

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



Saturday one day childcare

Matsusaka City
Kodomo Mirai-ka Kindergarten/Pre-school

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
1 Tue.	milk rice cracker	rice	deep fried salmon tune salad, onion miso soup	milk biscuit	potato starch, oil, mayonnaise	salmon, canned tuna, tofu, fried-tofu, miso, milk	ginger, cucumber, carrot, cabbage, onion, green onion
2 Wed.	milk fruit	rice	simmered root vegetables mixed vegetable with sesame sauce cut-out cheese	milk tofu cocoa brownie 	taro, mirin, sugar, oil, sesame, rice flour, potato starch	chicken, satsuma-age, wakame, cocoa, tofu, cut-out cheese, milk	radish, carrot, burdock, konjac, bean sprout, cabbage, canned corn
3 Thu.	milk wafers	gomoku rice	gomoku sushi, tofu clear soup three color flower jerry	milk arare	rice, sugar, oil, mirin, sesame, three color flower jerry	egg, canned tuna, koya- tofu, cut dried laver, tofu, flower-shaped wheat bran, milk	canola flower, carrot, dried shiitake mushroom, enoki mushroom, onion
4 Fri.	milk fruit	rice	pork with ginger sauce, harusame salad radish miso soup	milk  baked potato	mirin, oil, mayonnaise, potato, glass noodles	pork, ham, tofu, wakame, miso, dried green seaweed, milk	ginger, carrot, onion, cucumber, cabbage, canned orange, green onion, radish
5 Sat.	milk rice cracker	udon	chicken nanban udon fermented milk drink or yoghurt drink	milk biscuit	dried udon	chicken, deep-fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
7 Mon.	milk fruit	rice	grilled chicken with marmalade sauce mixed green vegetable and hijiki enoki clear soup	milk arare	oil, orange marmalade, sugar, sesame	chicken, hijiki, tofu, wakame, milk	orange juice, spinach, carrot, cabbage, bean sprout, enoki mushroom, onion, green onion
8 Tue.	milk rice cracker	rice	salt-grilled spanish mackerel macaroni salad potato miso soup	milk  coupe orange	macaroni, mayonnaise, potato, corn starch, sugar	spanish mackerel, ham, miso, milk, yogurt	cucumber, carrot, cabbage, enoki mushroom, onion, green onion, lemon juice, canned orange
9 Wed.	milk cheese	rice	pork with unglaze sauce seasoned kelp soup with variety of ingredients	milk biscuit	potato starch, oil, sugar, bread crumbs	pork, salted kelp, sausage, milk	ginger, cabbage, carrot, onion, bean sprout, dried parsley
10 Thu.	milk arare	stewed miso noodle	stewed miso noodle ham salad, banana 	milk cracker with custard	dried udon, mirin, mayonnaise, cracker, flour, sugar, butter	chicken, deep-fried tofu, naruto, red miso, miso, ham, milk, egg	carrot, onion, green onion, chinese cabbage, cucumber, cabbage, banana
11 Fri.	milk rice cracker	curry and rice	curry and rice fruit yogurt salad	milk, wafers biscuit	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
12 Sat.	milk arare	udon	udon with kamaboko, chicken, and vegetables fermented milk drink or yoghurt drink	milk rice cracker	dried udon	chicken, deep-fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
14 Mon.	milk fruit	rice	miso-grilled pork, vegetables mixed with laver and vinegar taro soup 	milk wheat bran rusk with kinako	sugar, sesame, mirin, taro, butter, granulated sugar	pork, miso, canned tuna, dried laver, wheat bran, kinako, milk	cabbage, spinach, carrot, konjac, radish, burdock, green onion
15 Tue.	milk biscuit	red rice	steamed rice with red beans, teriyaki chicken, tofu clear soup, bok choy mixed with lemon, celebration strawberry jerry	milk  arare	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.	milk rice cracker	rice mixed with beef and burdock	rice mixed with beef and burdock japanese style salad tofu miso soup	milk, steamed bread topped with sausage and cheese	rice, sugar, oil, flour	beef, tofu, deep-fried tofu, miso, sausage, adjusted soy milk, cheese, milk	burdock, ginger, cucumber, cabbage, carrot, green onion, canned pineapple, chinese cabbage, onion, dried parsley
17 Thu.	milk biscuit	rice	fried chicken, tofu soup cabbage mixed with sesame sauce	milk arare	potato starch, oil, sesame, sugar	chicken, chikuwa, bacon, tofu, wakame, milk	ginger, cabbage, cucumber, carrot, onion
18 Fri.	milk fruit	rice	simmered yellowtail lotus root salad wakame miso soup	milk rice cracker	mirin, sugar, mayonnaise	yellowtail, ham, wakame, miso, milk	ginger, lotus root, carrot, cucumber, cabbage, onion, green onion
19 Sat.	milk biscuit	udon	udon with deep-fried tofu fermented milk drink or yoghurt drink	milk arare	dried udon	chicken, deep-fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
22 Tue.	yoghurt	rice	pork and vegetable simmered in miso wheat bran clear soup, banana	milk rice cracker	potato, oil, sugar, mirin	pork, red miso, ball- shaped wheat bran, milk	ginger, green pepper, carrot, onion, ketchup, chinese cabbage, green onion, banana
23 Wed.	milk biscuit	rice	fried salmon with aurora sauce boiled vegetable chinese cabbage soup	milk arare	mayonnaise, flour, bread crumbs, oil	salmon, bacon, milk	ketchup, cabbage, carrot, chinese cabbage, onion, dried parsley
24 Thu.	milk rice cracker	rice	seasoned hamburger steak vegetables seasoned with perilla bean sprouts soup	milk  jam sandwich	bread crumbs, plain bread, jam	ground meat, adjusted soy milk, bacon, milk	onion, ketchup, cabbage, perilla leaf, bean sprout, carrot, dried parsley
25 Fri.	milk biscuit	rice	curry pork beans vegetables mixed with bonito flakes yogurt	milk arare	potato, oil, curry roux	boiled beans, ground pork, chikuwa, bonito flakes, yogurt, milk	carrot, onion, ketchup, bay leaf, cabbage, bean sprout
26 Sat.	milk rice cracker	udon	wakame udon fermented milk drink or yoghurt drink	milk biscuit	dried udon	chicken, naruto, deep- fried tofu, wakame, fermented milk drink	carrot, onion, green onion
28 Mon.	milk arare	rice	thick fried tofu simmered in ketchup sauce, wakame soup grated apple jerry	milk  yogurt cake	oil, sugar, potato starch, sesame, grated apple jerry, cake mix	thick fried tofu, pork, wakame, bacon, yogurt, milk	onion, carrot, ketchup, dried parsley, radish
29 Tue.	milk fruit	rice	light taste chicken flavored minced tuna flakes potato soup	yogurt drink rice cracker	sugar, mirin, potato	chicken, canned tuna, sausage, tofu, yogurt drink	ginger, cucumber cabbage, carrot, onion, dried parsley
30/3 Wed./ Thu.	free menu						

※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.】