

Year 2021 Menu for the month of December

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



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

| Day | Week of the day | Staple food | Lunch Menu | Ingredients | | | |
|-----|-----------------|----------------------|---|-------------|---|--|--|
| | | | | Yellow | Red | Green | |
| | | | | Energy food | Foods to produce blood, muscles, and bones | Foods to keep your health | |
| 1 | Wed. | rice | Pork and vegetables simmered with miso Clear soup with wheat gluten Cakes Yogurt | milk | potato, oil, sugar, sweet sake | pork, brown reddish miso, wheat gluten cake, milk, yogurt | ginger, green pepper, carrot, onion, ketchup, chinese cabbage, green onion |
| 2 | Thu. | rice | Creamy chicken stew Japanese style salad | milk | potato, butter, flour, oil, sugar | chicken, milk, fresh cream | onion, carrot, dried parsley, cucumber, cabbage, canned pineapple |
| 3 | Fri. | rice | Spanish mackerel simmered in sweet soy sauce Salad with cabbage and corn Miso soup with pork and vegetables | milk | sweet sake, sugar, mayonnaise | spanish mackerel, tubular fish paste, pork, tofu, milk, miso | ginger, cabbage, canned corn, carrot, burdock, daikon radish, chinese cabbage, green onion |
| | | | | | | | |
| 6 | Mon. | rice | Curry seasoned Pork and Beans Kelp seasoned vegetables, Banana Salt-grilled salmon, vegetables with salted kelp | milk | potato, oil, curry roux, sugar, sesame | boiled soybeans, pork, hijiki seaweed, milk | carrot, onion, ketchup, bay leaves, spinach, cabbage, beansprout, banana |
| 7 | Tue. | rice | Chicken soup with meat, tofu, and vegetables in Chanko style | milk | starch, rice noodles, sweet sake | salmon, salted kelp, chicken, deep fried tofu, milk | cabbage, carrot, ginger, chinese cabbage, daikon radish, onion |
| 8 | Wed. | rice | Hamburg steak stewed in ketchup sauce Clear soup with plenty of vegetables and bacon, Grape jelly of domestic made | milk | panko bread, oil, sugar, grape jelly | ground beef and pork, processed soymilk, bacon, milk | onion, carrot, eringi mushrooms, ketchup, daikon radish, cabbage, dried parsley |
| 9 | Thu. | rice | Deep fried chicken Green vegetables seasoned with sesame and vinegar, Clear soup with Daikon radish | milk | starch, oil, sugar, sesame | chicken, wakame seaweed, tofu, milk | ginger, beansprout, cabbage, daikon radish, onion, carrot, green onion |
| 10 | Fri. | hashed beef and rice | Hashed beef with rice Yogurt salad | milk | rice, potato, oil, butter, flour, sugar | pork, yogurt, milk | onion, carrot, ketchup, banana, canned pineapple, canned peach, canned orange |
| | | | | | | | |
| 13 | Mon. | rice | Vinegary seasoned grilled pork Spaghetti salad Clear soup with wakame seaweed | milk | sugar, sweet sake, oil, spaghetti, mayonnaise | pork, ham, wakame seaweed, tofu, milk | ginger, daikon radish, cucumber, carrot, cabbage, onion, green onion |
| 14 | Tue. | rice | Baked potato croquette Vegetables with perilla flavor Miso soup with Daikon radish | milk | 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. | rice | Tandoori chicken Sesame seasoned spinach Clear wakame soup | milk | sesame, sugar | chicken, yogurt, wakame seaweed, viennese sausage, tofu, milk | ketchup, spinach, chinese cabbage, carrot, onion |
| 16 | Thu. | flavored rice | Flavored rice with beef and burdock Tuna salad, Miso soup with onion | milk | rice, sugar, mayonnaise | beef, canned tuna, tofu, deep fried tofu, miso, milk | burdock, ginger, cucumber, carrot, cabbage, onion, green onion |
| 17 | Fri. | rice | Fried yellowtail with sweet soy sauce Boiled vegetables with scrambled egg Clear soup with tofu | milk | sweet sake, sugar, oil, sesame oil | yellowtail, egg, ham, tofu, milk | ginger, cabbage, carrot, broccoli, konjac noodles, onion, enoki mushroom, green onion |
| | | | | | | | |
| 20 | Mon. | rice | Grilled chicken with sweet vinegar sauce Rice noodles salad Miso soup with enoki mushroom | milk | sugar, sweet sake, rice noodles, mayonnaise | chicken, ham, tofu, miso, milk | ginger, cucumber, cabbage, canned orange, onion, carrot, enoki mushroom, green onion |
| 21 | Tue. | rice | Horse mackerel with Tomato and mayonnaise sauce Boiled vegetables, Mushroom soup | milk | mayonnaise, flour, panko bread, oil | horse mackerel, bacon, tofu, milk | ketchup, cabbage, carrot, shimeji mushroom, onion |

【You can see the country/origin of the main ingredients used for lunch on the bulletin board of each nursery school.】