mayonnaise, sweet potato, flour	Spanish mackerel, arame seaweed, ham, tofu, deep fried tofu, reddish brown miso, milk	ginger, Daikon raddish, cucumber, carrot, nameko mushroom, onion, green onion
23 Sat.			Udon noodles topped with wakame seaweed, Fermented milkdrink or Yogurt drink		dried Udon	chicken, naruto fish cake, deep fried tofu, wakame seaweed, fermented milkdrink	carrot, green onion, onion
25 Mon.	milk fruit	sweet potato rice	Rice mixed with sweet potato, Wakame clear soup, Vegetables with perilla flavor, Vinegary seasoned drilled chicken	milk, sugar coated arare	rice, sweet potato, sesame, sugar, sweet sake, assorted arare, brown sugar	chicken, tofu, wakame seaweed, dried wheat gluten cake, milk	gingerm cabbagem carrot, perila leaf, onion
26 Tue.	milk cheese	rice	Saury wih sweet soy sauce Daikon raddish with sesame Miso soup with mushrooms	milk senbei	starch, oil, sugar, sweet sake, sesame	saury, deep fried tofu, tofu, wakame seaweed, miso, milk	Daikon raddish, carrot, cabbage, enoki mushroom, onion, green onion, shimeji mushroom
27 Wed.	milk biscuit	rice	Fried chicken, Cabbage soup Pak-choi with lemon	milk arare	starch, oil, sugar	chicken, canned tuna, bacon, milk	ginger, pak-choi, cucumber, carrot, lemon juice, cabbage, onion, shimeji mushroom
28 Thu.	milk senbei	rice	Braised beef and tofu in Sukiyaki style, Vinegary seasoned vegetables with nori seaweed, Pumpkin pudding	milk yogurt cake	sugar, oil, pumpkin pudding, pan cake mix	beef, broiled tofu, dry baked wheat gluten, canned tuna, nori seaweed, yogurt, milk	carrot, onion, konjak noodles, enoki mushroom, Chinese cabbage, green onion, cabbage
29 Fri.	milk arare	rice	Ginger pork Spinach salad, Clear soup with onion	yogurt drink biscuit	sugar, sweet sake, oil, mayonnaise	pork, canned tuna, tofu, wakame seaweed, yogurt drink	ginger, Daikon raddish, spinach, cabbage, carrot, corn, onion, green onion
30 Sat.			Udon noodles with chicken, fishpaste, and vegetables, Fermented milk drink or Yogurt drink		dried Udon	chicken, deep fried tofu, fsh paste cake, fermented milk drink	carrot, green onion, onion

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

【The menu may change depending on the arrivaing 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.】

