

Year 2022 Menu for the month of January

《Goal》 Learn how food works



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

Day	Staple food	Lunch Menu	Ingredients			
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
12	Wed. rice	simmered vegetables with chicken and deep fried boll of fish paste orange, tossed bok choy with lemon	milk	rice, taro, mirin, suger,oi	chicken, fried fish paste, canned tuna, milk	radish, carrot, burdock, konjac, bok choy, cucumber, lemon juice, orange
13	Thu. rice	sukiyaki style dish tossed canola-flower apple jelly	milk	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. rice	grilled saury simmered dried-radish, shimeji miso soup	milk	rice, potato starch, oil, sugar, mirin	saury fish, fried fish paste, tofu, miso, milk	dried radish, carrot, shimeji, onion, green onion
17	Mon. rice	pork marinated in sauce onion soup, strawberry jerry made in Japan	milk	rice, oil, sugar, strawberry jerry made in Japan,	pork, sausage, milk	onion, carrot, green pepper, eringi, ketchup, chinese cabbage, dried parsley,
18	Tue. rice	grilled salmon with mayonnaise japanese style radish salad chinese cabbage miso soup	milk	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. rice	chicken with salt lemon, macaroni salad, tofu clear soup	milk	rice, oil, sugar, macaroni, mayonnaise	chicken, salted kelp, ham, tofu, milk	lemon juice, cucumber, canned orange, cabbage, onion, carrot, green onion
20	Thu. curry & rice	curry & rice fruit yogurt salad	milk	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. rice	chicken outlet, boiled vegetable onion clear soup	milk	rice, mayonnaise, flour, bread crumbs, oil, sugar	chicken, tofu, milk	ketchup, cabbage, carrot, onion, enoki, green onion
24	Mon. rice	macaroni gratin tossed vegetable and shiso leaf, tofu soup	milk	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. rice	spanish mackerel simmered with miso taro soup, tossed canola-flower dressed with sesame mayonnaise	milk	rice, sugar, mirin, mayonnaise, sesame, taro	spanish mackerel, red miso, milk	ginger, canola-flower, cabbage, carrot, konjac, radish, burdock, green onion
26	Wed. chinese rice bowi	chinese style rice bowl flavored minced pork flakes & vegetables, apple	milk	rice, oil, sugar, potato starch, sesame oil, mirin	pork, naruto, canned tuna, milk	carrot, chinese cabbage, onion, dried shiitake, garlic, ginger, cabbage, apple
27	Thu. rice	hamburg steak blended with miso tossed vegetable & salted kelp, vegetable soup	milk	rice, oil, sugar, bread crumbs	minced pork, processed soy milk, miso, salted kelp, sausage, milk	onion, carrot, cabbage, bean sprouts, dried parsley
28	Fri. rice	chicken well coated with sesame tossed vegetables & laver with vinegar, clear soup with wheat gluten bread	milk	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
31	Mon. rice	grilled chicken with marmalade sauce coleslaw salad, radish miso soup	milk	rice, oil, orange marmalade, mayonnaise, sugar	chicken, ham, tofu, fried tofu, wakame, miso, milk	orange juice, cabbage, cucumber, carrot, radish, onion

【The menu may change depending on the arriving date of goods ang climatic conditions.】

