

Year 2022 Menu for the Month of April

Saturday one day childcare



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 | 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. | milk arare | udon noodles | Udon noodles in chicken soup Fermented milk drink or Yogurt drink | milk senbei | 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. | milk senbei | udon noodles | Udon noodle soup with chicken, fish paste, and vegetables Fermented milk drink or Yogurt drink | milk arare | 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. | milk biscuit | udon noodles | Udon noodle soup with deep fried tofu Fermented milk drink or Yogurt drink | milk senbei | 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, Tune 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. | milk biscuit | udon noodles | Udon noodle soup with wakame seaweed Fermented milk drink or Yogurt drink | milk arare | dried udon | chicken, naruto fish paste, deep fried tofu, wakame seaweed, fermented milk drink | carrot, green onion, onion |
| 25 | Mon. | milk 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. | milk senbei | udon noodles | Udon noodle soup with chicken, fish paste, and vegetables Fermented milk drink or Yogurt drink | milk biscuit | 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.】

