

Year 2022 Menu for the month of May

Saturday oneday 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. | milk senbei | chicken nanban udon | Chicken nanban udon Fermented milk drink or Yogurt drink | milk arare | 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, macaroni 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. | milk biscuit | kayaku udon | Kayaku udon (udon with kamaboko, chicken, and vegetables) Fermented milk drink or Yogurt drink | milk senbei | 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. | milk arare | kitsune udon | Kitsune udon (udon with deep-fried tofu) Fermented milk drink or Yogurt drink | milk biscuit | 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. | milk yogurt | champion udon | Champion 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. | milk biscuit | wakame udon | Wakame udon Fermented milk drink or Yogurt drink | milk senbei | 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.】