

Year 2021 Menu for the month of December

Saturday one day childcare

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

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 senbei	rice	Pork and vegetables simmered with miso Clear soup with wheat gluten Cakes 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 fruit	rice	Creamy chicken stew Japanese style salad	milk biscuit	potato, butter, flour, oil, sugar	chicken, milk, fresh cream	onion, carrot, dried parsley, cucumber, cabbage, canned pineapple
3 Fri.	milk arare	rice	Spanish mackerel simmered in sweet soy sauce Salad with cabbage and corn 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.	milk senbei	udon noodle	Udon noodle soup with chicken Fermented milk drink or yogurt drink	milk biscuit	dried udon noodle	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, green onion, onion
6 Mon.	milk cheese	rice	Curry seasoned Pork and Beans Kelp seasoned vegetables, Banana	milk 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 fruit	rice	Salt-grilled salmon, Vegetables with salted kelp 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 senbei	rice	Hamburg steak stewed in ketchup sauce 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 biscuit	rice	Deep fried chicken Green vegetables seasoned with sesame and vinegar, Clear soup with Daikon radish	milk arare	starch, oil, sugar, sesame	chicken, wakame seaweed, tofu, milk	ginger, beansprout, cabbage, daikon radish, onion, carrot, green onion
10 Fri.	milk wafer	hashed beef and rice	Hashed beef with rice Yogurt salad	milk senbei	rice, potato, oil, butter, flour, sugar	pork, yogurt, milk	onion, carrot, ketchup, banana, canned pineapple, canned peach, canned orange
11 Sat.	milk biscuit	udon noodle	Udon noodle soup with fried tofu toppings Fermented milk drink or yogurt drink	milk arare	dried udon noodle	chicken, deep fried tofu, steamed fish paste, fermented milk drink	carrot, onion, green onion
13 Mon.	milk senbei	rice	Vinegary seasoned grilled pork Spaghetti salad 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 fruit	rice	Baked potato croquette Vegetables with perilla flavor Miso soup with Daikon radish	milk 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 arare	rice	Tandoori chicken Sesame seasoned spinach Clear wakame soup	milk senbei	sesame, sugar	chicken, yogurt, wakame seaweed, viennese sausage, tofu, milk	ketchup, spinach, chinese cabbage, carrot, onion
16 Thu.	milk biscuit	flavored rice	Flavored rice with beef and burdock Tuna salad, Miso soup with onion	milk 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 fruit	rice	Fried yellowtail with sweet soy sauce Boiled vegetables with scrambled egg Clear soup with tofu	milk 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.	milk senbei	udon noodle	Udon noodle soup with wakame seaweed Fermented milk drink or yogurt drink	milk biscuit	dried udon noodle	chicken, naruto fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, onion, green onion
20 Mon.	milk yogurt	rice	Grilled chicken with sweet vinegar sauce Rice noodles salad Miso soup with enoki mushroom	milk 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 fruit	rice	Horse mackerel with Tomato and mayonnaise sauce Boiled vegetables, Mushroom soup	milk senbei	mayonnaise, flour, panko bread, oil	horse mackerel, bacon, tofu, milk	ketchup, cabbage, carrot, shimeji mushroom, onion
22 Wed.	milk biscuit	udon noodle	Soup Udon noodles with pork, fish paste and vegetable toppings Ham salad, Cut-out cheese	milk 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 arare	rice	Simmered pork and freeze-dried tofu Pickled Daikon radish Banana	milk 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 senbei	Chicken fried rice	Chicken fried rice, Soymilk soup Green apple-like-jelly	milk biscuit	rice, butter, potato, green apple jelly	chicken, bacon, processed soymilk, milk	carrot, onion, green pepper, ketchup, broccoli
25 Sat.	milk arare	udon noodle	Udon noodle soup with chicken, fried tofu, and vegetables Fermented milk drink or yogurt drink	milk senbei	dried udon noodle	chicken, deep fried tofu, fish paste cake, fermented milk drink	carrot, onion, green onion
27 Wed.	milk arare	rice	Pan-fried pork with barbecue sauce Potato salad, Soup with Daikon radish	milk 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 senbei	rice	Stir fried chicken with miso Baby sardine and cucumber dressed with sweet vinegar, Clear soup with onion	yogurt drink 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.】

