

Year 2022 Menu for the month of May



Matsusaka City
Kodomo Mirai-ka

Kindergarten/Pre-school Section

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

Day	Staple food	Lunch Menu	Ingredients			
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
2 Mon.	rice	Ground pork mixed with thick fried tofu and vegetable, Tuna salad with Japanese taste dressing, Banana	milk	potato, oil, sugar, mirin, potato starch, sesame oil	thick fried tofu, ground pork, canned tuna, milk	onion, carrot, cabbage, cucumber, banana
6 Fri.	rice	Ginger fried pork, Spaghetti salad, Miso soup with bean sprouts	milk	mirin, oil, spaghetti, mayonnaise	pork, ham, tofu, miso, milk	ginger, carrot, onion, cucumber, cabbage, bean sprouts, green onion
9 Mon.	rice mixed with beef and burdock	Rice mixed with beef and burdock Macaroni salad, Wakame clear soup	milk	rice, sugar, macaroni, mayonnaise	beef, ham, tofu, wakame, wheat bran seasoned with dashi, milk	burdock, ginger, cucumber, canned orange, cabbage, onion, carrot, green onion
10 Tue.	rice	Grilled salmon with sesame miso Simmered strips of radish Tofu clear soup	milk	sugar, mirin, sesame	salmon, miso, fried fish cake, tofu, milk	leek, dried radish, carrot, onion, green onion
11 Wed.	rice	Chicken cutlet, Boiled vegetable, Onion miso soup	milk	mayonnaise, flour, bread crumbs, oil, sugar	chicken, tofu, fried tofu, miso, milk	ketchup, cabbage, carrot, onion, shimeji mushroom, green onion
12 Thu.	curry and rice	Curry and rice Fruit yogurt salad	milk	rice, oil, potato, butter, flour, sugar	chicken, cheese, milk, yogurt	bay leaf, ginger, garlic, onion, carrot, ketchup, banana, canned pineapple /peach /orange
13 Fri.	rice	Mapo tofu, Banana, Tossed cucumber and dried young sardines with vinegar sauce	milk	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
16 Mon.	rice	Stir fried pork with miso sauce, Clear soup with a lot kinds of vegetable, Cut-out cheese	milk	sugar, mirin, oil	pork, red miso, tofu, cut-out cheese, milk	ginger, cabbage, carrot, onion, green pepper, shimeji mushroom, green onion
17 Tue.	rice	Spanish mackerel grilled with salt Japanese mastered spinach salad, Tofu miso soup	milk	mayonnaise, sesame	Spanish mackerel, bacon, tofu, miso, milk	Japanese mastered spinach, cabbage, bean sprouts, onion, carrot, green onion
18 Wed.	green peas rice	Green peas rice, Chicken salad, Onion clear soup	milk	rice, sugar, mirin, potato, mayonnaise	chicken, tofu, milk	green peas, cucumber, carrot, canned cone, onion, green onion
19 Thu.	rice	Seasoned hamburger steak, Bok choy soup, Apple jerry (made in Japan).	milk	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.	rice	Pork steak, Enoki mushroom clear soup Cabbage and corn salad	milk	sugar, oil, mayonnaise	pork, chikuwa, wheat bran seasoned with dashi, wakame, tofu, milk	garlic, onion, cabbage, canned cone, carrot, enoki mushroom, field peas
23 Mon.	rice	Tandoori chicken. Tofu clear soup Tossed vegetable and kelp	milk		chicken, yogurt, salted kelp, bacon, tofu, wakame, milk	ketchup, cabbage, carrot, onion
24 Tue.	rice	Horse mackerel socked with lemon, Vegetables seasoned with sesame mayonnaise paste, Cabbage miso soup	milk	potato starch, oil, sugar, mirin, mayonnaise, sesame	horse mackerel, chikuwa, tofu, wakame, white miso, milk	lemon juice, cucumber, cabbage, carrot, onion
25 Wed.	rice	Chicken coated with sesame sauce, Tossed vegetable and laver seasoned with vinegar, Wakame miso soup	milk	potato starch, oil, sugar, mirin, sesame	chicken, canned tuna, square shaped laver, wakame, tofu, miso, milk	ginger, cabbage, carrot, onion, green onion
26 Thu.	champon udon	Champon udon (udon with mixed vegetable and pork), Ham salad, Strawberry jerry (made in Japan)	milk	dried udon noodle, potato starch, sesame oil, mayonnaise, strawberry jerry	pork, naruto, ham, milk	carrot, cabbage, onion, bean sprouts, green onion, cucumber, canned orange
27 Fri.	rice	Grilled salmon with mayonnaise sauce, Tossed vegetable seasoned with sesame vinegar, Clear soup with wheat bran	milk	mayonnaise, sesame oil, sugar, sesame	salmon, miso, tofu, wheat bran seasoned with dashi, milk	onion, dried parsley, cucumber, bean sprouts, carrot, field peas
30 Mon.	chicken rice	Chicken rice. Soy milk soup Yogurt	milk	rice, oil, potato	chicken, bacon, adjusted soy milk, yogurt, milk	carrot, onion, green pepper, ketchup, dried parsley
31 Tue.	rice	Grilled chicken with marmalade sauce Flavored ground chicken, Vegetable soup	milk	oil, orange marmalade, sugar, mirin	chicken, canned tuna, bacon, tofu, milk	orange juice, cucumber, carrot, cabbage, onion

【The menu may change depending on the arriving date of goods and climatic conditions.】