

# Year 2021 Menu for the month of December

《Goal》 Stop likes and dislikes for certain food. Let's eat anything.

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 Wed.  | milk<br>senbei  | rice  | Pork and vegetables simmered with miso<br>Clear soup with wheat gluten Cakes<br>Yogurt                                | milk, steamed buns with Azuki beans   | potato, oil, sugar, sweet sake, flour                         | pork, brown reddish miso, wheat gluten cake, milk, yogurt, processed soymilk, sugar glazed azuki beans   | ginger, green pepper, carrot, onion, ketchup, chinese cabbage, green onion                         |
| 2 Thu.  | milk<br>fruit   | rice  | Creamy chicken stew<br>Japanese style salad   | milk<br>biscuit   | potato, butter, flour, oil, sugar                             | chicken, milk, fresh cream   | onion, carrot, dried parsley, cucumber, cabbage, canned pineapple                                  |
| 3 Fri.  | milk<br>arare   | rice  | Spanish mackerel simmered in sweet soy sauce<br>Salad with cabbage and corn<br>Miso soup with pork and vegetables     | milk, savory Cake with vegetables   | sweet sake, sugar, mayonnaise, pancake mix                    | spanish mackerel, tubular fish paste, pork, tofu, milk, bacon, cheese, miso                              | ginger, cabbage, canned corn, carrot, burdock, daikon radish, chinese cabbage, green onion, onion  |
| 4 Sat.  |    |    | Udon noodle soup with chicken<br>Fermented milk drink or yogurt drink   |    | dried udon noodle   | chicken, deep fried tofu, steamed fish paste, fermented milk drink                                       | carrot, green onion, onion   |
| 6 Mon.  | milk<br>cheese  | rice  | Curry seasoned Pork and Beans<br>Kelp seasoned vegetables, Banana   | milk<br>arare   | potato, oil, curry roux, sugar, sesame                        | boiled soybeans, pork, hijiki seaweed, milk  | carrot, onion, ketchup, bay leaves, spinach, cabbage, beansprout, banana                           |
| 7 Tue.  | milk<br>fruit   | rice  | Salt-grilled salmon, Vegetables with salted kelp<br>Chicken soup with meat, tofu, and vegetables in Chanko style      | milk, cocoa flavored Tofu Brownie   | starch, rice noodles, sweet sake, rice flour, oil, sugar      | salmon, salted kelp, chicken, deep fried tofu, cocoa, tofu, milk   | cabbage, carrot, ginger, chinese cabbage, daikon radish, onion                                     |
| 8 Wed.  | milk<br>senbei  | rice  | Hamburg steak stewed in ketchup sauce<br>Clear soup with plenty of vegetables and bacon, Grape jelly of domestic made | milk, sugar coated rice, crackers   | panko bread, oil, sugar, grape jelly, arare, brown sugar      | ground beef and pork, processed soymilk, bacon, milk   | onion, carrot, eringi mushrooms, ketchup, daikon radish, cabbage, dried parsley                    |
| 9 Thu.  | milk<br>biscuit   | rice  | Deep fried chicken<br>Green vegetables seasoned with sesame and vinegar, Clear soup with Daikon radish                | milk<br>arare   | starch, oil, sugar, sesame                                    | chicken, wakame seaweed, tofu, milk  | ginger, beansprout, cabbage, daikon radish, onion, carrot, green onion                             |
| 10 Fri. | milk<br>wafer   | hashed beef and rice  | Hashed beef with rice<br>Yogurt salad   | milk<br>senbei  | rice, potato, oil, butter, flour, sugar                       | pork, yogurt, milk   | onion, carrot, ketchup, banana, canned pineapple, canned peach, canned orange                      |
| 11 Sat. |  |  | Udon noodle soup with fried tofu toppings<br>Fermented milk drink or yogurt drink                                     |  | dried udon noodle   | chicken, deep fried tofu, steamed fish paste, fermented milk drink                                       | carrot, onion, green onion   |
| 13 Mon. | milk<br>senbei  | rice  | Vinegary seasoned grilled pork<br>Spaghetti salad<br>Clear soup with wakame seaweed                                   | milk, fried sweet potato coated with  | sugar, sweet sake, oil, spaghetti, sweet potato, mayonnaise   | pork, ham, wakame seaweed, tofu, milk  | ginger, daikon radish, cucumber, carrot, cabbage, onion, green onion                               |
| 14 Tue. | milk<br>fruit   | rice  | Baked potato croquette<br>Vegetables with perilla flavor<br>Miso soup with Daikon radish                              | milk<br>biscuit   | potato, sweet sake, panko powder, oil                         | ground beef and pork, miso, cheese, processed soymilk, tofu, deep fried tofu, milk                       | onion, carrot, cabbage, perilla leaf, daikon radish, green onion                                   |
| 15 Wed. | milk<br>arare   | rice  | Tandoori chicken<br>Sesame seasoned spinach<br>Clear wakame soup  | milk<br>senbei  | sesame, sugar   | chicken, yogurt, wakame seaweed, viennese sausage, tofu, milk  | ketchup, spinach, chinese cabbage, carrot, onion   |
| 16 Thu. | milk<br>biscuit   | flavored rice   | Flavored rice with beef and burdock<br>Tuna salad, Miso soup with onion   | milk<br>apple yogurt cake   | rice, sugar, mayonnaise, pancake mix                          | beef, canned tuna, tofu, deep fried tofu, miso, yogurt, milk   | burdock, ginger, cucumber, carrot, cabbage, onion, green onion, apple                              |
| 17 Fri. | milk<br>fruit   | rice  | Fried yellowtail with sweet soy sauce<br>Boiled vegetables with scrambled egg<br>Clear soup with tofu                 | milk<br>arare   | sweet sake, sugar, oil, sesame oil                            | yellowtail, egg, ham, tofu, milk   | ginger, cabbage, carrot, broccoli, konjac noodles, onion, enoki mushroom, green onion              |
| 18 Sat. |  |  | Udon noodle soup with wakame seaweed<br>Fermented milk drink or yogurt drink  |  | dried udon noodle   | chicken, naruto fish paste, deep fried tofu, wakame seaweed, fermented milk drink                        | carrot, onion, green onion   |
| 20 Mon. | yogurt  | rice  | Grilled chicken with sweet vinegar sauce<br>Rice noodles salad<br>Miso soup with enoki mushroom                       | milk<br>arare   | sugar, sweet sake, rice noodles, mayonnaise                   | chicken, ham, tofu, miso, milk   | ginger, cucumber, cabbage, canned orange, onion, carrot, enoki mushroom, green onion               |
| 21 Tue. | milk<br>fruit   | rice  | Horse mackerel with Tomato and mayonnaise sauce<br>Boiled vegetables, Mushroom soup                                   | milk<br>senbei  | mayonnaise, flour, panko bread, oil                           | horse mackerel, bacon, tofu, milk  | ketchup, cabbage, carrot, shimeji mushroom, onion  |
| 22 Wed. | milk<br>biscuit   | udon noodle   | Soup Udon noodles with pork, fish paste and vegetable toppings<br>Ham salad, Cut-out cheese                           | milk<br>jam sandwich  | dried udon noodle, starch, sesame oil, mayonnaise, bread, jam | pork, naruto fish paste, ham, cut-out cheese, milk   | carrot, chinese cabbage, onion, beansprout, green onion, cucumber, canned mandarin orange, cabbage |
| 23 Thu. | milk<br>arare   | rice  | Simmered pork and freeze-dried tofu<br>Pickled Daikon radish<br>Banana  | milk<br>korean pancake  | oil, sugar, sweet sake, sesame, sesame oil, flour             | pork, dried tofu, tobler fish paste, milk  | onion, carrot, chinese cabbage, green onion, daikon radish, banana, leak                           |
| 24 Fri. | milk<br>senbei  | Chicken fried rice  | Chicken fried rice, Soymilk soup<br>Green apple-like-jelly  | milk<br>biscuit   | rice, butter, potato, green apple jelly                       | chicken, bacon, processed soymilk, milk  | carrot, onion, green pepper, ketchup, broccoli   |
| 25 Sat. |  |  | Udon noodle soup with chicken, fried tofu, and vegetables<br>Fermented milk drink or yogurt drink                     |  | dried udon noodle   | chicken, deep fried tofu, fish paste cake, fermented milk drink  | carrot, onion, green onion   |
| 27 Wed. | milk<br>arare   | rice  | Pan-fried pork with barbecue sauce<br>Potato salad, Soup with Daikon radish   | milk<br>wafer biscuit   | sugar, oil, potato, mayonnaise                                | pork, ham, bacon, tofu, milk   | ketchup, garlic, cabbage, eringi mushroom, onion, green pepper, cucumber, carrot, daikon radish    |
| 28 Thu. | milk<br>senbei  | rice  | Stir fried chicken with miso<br>Baby sardine and cucumber dressed with sweet vinegar, Clear soup with onion           | yogurt drink<br>biscuit   | sugar, sweet sake, sesame oil                                 | chicken, brown reddish miso, dried small sardines, tobler fish paste, wakame seaweed, tofu, yogurt drink | cabbage, carrot, leak, garlic, daikon radish, canned orange, onion, green onion                    |

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

【The menu may change depending on the arriving 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.】

