

# Year 2022 Menu for the Month of April



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

《Goal》 Get used to the lunches and snacks that you eat together in the classroom!

Day	Day of the week	Staple food	Lunch Menu	Ingredients		
				Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
11	Mon.	rice	Mapo Tofu with ground pork 3-color vegetable Namul, Celebratory red-and-white jelly	milk rice, starch, sugar, oil, sesame, sesame oil, red-and-white celebration jelly	ground pork, tofu, reddish brown miso, milk	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, beansprout
12	Tue.	rice	Beef and potato braised in sweet soy sauce, Cut-out cheese Vegetables dressed with sesame and mayonnaise	milk rice, potato, oil, sugar, sweet sake, mayonnaise, sesame	beef, tubular fish paste, cut-out cheese, milk	onion, carrot, konjak noodle, cucumber, cabbage
13	Wed.	rice	Teriyaki chicken Clear soup with onion Cabbage and corn salad	milk rice, oil, sweet sake, mayonnaise	chicken, tubular fish paste, tofu, milk	cabbage, canned corn, carrot, onion, green onion
14	Thu.	rice	Ginger pork, Coleslaw salad Podded peas miso soup	milk rice, sweet sake, oil, mayonnaise, sugar	pork, ham, tofu, deep fried tofu, miso, milk	ginger, cabbage, onion, green pepper, cucumber, carrot, podded peas
15	Fri.	rice	Deep-fried marinated mackerel Vermicelli salad Shimeji mushroom soup	milk rice, starch, oil, vermicelli, mayonnaise	mackerel, ham, viennese sausage, tofu, milk	ginger, cucumber, cabbage, canned orange, shimeji mushroom, onion, carrot
18	Mon.	rice with bamboo shoots	Rice with bamboo shoots Tune salad Clear soup with wakame seaweed	milk rice, oil, sweet sake, mayonnaise	chicken, deep fried tofu, canned tuna, tofu, wakame seaweed, milk	bamboo shoot, carrot, cucumber, cabbage, green onion, onion
19	Tue.	rice	Salt-grilled salmon Miso soup with mixed seasonal vegetables, Spaghetti salad	milk rice, spaghetti, mayonnaise, potato	salmon, ham, tofu, deep fried tofu, miso, milk	cucumber, carrot, canned orange, cabbage, onion, podded peas
20	Wed.	rice	Hamburg steak with miso flavor Vegetables seasoned with salty kelp Clear wakame soup	milk rice, oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, wakame seaweed, bacon, tofu, milk	onion, cabbage carrot
21	Thu.	rice	Grilled pork marinated with tomato sauce Clear onion soup, Yogurt	milk rice, oil, sugar	pork, viennese sausage, tofu, yogurt, milk	onion, carrot, green pepper, eringi mushroom, ketchup, cabbage
22	Fri.	rice	Lemon roasted chicken with potatoes Cabbage dressed with sesame Tofu miso soup	milk rice, starch, oil, potato, sugar, sweet sake, sesame	chicken, tubular fish paste, tofu, miso, milk	lemon juice, cabbage, cucumber, carrot, onion, beansprout, green onion
25	Mon.	wakame rice	Rice with wakame Braised chicken with bamboo shoots Clear soup with podded peas	milk rice, oil, sugar, sweet sake	wakame seaweed, dried baby sardine, chicken, deep fried fishcake, tofu, milk	bamboo shoot, carrot, podded peas, enoki mushroom, onion
26	Tue.	rice	Simmered spanish mackerel Japanese style salad Miso soup with beansprout	milk rice, sweet sake, sugar, oil	spanish mackerel, tofu, deep fried tofu, miso, milk	ginger, cucumber, cabbage carrot, canned pineapple, beansprout, onion, green onion
27	Wed.	rice	Pan-fried pork with barbecue sauce Clear tofu soup Mandarine orange jelly	milk rice, sugar, oil, mandarin orange jelly	pork, bacon, tofu, milk	ketchup, garlic, cabbage eringi mushroom, onion, green pepper, carrot
28	Thu.	rice	Vinegary seasoned grilled chicken Macaroni salad Onion miso soup	milk rice, sugar, sweet sake, macaroni, mayonnaise	chicken, ham, tofu, wakame seaweed, miso, yogurt drink	ginger, cucumber, carrot, cabbage, onion, green onion

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

