

Year 2022 Menu for the month of March
《Goal》 Enjoy eating with your friends



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	
1 Tue.	rice	deep fried salmon tune salad onion miso soup	milk	potato starch, oil, mayonnaise	salmon, canned tuna, tofu, fried-tofu, miso, milk	ginger, cucumber, carrot, cabbage, onion, green onion
2 Wed.	rice	simmered root vegetable mixed vegetable with sesame sauce cut-out cheese	milk	taro, mirin, sugar, oil, sesame	chicken, satsuma-age, wakame, cut-out cheese, milk	radish, carrot, burdock, konjac, bean sprout, cabbage, canned corn
3 Thu.	gomoku rice	gomoku sushi tofu clear soup three color flower jerry	milk	rice, sugar, oil, mirin, sesame, three color flower jerry	egg, canned tuna, milk, koya-tofu, cut dried laver, tofu, flower- shaped wheat bran	canola flower, carrot, dried shiitake mushroom, enoki mushroom, onion
4 Fri.	rice	pork with ginger sauce harusame salad radish miso soup	milk	mirin, oil, mayonnaise, glass noodles	pork, ham, tofu, wakame, miso, milk	ginger, carrot, onion, cucumber, cabbage, canned orange, green onion, radish
7 Mon.	rice	grilled chicken with marmalade sauce mixed green vegetable and hijiki enoki clear soup	milk	oil, orange marmalade, sugar, sesame	chicken, hijiki, tofu, wakame, milk	orange juice, spinach, carrot, cabbage, bean sprout, enoki mushroom, onion, green onion
8 Tue.	rice	salt-grilled spanish mackerel macaroni salad potato miso soup	milk	macaroni, potato, mayonnaise	spanish mackerel, ham, miso, milk	cucumber, carrot, cabbage, enoki mushroom, onion, green onion
9 Wed.	rice	pork with unglaze sauce seasoned kelp soup with variety of ingredients	milk	potato starch, oil, sugar, bread crumbs	pork, salted kelp, sausage, milk	ginger, cabbage, carrot, onion, bean sprout, dried parsley
10 Thu.	stewed miso noodle	stewed miso noodle ham salad banana	milk	dried udon, mirin, mayonnaise	chicken, deep-fried tofu, naruto, red miso, miso, ham, milk	carrot, onion, green onion, chinese cabbage, cucumber, cabbage, banana
11 Fri.	curry and rice	curry and rice fruit yogurt salad	milk	rice, oil, potato, butter, flour, sugar	pork, melting cheese, milk, yogurt, fresh cream	bay leaf, ginger, garlic, onion, carrot, ketchup, apple, banana, canned pineapple- peach-orange
14 Mon.	rice	miso-grilled pork vegetables mixed with laver and vinegar taro soup	milk	sugar, sesame, mirin, taro	pork, miso, canned tuna, dried laver, milk	cabbage, spinach, carrot, konjac, radish, burdock, green onion
15 Tue.	red rice	steamed rice with red beans teriyaki chicken tofu clear soup bok choy mixed with lemon celebration strawberry jerry	milk	glutinous rice, rice, black sesame, oil, mirin, sugar, strawberry jerry	red beans, chicken, canned tuna, tofu, ball- shaped wheat bran, milk	bok choy, cabbage, cucumber, carrot, lemon juice, onion, green onion
16 Wed.	rice mixed with beef and burdock	rice mixed with beef and burdock Japanese style salad tofu miso soup	milk	rice, sugar, oil	beef, tofu, deep-fried tofu, miso, milk	burdock, ginger, cucumber, cabbage, carrot, canned pineapple, chinese cabbage, onion, green onion

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