

Year 2022 Menu for the month of January
 《Goal》 Learn how food works



Saturday oneday childcare

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

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
4	Tue.	milk arare cracker	rice	Pork beans Cabbage salad with corn	milk biscuit	rice, potato, oil, sugar, mayonnaise	boiled soybeans, ground pork, milk	carrot, onion, ketchup, cabbage, canned corn
5	Wed.	milk rice cracker	rice	stir fry pork with ginger sauce finely chopped radish with vinegar taro miso soup	milk black sugar flavored uiro	rice, mirin, oil, sugar, sesame, taro, flour, blown sugar, potato starch	pork, fried tofu, miso, milk	ginger, carrot, onion, radish, chinese cabbage, green onion
6	Thu.	milk arare cracker	bowl of bibimbap	bowl of bibimbap wakame clear soup, yogurt	milk rusk seasoned with green	rice, sugar, mirin, sesame oil, oil, sesame, plain bread, butter, granulated	minced pork, egg, red miso, wakame, bacon, yogurt, milk, green laver	garlic, ginger, bean sprouts, carrot, spinach, onion, cabbage
7	Fri.	milk fruit	rice	whitish deep fried horse mackerel japanese mustard spinach salad potato miso soup	milk biscuit	rice, potato starch, oil, mayonnaise, sesame, potato	horse mackerel, bacon, fried tofu, tofu, miso, milk	ginger, japanese mustard spinach, cabbage, bean sprouts, onion, green onion
8	Sat.	milk rice cracker	chicken nanban udon	chicken nanban udon fermented milk drink or yogurt drink	milk arare cracker	dried udon	chicken, fried tofu, naruto, fermented milk drink	carrot, green onion, onion
11	Tue.	milk biscuit	spaghetti meat sauce	spaghetti meat sauce tuna salad, cut-out cheese	milk sweet red bean soup	spaghetti, oil, flour, sugar, mayonnaise, inaka arare, potato starch	minced meat, canned tuna, cut-out cheese, milk, sweet azuki bean paste	carrot, onion, ketchup, cucumber, canned orange, cabbage
12	Wed.	yoghurt	rice	simmered vegetables with chicken and deep fried ball of fish paste orange, tossed bok choy with lemon	milk pancake	rice, taro, mirin, sugar, oil, cake mix, butter, maple syrup	chicken, fried fish paste, canned tuna, milk	radish, carrot, burdock, konjac, bok choy, cucumber, lemon juice, orange
13	Thu.	milk fruit	rice	sukiyaki style dish tossed canola-flower apple jelly	milk rice cracker	rice, sugar, oil, sesame oil, sesame, apple jelly	beef, grilled tofu, grilled wheat gluten bread, ham, milk	carrot, onion, konjac noodles, enoki, chinese cabbage, green onion, cabbage, canola-flower
14	Fri.	milk wafers	rice	grilled saury simmered dried-radish, shimeji miso soup	milk arare cracker	rice, potato starch, oil, sugar, mirin	saury fish, fried fish paste, tofu, miso, milk	dried radish, carrot, shimeji, onion, green onion
15	Sat.	milk kayaku udon	kayaku udon	udon with kamaboko, chicken, and vegetables fermented milk drink or yoghurt drink	milk rice cracker	dried udon	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
17	Mon.	milk rice cracker	rice	pork marinated in sauce onion soup, strawberry jerry made in Japan	milk korean pancake	rice, oil, sugar, strawberry jerry made in Japan, sesame oil, flour, mirin, sesame	pork, sausage, chikuwa, milk	onion, carrot, green pepper, eringi, ketchup, chinese cabbage, dried parsley, chinese chives
18	Tue.	milk biscuit	rice	grilled salmon with mayonnaise japanese style radish salad chinese cabbage miso soup	milk rice cracker	rice, mayonnaise, sugar, sesame oil, sesame	salmon, miso, ham, bonito flakes, tofu, miso, milk	onion, corn, dried parsley, radish, cucumber, carrot, chinese cabbage, green onion
19	Wed.	milk fruit	rice	chicken with salt lemon, macaroni salad, tofu clear soup	milk arare cracker	rice, oil, sugar, macaroni, mayonnaise	chicken, salted kelp, ham, tofu, milk	lemon juice, cucumber, canned orange, cabbage, onion, carrot, green onion
20	Thu.	milk biscuit	curry & rice	curry & rice fruit yogurt salad	milk arare cracker	rice, oil, potato, butter, flour, sugar	pork, melting cheese, milk, yogurt	bay leaf, ginger, garlic, onion, carrot, ketchup, banana, canned orange/peach/pineapple
21	Fri.	milk fruit	rice	chicken cutlet, boiled vegetable onion clear soup	milk yogurt cake	rice, mayonnaise, flour, bread crumbs, oil, sugar, cake mix	chicken, tofu, yogurt, milk	ketchup, cabbage, carrot, onion, enoki, green onion
22	Sat.	milk biscuit	kitsune udon	udon with deep fried bean curd fermented milk drink or yogurt drink	milk rice cracker	dried udon	chicken, fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
24	Mon.	milk arare cracker	rice	macaroni gratin tossed vegetable and shiso leaf, tofu soup	milk, wafers biscuit	rice, macaroni, oil, butter, flour, bread crumbs	chicken, milk, melting cheese, bacon, tofu	onion, bay leaf, dried parsley, cabbage, carrot, shiso leaf, chinese cabbage
25	Tue.	milk fruit	rice	spanish mackerel simmered with miso taro soup, tossed canola-flower dressed with sesame mayonnaise	milk cocoa cream sand	rice, sugar, mirin, mayonnaise, sesame, taro, bread rolls, potato starch	spanish mackerel, red miso, milk, cocoa, processed soy milk	ginger, canola-flower, cabbage, carrot, apple, konjac, radish, burdock, green onion
26	Wed.	milk rice cracker	chinese style rice bowl	chinese style rice bowl flavored minced pork flakes & vegetables, apple	milk kinako steamed	rice, oil, sugar, potato starch, sesame oil, mirin, rice flour	pork, naruto, canned tuna, milk, kinako, processed soy milk	carrot, chinese cabbage, onion, dried shitake, garlic, ginger, cabbage, apple
27	Thu.	milk cheese	rice	hamburg steak blended with miso tossed vegetable & salted kelp vegetable soup	milk arare cracker	rice, oil, sugar, bread crumbs	minced pork, processed soy milk, miso, salted kelp, sausage, milk	onion, carrot, cabbage, bean sprouts, dried parsley
28	Fri.	milk rice cracker	rice	chicken well coated with sesame tossed vegetables & laver with vinegar, clear soup with wheat gluten bread	milk biscuit	rice, potato starch, oil, sugar, mirin, sesame	chicken, canned tuna, dried laver, wheat gluten bread, tofu, milk	ginger, cabbage, japanese mustard spinach, carrot, onion, chinese cabbage, green onion
29	Sat.	milk arare cracker	wakame udon	wakame udon fermented milk drink or yoghurt drink	milk biscuit	dried udon	chicken, naruto, wakame, fermented milk drink	carrot, onion, green onion
31	Mon.	milk fruit	rice	grilled chicken with marmalade sauce coleslaw salad, radish miso soup	drink yogurt rice cracker	rice, oil, orange marmalade, mayonnaise, sugar	chicken, ham, tofu, fried tofu, wakame, miso, drink yogurt	orange juice, cabbage, cucumber, carrot, radish, onion

※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.】

