

# Year 2022 Menu for the Month of February



Saturday oneday childcare

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

《Goal》 Let your child clear the dishes as a member of the family

Day	Day of the week	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
1	Tue.	milk biscuit	rice	Fried horse-mackerel with ketchup sauce Boiled vegetables, Beansprout soup	milk arare	rice, mayonnaise, wheat flour, panko powder, oil, sugar	horse mackerel, Viennese sausage, milk	ketchup, cabbage, carrot, beansprout, onion, dried parsley
2	Wed.	milk senbei	rice	Chicken and egg simmered in sweet soy sauce Mikan orange Mustard spinach salad	milk Macaroni kinako	rice, sugar, mayonnaise, sesame, macaroni	chicken, egg, freeze-dried tofu, bacon, milk, soybean flour	onion, dried mushroom, carrot, green onion, mustard spinach, cabbage, beansprout, mikan orange
3	Thu.	milk fruit	soybean rice	Soybeans rice, Chicken salad Clear soup with onions	milk muffin	rice, sweet sake, sugar, potato, mayonnaise, pancake mix, butter	hijiki seaweed, boiled soybeans, chicken, tofu, wheat gluten cake, milk	carrot, cucumber, canned corn, onion, green onion
4	Fri.	milk arare	rice	Non-fried spoon croquette Cabbage with perilla sprinkler, Tofu soup	milk wafer biscuit	rice, potato, sweet sake, panko bread, oil	ground beef and pork, cheese, processed soymilk, bacon, tofu, wakame seaweed, milk	onion, carrot, cabbage, perilla leaf, shimeji mushroom
5	Sat.	milk biscuit	udon noodles	Udon noodle soup with chicken and vegetables Fermented milk drink or Yogurt drink	milk senbei	dried udon	chicken, deep-fried tofu, boiled fish-paste, fermented milk drink	carrot, green onion, onion
7	Mon.	milk fruit	rice	Sauted pork and cabbage with miso sauce Spaghetti salad, Clear Daikon soup	milk sugar coated arare	rice, oil, sugar, sweet sake, spaghetti, mayonnaise, assorted arare	pork, brown reddish miso, ham, tofu, milk	ginger, cabbage, carrot, cucumber, daikon radish, onion, green onion
8	Tue.	milk senbei	rice	Simmered Spanish mackerel with arame seaweed, Pork and vegetable miso soup Fruit-like carrot jelly	milk brown sugar steamed	rice, sweet sake, sugar, taro, fruit-like carrot jelly, wheat flour, brown sugar	Spanish mackerel, Arame seaweed, pork, tofu, miso, milk	ginger, burdock, carrot, daikon radish, Chinese cabbage, green onion
9	Wed.	milk arare	rice	Chinese fried chicken with sesame oil sauce, Vegetable with kelp Clear soup with plenty of vegetables and meat	milk senbei	rice, starch, oil, sugar, sesame oil	chicken, salty kelp, Viennese sausage, milk	white leek, ginger, cabbage, carrot, Chinese cabbage, onion, dried parsley
10	Thu.	milk biscuit	rice	Corn chowder soup, Banana Salad with miso dressing	milk arare	rice, potato, butter, wheat flour, spaghetti, sugar, oil	beef, milk, ham, miso	onion, carrot, canned cream of corn, dried parsley, cabbage, cucumber, banana
12	Sat.	milk senbei	udon noodles	Udon noodle soup with chicken, fried tofu, fish paste and vegetables Fermented milk drink or Yogurt drink	milk biscuit	dried udon	chicken, deep fried tofu, boiled fish paste, fermented milk drink	carrot, green onion, onion
14	Mon.	milk fruit	rice	Mapo tofu, 3-color-vegetables namul Cut-out cheese	milk cocoa cake	rice, starch, sugar, oil, sesame, sesame oil, wheat flour	ground pork, tofu, brown reddish miso, cut-out cheese, milk, cocoa	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, beansprout
15	Tue.	yogurt	rice	Yellowtail teriyaki, Braised soybean fiber Onion miso soup	milk biscuit	rice, sweet sake, sugar, oil	yellowtail, soybean refuse, deep fried tofu, wakame seaweed, miso, milk	ginger, dried shiitake mushroom, carrot, konjaku noodles, green onion, onion, shimeji mushroom, Chinese
16	Wed.	milk arare	rice	Grilled pork with savory citrusy sauce, Clear soup with wheat gluten Tender stem broccoli dressed with sesame and mayonnaise	milk senbei	rice, sugar, oil, mayonnaise, sesame	pork, wheat gluten cake, tofu, milk	garlic, onion, tender stem broccoli, cabbage, apple, carrot, green onion
17	Thu.	milk wafer	pilaf	Pilaf, Banana Potato and vegetables soup	milk Kinako coated deep fried bread	rice, butter, potato, bread rolls, oil, sugar	chicken, bacon, milk, soybean flour	onion, carrot, green pepper broccoli, banana
18	Fri.	milk senbei	rice	Hamburg steak with hijiki seaweed Boiled vegetables, Daikon radish miso soup	milk arare	rice, panko bread, oil, sugar	ground beef and pork, hijiki seaweed, processed soymilk, tofu, deep fried tofu, wakame seaweed,	onion, carrot, ketchup, cabbage, daikon radish
19	Sat.	milk biscuit	udon noodles	Udon noodle soup with fried tofu Fermented milk drink or Yogurt drink	milk senbei	dried udon	chicken, deep fried tofu, boiled fish cake, fermented milk drink	carrot, onion, green onion
21	Mon.	milk arare	udon noodles	Udon noodle soup with beef and vegetables Salad with cornflakes, Yogurt	milk dried sardine toast	dried udon, cornflakes, oil, sesame oil, sugar, bread, mayonnaise	beef, deep fried tofu, boiled fish cake, canned tuna, yogurt, milk, dried baby sardine	carrot, onion, green onion, cabbage, cucumber, dried parsley
22	Tue.	milk fruit	rice	Salt-grilled salmon, Kenchin-jiru soup Boiled spinach seasoned with sesame	milk soya milk mochi	rice, sesame, sugar, taro, oil, starch	salmon, tubular fish paste, chicken, tofu, milk, processed soymilk, soybean flour	spinach, Chinese cabbage, carrot, konjak, daikon radish, burdock, green onion
24	Thu.	milk senbei	hashed meat and rice	Hashed meat with rice Ham salad	milk biscuit	rice, potato, oil, butter, wheat flour, sugar, mayonnaise	pork, ham, milk	onion, carrot, ketchup, cucumber, mikan orange, cabbage
25	Fri.	milk cheese	rice	Lemon roasted chicken with potato Boiled tender stem broccoli Clear soup with tofu	milk senbei	rice, starch, oil, potato, sugar, sweet sake, sesame oil, sesame	chicken, ham, tofu, milk	lemon juice, cabbage, carrot, tender stem broccoli, onion, green onion
26	Sat.	milk arare	udon noodles	Udon noodle soup with wakame seaweed Fermented milk drink or Yogurt drink	milk biscuit	dried udon	chicken, Naruto fish cake, deep fried tofu, wakame seaweed, fermented milk	carrot, onion, green onion
28	Mon.	milk biscuit	rice	Pineapple teriyaki chicken Daikon radish salad, Mushroom soup	yogurt drink arare	rice, sweet sake, mayonnaise	chicken, ham, bacon, yogurt drink	canned pineapple, daikon radish, cucumber, cabbage, shimeji mushroom, carrot, onion

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

【The menu may change depending on the delivery 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.】

