

Year 2021 Menu for the month of November

《Goal》 Sit in your seat until you finish eating



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

Day	Staple food	Lunch Menu		Ingredients		
				Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1 Mon.	rice	Thick fried tofu simmered in catchup Flavored ground pork, Banana	milk	oil, sugar, potato starch, mirin	thick fried tofu, pork, canned tuna, milk	onion, carrot, catchup, dried parsley, cucumber, cabbage, banana
2 Tue.	rice	Spanish mackerel grilled with salt Chinese cabbage miso soup Hijiki and cheese salad	milk	sugar, oil	spanish mackerel, ham, cheese, hijiki, tofu, deep fried bean curd, wakame, miso, milk	cabbage, carrot, chinese cabbage, onion, green onion
4 Thu.	wakame rice	Wakame rice, Enoki clear soup, Simmered chicken and radish mixture	milk	rice, taro, sugar, mirin, oil	wakame, chicken, thick fried tofu, tofu, milk	radish, carrot, konnyaku, enoki mushroom, onion, green onion
5 Fri.	rice	Chicken with unglaze souce Vegetable dressed with salted kelp, Bean sprouts soup	milk	poteto starch, oil, sugar, bread crumbs	chicken, salted kelp, bacon, tofu, milk	ginger, cabbage, carrot, bean sprouts, onion, dried parsley
8 Mon.	rice	Tonteki style, Oriental salad Wakame clear soup	milk	sugar, oil, corn flake, sesame oil	pieces of pork, canned tuna, tofu, wakame, milk	garlic, onion, cabbage, carrot, cucumber, enoki mushroom
9 Tue.	rice	Hijiki hamburg Boiled vegetable, Tofu miso soup	milk	bread crumbs, oil, sugar	ground beef ang pork, hijiki, adjusted soy milk, tofu, deep fried bean curd, miso, milk	onion, carrot, catchup,, cabbage, green onion
10 Wed.	rice	Perilla seasoning, Meat gratin, Cabbage soup, Meyer lamon jerry	milk	macaroni, wheat flour, meyer lamon jerry	ground pork, butter, melting cheese, sausage, tofu, milk	perilla, poteto, onion, tomato puree, catchup, cabbage, carrot
11 Thu.	gomoku rice	Japanese mixed rice White gluten cake soup, Vegetable mixed with sesame mayonnaise	milk	rice, oil, mirin, mayonnaise, sesame	canned tuna, deep fried bean curd, chikuwa, tofu, wheat gluten soup, milk	burdock, carrot, dried mushroom, cucumber, cabbage, onion, green onion
12 Fri.	rice	Whitish deep fried horse mackerel Radish salad, Onion miso soup	milk	poteto starch, oil, mayonnaise	horse mackerel, ham, tofu, deep fried bean curd, miso, milk	ginger, radish, cucumber, cabbage, onion, carrot, green onion
15 Mon.	rice	Grilled chicken with marmalade sauce Seasoned spinach, Wakame miso soup	milk	oil, sugar, orange marmalade	chicken, chikuwa, dried bonito shavings, miso, wakame, tofu, deep fried bean curd, milk	orange juice, spinach, chinese cabbage, carrot, onion, green onion
16 Tue.	rice	Beef stew Coleslaw salad	milk	oil, poteto, wheat flour, sugar, mayonnaise	beef, butter, fresh cream, ham, milk	bay leaf, carrot, onion, catchup, tomato puree, dried parsley, cabbage, cucumber
17 Wed.	hijiki rice	Hijiki rice, Mimosa salad Onion clear soup	milk	rice, oil, mirin, sugar	chicken, deep fried, bean curd, hijiki, egg, tofu, wakame, milk	burdock, carrot, konnyaku, cucumber, cabbage, onion, green onion
18 Thu.	rice	Scoop croquette, Bok choy soup Vegetable seasoned with perila	milk	poteto, mirin, bread crumbs, oil	ground beef ang pork, melting cheese, bacon, adjusted soy milk, tofu, wakame, milk	onion, carrot, cabbage, perila, bok choy
19 Fri.	rice	Grilled salmon with lemon soy sause Dried radish strips Sweet poteto miso soup	milk	sugar, mirin, sweet poteto	salmon, deep fried ball of fish paste, miso, milk	lamon juice, ginger, radish, green onion, white green onion, dried radish strips, carrot, onion
22 Mon.	curry udon	Curry udon, Yoghurt Vegetables mixed with laver and vinegar	milk	dried udon, curry powder, oil, sugar	pork, naruto, deep fried bean curd, canned tuna, dried laver, yoghurt, milk	carrot, onion, green onion, cabbage
24 Wed.	rice	Chinese style deep fried chicken Vegetables mixed with dried bonito shavings, Tofu clear soup	milk	potato starch, oil, sugar, sesame oil	chicken, chikuwa, dried bonito shavings, tofu, milk	white green onion, ginger, cabbage, carrot, onion, enoki mushroom, green onion
25 Thu.	rice	Pork with marinated sauce, Vegetable soup Cut-out raw cheese	milk	oil, sugar	pork, sausage, tofu, cut-out raw cheese, milk	onion, carrot, green pepper, elingi mushroom, catchup, radish, cabbage, dried parsley
26 Fri.	rice	Simmered amberfish, Three colored namul Radish miso soup	milk	mirin, sugar, sesame, sesame oil	amberfish, deep fried bean curd, tofu, miso, milk	ginger, cucumber, bean sprout, carrot, radish, onion, green onion
29 Mon.	rice	Light taste stir fry pork with ginger sauce, Macaroni salad, Shimeji mushroom clear soup	milk	sugar, mirin, oil, macaroni, mayonnaise	pork, ham, tofu, wheat gluten soup, milk	ginger, radish, cucumber, green onion, carrot, canned orange, onion, cabbage, shimeji mushroom
30 Tue.	rice	Hawaiian chichen Seasoned radish with sesame Poteto soup	milk	mirin, sugar, semame, poteto	chicken, deep fried bean curd, bacon, tofu	canned pinapple, radish, carrot, spinach, onion, dried parsley

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