



《Goal》 Sit in your seat until you finish eating

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 Mon.	milk cheese	rice	Thick fried tofu simmered in catchup Flavored ground pork, Banana	milk rice cracker	oil, sugar, potato starch, mirin	thick fried tofu, pork, canned tuna, milk	onion, carrot, catchup, dried parsley, cucumber, cabbage, banana
2 Tue.	milk fruit	rice	Spanish mackerel grilled with salt Chinese cabbage miso soup Hijiki and cheese salad	milk dried young sardines toast	sugar, oil, toast, mayonnaise	spanish mackerel, ham, tofu, cheese, hijiki, deep fried bean curd, wakame, miso, dried young sardines, milk	cabbage, carrot, chinese cabbage, onion, green onion, dried parsley
4 Thu.	milk arare cracker	wakame rice	Wakame rice, Enoki clear soup Simmered chicken and radish mixture	milk vegetable cake sale	rice, taro, sugar, mirin, oil, cake mix	wakame, chicken, thick fried tofu, tofu, milk, bacon, cheese	radish, carrot, konnyaku, enoki mushroom, onion, green onion, canned cone
5 Fri.	milk biscuit	rice	Chicken with unglaze sauce Vegetable dressed with salted kelp Bean sprouts soup	milk rice cracker	poteto starch, oil, sugar, bread crumbs	chicken, salted kelp, bacon, tofu, milk	ginger, cabbage, carrot, bean sprouts, onion, dried parsley
6 Sat.			Udon with chicken and vegetables Fermented milk drink or Yoghurt drink		dried udon	chicken, fried bean curd, kamaboko, fermented milk drink	carrot, green onion, onion
8 Mon.	milk fruit	rice	Tonteki style, Oriental salad Wakame clear soup	milk, brown suger flavoured steamed bread	sugar, oil, corn flake, sesame oil, wheat flour, brown sugar	pieces of pork, canned tuna, tofu, wakame, milk	garlic, onion, cabbage, carrot, cucumber, enoki mushroom
9 Tue.	milk rice cracker	rice	Hijiki hamburg Boiled vegetable, Tofu miso soup	milk arare cracker	bread crumbs, oil, sugar	ground beef and pork, hijiki, adjusted soy milk, tofu, deep fried bean curd, miso, milk	onion, carrot, catchup, cabbage, green onion
10 Wed.	milk biscuit	rice	Perilla seasoning, Meat gratin Cabbage soup, Meyer lemon jerry	milk rice cracker	macaroni, wheat flour, meyer lemon jerry	ground pork, butter, melting cheese, sausage, tofu, milk	perilla, poteto, onion, tomato puree, catchup, cabbage, carrot
11 Thu.	milk arare cracker	gomoku rice	Japanese mixed rice White gluten cake soup, Vegetable mixed with sesame mayonnaise	milk candied sweet poteto	rice, oil, mirin, sugar, mayonnaise, sesame, sweet poteto, black sesame	canned tuna, deep fried bean curd, chikuwa, tofu, wheat gluten soup, milk	burdock, carrot, dried mushroom, cucumber, cabbage, onion, green onion
12 Fri.	yoghurt	rice	Whitish deep fried horse mackerel Radish salad, Onion miso soup	milk, wafers biscuit	poteto starch, oil, mayonnaise	horse mackerel, ham, tofu, deep fried bean curd, miso, milk	ginger, radish, cucumber, cabbage, onion, carrot, green onion
13 Sat.			Jdon with deep fried bean curd Fermented milk drink or Yoghurt drink		dried udon	chicken, deep fried bean curd, kamaboko, fermented milk drink	carrot, onion, green onion
15 Mon.	milk biscuit	rice	Grilled chicken with marmalade sauce Seasoned spinach, Wakame miso soup	milk, steamed sweet poteto	oil, orange marmalade, sugar, sweet poteto	chicken, chikuwa, dried bonito shavings, wakame, tofu, deep fried bean curd, miso, milk	orange juice, spinach, chinese cabbage, carrot, onion, green onion
16 Tue.	milk rice cracker	rice	Beef stew Coleslaw salad	milk arare cracker	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.	milk fruit	hijiki rice	Hijiki rice, Mimosas salad Onion clear soup	milk muffin	rice, oil, mirin, sugar, cake mix	chicken, deep fried, bean curd, hijiki, egg, tofu, wakame, butter, milk	burdock, carrot, konnyaku, cucumber, cabbage, onion, green onion
18 Thu.	milk biscuit	rice	Scoop croquette, Bok choy soup Vegetables seasoned with perilla	milk rice cracker	poteto, mirin, bread crumbs, oil	ground beef and pork, melting cheese, adjusted soy milk, bacon, tofu, wakame, milk	onion, carrot, cabbage, perilla, bok choy
19 Fri.	milk fruit	rice	Grilled salmon with lemon soy sauce Dried radish strips Sweet poteto miso soup	milk arare cracker	sugar, mirin, sweet poteto	salmon, deep fried ball of fish paste, miso, milk	lemon juice, ginger, white green onion, dried radish strips, carrot, radish, onion, green onion
20 Sat.			Wakame udon Fermented milk drink or Yoghurt drink		dried udon	chicken, naruto, deep fried bean curd, wakame, fermented milk drink	carrot, green onion, onion
22 Mon.	milk fruit	curry udon	Curry udon, Yoghurt Vegetables mixed with laver and vinegar	milk arare cracker	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.	milk wafers	rice	Chinese style deep fried chicken Vegetables mixed with dried bonito shavings, Tofu clear soup	milk, biscuit	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.	milk rice cracker	rice	Pork with marinated sauce Vegetable soup, Cut-out raw cheese	milk sweet poteto	oil, sugar, sweet poteto	pork, sausage, tofu, cut-out raw cheese, milk, butter, fresh cream	onion, carrot, green pepper, elingi mushroom, cabbage, catchup, radish, dried parsley
26 Fri.	milk fruit	rice	Simmered amberfish, Three colored namul Radish miso soup	milk, deep fried brown suger arare snack	mirin, sugar, sesame, sesame oil, arare cracker	amberfish, deep fried bean curd, tofu, miso, milk	ginger, cucumber, bean sprout, carrot, radish, onion, green onion
27 Sat.			Udon with kamaboko, hicken, and vegetables Fermented milk drink or Yoghurt drink		dried udon	chicken, deep fried bean curd, kamaboko, fermented milk drink	carrot, green onion, onion
29 Mon.	milk fruit	rice	Light taste stir fry pork with ginger sauce, Macaroni salad, Shimeji mushroom clear soup	milk rice cracker	sugar, mirin, oil, macaroni, mayonnaise	pork, ham, tofu, wheat gluten soup, milk	ginger, radish, canned orange, cucumber, cabbage, shimeji mushroom, carrot, onion, green onion
30 Tue.	milk arare cracker	rice	Hawaiian chicken Seasoned radish with sesame Poteto soup	yoghurt drink biscuit	mirin, sugar, semame, poteto	chicken, deep fried bean curd, bacon, tofu, yoghurt drink	canned pineapple, radish, carrot, spinach, 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.】