

# Year 2022 Menu for the month of May

Saturday halfday childcare

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

《Goal》Let's say "Itadakimasu" before eating and "Gochisousama" after eating

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
2	Mon.	milk arare	rice	Ground pork mixed with thick fried tofu and vegetable, Tuna salad with Japanese taste dressing, Banana	milk senbei	potato, oil, sugar, mirin, potato starch, sesame oil	thick fried tofu, ground pork, canned tuna, milk	onion, carrot, cabbage, cucumber, banana
6	Fri.	milk biscuit	rice	Ginger fried pork, Spaghetti salad Miso soup with bean sprouts	milk orange jerry	mirin, oil, spaghetti, mayonnaise, sugar	pork, ham, tofu, miso, milk, gelatin	ginger, carrot, onion, cabbage, cucumber, bean sprouts, green onion, powder agar, orange juice, canned orange
7	Sat.			Chicken nanban udon Fermented milk drink or Yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
9	Mon.	milk fruit	rice mixed with beef and burdock	Rice mixed with beef and burdock Macaroni salad, Wakame clear soup	milk yogurt steam bread	rice, sugar, macaroni, mayonnaise, cake mix	beef, ham, tofu, wakame, wheat bran seasoned with dashi, milk, yogurt	burdock, ginger, cucumber, canned orange, cabbage, onion, carrot, green onion
10	Tue.	milk cheese	rice	Grilled salmon with sesame miso Simmered strips of radish Tofu clear soup	milk, macaron abekawa	sugar, mirin, sesame, macaroni	salmon, miso, fried fish cake, tofu, milk, kinako	leek, dried radish, carrot, onion, green onion
11	Wed.	milk biscuit	rice	Chicken outlet, Boiled vegetable Onion miso soup	milk senbei	mayonnaise, flour, bread crumbs, oil, sugar	chicken, tofu, fried tofu, miso, milk	ketchup, cabbage, carrot, onion, shimeji mushroom, green onion
12	Thu.	milk arare	curry and rice	Curry and rice Fruit yogurt salad	milk biscuit	rice, oil, potato, butter, flour, sugar	chicken, cheese, milk, yogurt	bay leaf, ginger, garlic, onion, carrot, ketchup, banana, canned pineapple/ peach/ orange
13	Fri.	milk senbei	rice	Mapo tofu, Tossed cucumber and dried young sardines with vinegar sauce, Banana	milk arare	potato starch, sugar, oil	pork, tofu, red miso, dried young sardines, wakame, milk	onion, Chinese chive, carrot, ginger, dried shiitake mushroom, cucumber, canned orange, banana
14	Sat.			Kayaku udon (udon with kamaboko, chicken, and vegetables) Fermented milk drink or Yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
16	Mon.	milk arare	rice	Stir fried pork with miso sauce Clear soup with a lot kinds of vegetable, Cut-out cheese	milk wafers biscuit	sugar, mirin, oil	pork, red miso, tofu, cut-out cheese, milk	ginger, cabbage, carrot, onion, green pepper, shimeji mushroom, green onion
17	Tue.	milk fruit	rice	Spanish mackerel grilled with salt Japanese mastered spinach salad Tofu miso soup	milk jam sandwich	mayonnaise, sesame, plane bread, jam	spanish mackerel, bacon, tofu, miso, milk	Japanese mastered spinach, cabbage, bean sprouts, onion, carrot, green onion
18	Wed.	milk senbei	green peas rice	Green peas rice Chicken salad, Onion clear soup	milk soy milk cake	rice, sugar, mirin, potato, mayonnaise, flour, oil	chicken, tofu, milk, adjusted soy milk	green peas, cucumber, carrot, canned cone, onion, green onion
19	Thu.	milk biscuit	rice	Seasoned hamburger steak Bok choy soup Apple jerry (made in Japan)	milk arare	bread crumbs, apple jerry (made in Japan)	ground pork and beef, adjusted soy milk, bacon, tofu, milk	onion, ketchup, bok choy, bean sprouts, carrot
20	Fri.	milk fruit	rice	Pork steak, Cabbage and corn salad Enoki mushroom clear soup	milk senbei	sugar, oil, mayonnaise	pork, chikuwa, wheat bran seasoned with dashi, wakame, tofu, milk	garlic, onion, cabbage, canned cone, carrot, enoki mushroom, field peas
21	Sat.			Kitsune udon (udon with deep-fried tofu) Fermented milk drink or Yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
23	Mon.	milk fruit	rice	Tandoori chicken, Tofu clear soup Tossed vegetable and kelp	milk fried arare with sugar	inaka arare, sugar	chicken, yogurt, salted kelp, bacon, tofu, wakame, milk	ketchup, cabbage, carrot, onion
24	Tue.	milk wafers	rice	Horse mackerel socked with lemon, Vegetables seasoned with sesame mayonnaise paste Cabbage miso soup	milk senbei	potato starch, oil, sugar, mirin, mayonnaise, sesame	horse mackerel, chikuwa, tofu, wakame, white miso, milk	lemon juice, cucumber, cabbage, carrot, onion
25	Wed.	milk senbei	rice	Chicken coated with sesame sauce, Tossed vegetable and laver seasoned with vinegar Wakame miso soup	milk arare	potato starch, oil, sugar, mirin, sesame	chicken, canned tuna, square shaped laver, wakame, tofu, miso, milk	ginger, cabbage, carrot, onion, green onion
26	Thu.	yogurt	champon udon	Champon udon (udon with mixed vegetable and pork), Ham salad, Strawberry jerry (made in Japan)	milk tea flavor pancake	dried udon noodle, potato starch, strawberry jerry, sesame oil, mayonnaise,	pork, naruto, ham, milk, fresh cream	carrot, cabbage, bean sprouts, onion, green onion, cucumber, canned orange, powdered green tea
27	Fri.	milk arare	rice	Grilled salmon with mayonnaise sauce, Tossed vegetable seasoned with sesame vinegar Clear soup with wheat bran	milk biscuit	mayonnaise, sesame oil, sugar, sesame	salmon, miso, tofu, wheat bran seasoned with dashi, milk	onion, dried parsley, cucumber, bean sprouts, carrot, field peas
28	Sat.			Wakame udon Fermented milk drink or Yogurt drink		dried udon noodle	chicken, naruto, fried tofu, wakame, fermented milk drink	carrot, onion, green onion
30	Mon.	milk fruit	chicken rice	Chicken rice, Soy milk soup Yogurt	milk arare	rice, oil, potato	chicken, bacon, adjusted soy milk, yogurt, milk	carrot, onion, green pepper, ketchup, dried parsley
31	Tue.	milk senbei	rice	Grilled chicken with marmalade sauce, Flavored ground chicken, Vegetable soup	yogurt drink biscuit	oil, orange marmalade, sugar, mirin	chicken, canned tuna, bacon, tofu, yogurt drink	orange juice, cucumber, carrot, cabbage, onion

※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.】