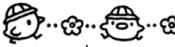


Year 2022 Menu for the Month of April

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

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	Fri.	milk biscuit	rice	Sauteed pork and cabbage with miso sauce Clear soup with somen noodles, Banana	milk arare	rice, oil, sugar, sweet sake, somen noodles	pork, reddish brown miso, wakame seaweed, milk	ginger, cabbage, green pepper, carrot, onion, green onion, banana
2	Sat.			Udon noodles in chicken soup Fermented milk drink or Yogurt drink		dried udon	chicken, deep fried tofu, steamed fish cake, fermented milk drink	carrot, green onion, onion
4	Mon.	milk senbei	rice	Pineapple teriyaki chicken Hijiki seaweed salad, Cabbage soup	milk arare	rice, sweet sake, sugar, mayonnaise	chicken, hijiki seaweed, canned tuna, bacon, milk	canned pineapple, carrot, cucumber, cabbage, onion
5	Tue.	apple juice arare	rice	Mayonnaise grilled salmon Vinegary seasoned vegetable with nori, Clear soup with tofu	milk senbei	rice, mayonnaise, sugar	salmon, miso, canned tuna, nori seaweed, tofu, milk	onion, dried parsley, cabbage, cucumber, carrot, enoki mushrooms, green onion
6	Wed.	apple juice senbei	curry and rice	Curry and rice Fruit yogurt salad	milk biscuit	rice, potato, oil	pork, yogurt, milk	onion, carrot, ketchup, banana, canned orange, canned pineapple, canned peach
7	Thu.	milk senbei	udon noodles	Udon noodles in chicken soup Vegetables dressed with tuna, Banana	milk muffin 	dried udon, sugar, sweet sake, pan cake mix, butter	chicken, deep fried tofu, canned tuna, milk	carrot, onion, green onion, chinese cabbage, cucumber, cabbage, banana
8	Fri.	milk cheese	rice	Fried chicken, Vegetables wit perilla flavor, Clear soup with plenty of vegetables and meat	milk biscuit	rice, starch, oil	chicken, tofu, wakame seaweed, milk	ginger, cabbage, carrot, perilla leaf, onion, shimeji mushroom, green onion
9	Sat.			Udon noodle soup with chicken, fish paste, and vegetables Fermented milk drink or Yogurt drink		dried udon	chicken, deep fried tofu, steamed fish cake, fermented milk drink	carrot, onion, green onion
11	Mon.	milk fruit	rice	Mapo Tofu with ground pork 3-color vegetable Namul, Celebratory red-and-white jelly	milk senbei	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.	milk arare	rice	Beef and potato braised in sweet soy sauce, Cut-out cheese Vegetables dressed with sesame and mayonnaise	milk steamed buns with strawberry 	rice, potato, oil, sugar, sweet sake, mayonnaise, sesame, pancake mix, jam	beef, tubular fish paste, cut-out cheese, yogurt, milk	onion, carrot, konjak noodle, cucumber, cabbage
13	Wed.	milk wafer	rice	Teriyaki chicken, Clear soup with onion Cabbage and corn salad	milk arare	rice, oil, sweet sake, mayonnaise	chicken, tubular fish paste, tofu, milk	cabbage, canned corn, carrot, onion, green onion
14	Thu.	milk fruit	rice	Ginger pork, Coleslaw salad Podded peas miso soup	milk dried baby sardine toast 	rice, sweet sake, oil, mayonnaise, sugar, bread	pork, ham, tofu, deep fried tofu, miso, dried baby sardine, milk	ginger, cabbage, onion, green pepper, cucumber, carrot, podded peas, dried parsley
15	Fri.	milk senbei	rice	Deep-fried marinated mackerel Vermicelli salad, Shimeji mushroom soup	milk biscuit	rice, starch, oil, vermicelli, mayonnaise	mackerel, ham, viennese sausage, tofu, milk	ginger, cucumber, cabbage, canned orange, shimeji mushroom, onion, carrot
16	Sat.			Udon noodle soup with deep fried tofu Fermented milk drink or Yogurt drink		dried udon	chicken, deep fried tofu, steamed fish cake, fermented milk drink	carrot, onion, green onion
18	Mon.	milk arare	rice with bamboo shoots	Rice with bamboo shoots, Tuna salad Clear soup with wakame seaweed	milk pan cake 	rice, oil, sweet sake, mayonnaise, pancake mix, butter, maple syrup	chicken, deep fried tofu, canned tuna, tofu, wakame seaweed, milk	bamboo shoot, carrot, cucumber, cabbage, green onion, onion
19	Tue.	milk fruit	rice	Salt-grilled salmon, Spaghetti salad Miso soup with mixed seasonal vegetables	milk senbei	rice, spaghetti, mayonnaise, potato	salmon, ham, tofu, deep fried tofu, miso, milk	cucumber, carrot, canned orange, cabbage, onion, podded peas
20	Wed.	milk biscuit	rice	Hamburg steak with miso flavor Vegetables seasoned with salty kelp Clear wakame soup	milk arare	rice, oil, sugar, panko bread	ground beef and pork, processed soymilk, miso, salted kelp, wakame seaweed, bacon, tofu, milk	onion, cabbage carrot
21	Thu.	milk fruit	rice	Grilled pork marinated with tomato sauce Clear onion soup, Yogurt	milk cocoa steamed bun 	rice, oil, sugar, flour	pork, viennese sausage, tofu, yogurt, cocoa, milk	onion, carrot, green pepper, eringi mushroom, ketchup, cabbage
22	Fri.	milk senbei	rice	Lemon roasted chicken with potatoes Cabbage dressed with sesame Tofu miso soup	milk biscuit	rice, starch, oil, potato, sugar, sweet sake, sesame	chicken, tubular fish paste, tofu, miso, milk	lemon juice, cabbage, cucumber, carrot, onion, beansprout, green onion
23	Sat.			Udon noodle soup with wakame seaweed Fermented milk drink or Yogurt drink		dried udon	chicken, naruto fish paste, deep fried tofu, wakame seaweed, fermented milk drink	carrot, green onion, onion
25	Mon.	yogurt	wakame rice	Rice with wakame Braised chicken with bamboo shoots Clear soup with podded peas	milk wheat gluten bread rusk 	rice, oil, sugar, sweet sake, butter, granulated sugar	wakame seaweed, dried baby sardine, chicken, deep fried fishcake, tofu, wheat gluten cake, milk	bamboo shoot, carrot, podded peas, enoki mushroom, onion
26	Tue.	milk arare	rice	Simmered spanish mackerel Japanese style salad Miso soup with beansprout	milk, sweet azuki beans steamed bun 	rice, sweet sake, sugar, oil, flour	spanish mackerel, tofu, deep fried tofu, miso, processed soymilk, canned azuki beans, milk	ginger, cucumber, cabbage carrot, canned pineapple, beansprout, onion, green onion
27	Wed.	milk fruit	rice	Pan-fried pork with barbecue sauce Clear tofu soup, Mandarin orange jelly	milk wafer biscuit	rice, sugar, oil, mandarin orange jelly	pork, bacon, tofu, milk	ketchup, garlic, cabbage, eringi mushroom, onion, green pepper, carrot
28	Thu.	milk biscuit	rice	Vinegary seasoned grilled chicken Macaroni salad, Onion miso soup	yogurt drink arare	rice, sugar, sweet sake, macaroni, mayonnaise	chicken, ham, tofu, wakame seaweed, miso, yogurt drink	ginger, cucumber, carrot, cabbage, onion, green onion
30	Sat.			Udon noodle soup with chicken, fish paste, and vegetables Fermented milk drink or Yogurt drink		dried udon	chicken, deep fried tofu, steamed fish cake, fermented milk drink	carrot, onion, green onion

※ On days marked with a hand , we provide original and healthy homemade snacks from each nursery school.

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

【On the bulletin board of each nursery school, the country/origin of the main ingredients used for lunch is shown.】

