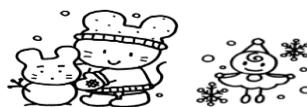


Year 2022 Menu for the Month of February



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	Staple	Lunch Menu		Ingredients		
					Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1	Tue.	rice	Fried horse-mackerel with ketchup sauce Boiled vegetables, Beansprout soup	milk	rice, mayonnaise, wheat flour, panko powder, oil, sugar	horse mackerel, Viennese sausage, milk	ketchup, cabbage, carrot, beansprout, onion, dried parsley
2	Wed.	rice	Chicken and egg simmered in sweet soy sauce Mikan orange Mustard spinach salad	milk	rice, sugar, mayonnaise, sesame	chicken, egg, freeze-dried tofu, bacon, milk	onion, dried mushroom, carrot, green onion, mustard spinach, cabbage, beansprout, mikan orange
3	Thu.	rice	Soybeans rice, Chicken salad Clear soup with onions	milk	rice, sweet sake, sugar, potato, mayonnaise	hijiki seaweed, boiled soybeans, chicken, tofu, wheat gluten cake, milk	carrot, cucumber, canned corn, onion, green onion
4	Fri.	rice	Non-fried spoon croquette Cabbage with perilla sprinkler, Tofu soup	milk	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
7	Mon.	rice	Sauted pork and cabbage with miso sauce Spaghetti salad, Clear Daikon soup	milk	rice, oil, sugar, sweet sake, spaghetti, mayonnaise	pork, brown reddish miso, ham, tofu, milk	ginger, cabbage, carrot, cucumber, daikon radish, onion, green onion
8	Tue.	rice	Simmered Spanish mackerel with arame seaweed, Pork and vegetable miso soup Fruit-like carrot jelly	milk	rice, sweet sake, sugar, taro, fruit-like carrot jelly	Spanish mackerel, Arame seaweed, pork, tofu, miso, milk	ginger, burdock, carrot, daikon radish, Chinese cabbage, green onion
9	Wed.	rice	Chinese fried chicken with sesame oil sauce, Vegetable with kelp Clear soup with plenty of vegetables and meat	milk	rice, starch, oil, sugar, sesame oil	chicken, salty kelp, Viennese sausage, milk	white leek, ginger, cabbage, carrot, Chinese cabbage, onion, dried parsley
10	Thu.	rice	Corn chowder soup, Banana Salad with miso dressing	milk	rice, potato, butter, wheat flour, spaghetti, sugar, oil	beef, milk, ham, miso	onion, carrot, canned cream of corn, dried parsley, cabbage, cucumber, banana
14	Mon.	rice	Mapo tofu, 3-color-vegetables namul Cut-out cheese	milk	rice, starch, sugar, oil, sesame, sesame oil	ground pork, tofu, brown reddish miso, cut-out cheese, milk	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, beansprout
15	Tue.	rice	Yellowtail teriyaki, Braised soybean fiber Onion miso soup	milk	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 cabbage
16	Wed.	rice	Grilled pork with savory citrusy sauce, Clear soup with wheat gluten Tender stem broccoli dressed with sesame and mayonnaise	milk	rice, sugar, oil, mayonnaise, sesame	pork, wheat gluten cake, tofu, milk	garlic, onion, tender stem broccoli, cabbage, apple, carrot, green onion
17	Thu.	pilaf	Pilaf, Banana Potato and vegetables soup	milk	rice, butter, potato	chicken, bacon, milk	onion, carrot, green pepper broccoli, banana
18	Fri.	rice	Hamburg steak with hijiki seaweed Boiled vegetables, Daikon radish miso soup	milk	rice, panko bread, oil, sugar	ground beef and pork, hijiki seaweed, processed soymilk, tofu, deep fried tofu, wakame seaweed, miso, milk	onion, carrot, ketchup, cabbage, daikon radish
21	Mon.	udon noodles	Udon noodle soup with beef and vegetables Salad with cornflakes, Yogurt	milk	dried udon, cornflakes, oil, sesame oil, sugar	beef, deep fried tofu, boiled fish cake, canned tuna, yogurt, milk	carrot, onion, green onion, cabbage, cucumber
22	Tue.	rice	Salt-grilled salmon, Kenchin-jiru soup Boiled spinach seasoned with sesame	milk	rice, sesame, sugar, taro, oil	salmon, tubular fish paste, chicken, tofu, milk	spinach, Chinese cabbage, carrot, konjak, daikon radish, burdock, green onion
24	Thu.	hashed meat and rice	Hashed meat with rice Ham salad	milk	rice, potato, oil, butter, wheat flour, sugar, mayonnaise	pork, ham, milk	onion, carrot, ketchup, cucumber, mikan orange, cabbage
25	Fri.	rice	Lemon roasted chicken with potato Boiled tender stem broccoli Clear soup with tofu	milk	rice, starch, oil, potato, sugar, sweet sake, sesame oil, sesame	chicken, ham, tofu, milk	lemon juice, cabbage, carrot, tender stem broccoli, onion, green onion
28	Mon.	rice	Pineapple teriyaki chicken Daikon radish salad, Mushroom soup	milk	rice, sweet sake, mayonnaise	chicken, ham, bacon, milk	canned pineapple, daikon radish, cucumber, cabbage, shimeji mushroom, carrot, onion

【The menu may change depending on the delivery date of goods and climatic conditions. Thank you for your understanding.】