

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	Wed.	milk fruit	rice	Ginger fried pork Harusame salad Wakame miso soup	milk apple jerry	rice, mirin, oil, mayonnaise, sugar, harusame	pork, ham, wakame, tofu, miso, gelatin, milk	ginger, cabbage, carrot, onion, cucumber, green onion, powdered agar, apple juice
2	Thu.	milk arare	rice	Koya tofu and pork simmered in sweet soy broth, Tomato namul, Banana	milk kinako cake	rice, mirin, sugar, sesame, sesame oil, cake mix, oil	pork, koya tofu, adjusted soymilk, soybean flour, milk	onion, carrot, green onion, tomato, cucumber, bean sprout, banana
3	Fri.	milk biscuit	rice	Yurinchi Boiled vegetable Enoki clear soup	milk senbei	rice, potato starch, oil, sugar, sesame oil	chicken, tofu, milk	white onion, ginger, cabbage, carrot, onion, enoki, green onion
4	Sat.	milk arare	chicken nanban udon	Chicken nanban udon Fermented milk drink or Yogurt drink	milk biscuit	dried udon	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
6	Mon.	milk fruit	rice	Stir-fried pork with marinated sauce Tuna salad Bean sprout soup	milk senbei	rice, oil, sugar, mayonnaise	pork, canned tuna, sausage, tofu, milk	onion, carrot, ketchup, cucumber, cabbage, bean sprouts, dried parsley
7	Tue.	yogurt	rice	Grilled salmon with lemon and soy sauce, Simmered dried-radish, Cabbage miso soup	milk soy milk cream sand	rice, sugar, mirin, bread roll, potato starch	salmon, fried fish cake, tofu, wakame, white miso, adjusted soymilk, milk	lemon juice, ginger, white onion, dried radish, carrots, cabbage, onion
8	Wed.	milk arare	gomoku rice	Gomoku rice, wakame clear soup Vegetables seasoned with sesame Mayonnaise paste	milk jyako toast	rice, oil, mirin, mayonnaise, sesame, white bread	chicken, fried tofu, chikuwa, wakame, tofu, dried shirasu, milk	burdock, carrot, dried shiitake, cucumber, cabbage, onion, green onion, dried parsley
9	Thu.	milk biscuit	rice	Tandoori chicken Japanese style salad Onion clear soup	milk senbei	rice, oil, sugar	chicken, yogurt, bacon, tofu, milk	ketchup, cucumber, cabbage, carrot, canned pineapple, onion
10	Fri.	milk wafers	rice	Pork beans Tossed boiled vegetable with hijiki Banana	milk arare	rice, potato, oil, sugar, sesame	boiled soybeans, minced pork, hijiki, milk	carrot, onion, ketchup, bay leaf, cucumber, cabbage, bean sprouts, banana
11	Sat.	milk biscuit	kayaku udon	Kayaku udon Fermented milk drink or Yogurt drink	milk senbei	dried udon	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
13	Mon.	milk arare	curried pilaf	Curried pilaf Cut-out cheese Bok choy soup	milk Korean pancake	rice, oil, sesame oil, wheat flour, mirin, sesame	minced meat, boiled soybeans, bacon, tofu, cut-out cheese, chikuwa, milk	onion, carrot, green pepper, ketchup, bok choy, chinese chive
14	Tue.	milk fruit	rice	Spanish mackerel with tariyaki sauce, Spaghetti salad, Onion clear soup	milk biscuit	rice, mirin, spaghetti, mayonnaise	spanish mackerel, ham, tofu, milk	ginger, cucumber, carrot, cabbage, onion, green onion
15	Wed.	milk senbei	rice	Miso hamburg steak Tossed vegetable with kelp Vegetable soup	milk arare	rice, oil, sugar, bread crumbs	minced meat, adjusted soymilk, miso, salted kelp, bacon, tofu, milk	onion, cabbage, carrot
16	Thu.	milk biscuit	rice	Mapo tofu, Ajisai jerry, Tossed cucumber and dried young sardines with vinegar sauce	milk yogurt cake	rice, potato starch, sugar, oil, ajisai jelly, cake mix	minced pork, tofu, red miso, dried shirasu, wakame, chikuwa, yogurt, milk	onion, garlic chinese chive, carrot, ginger, dried shiitake mushroom, cucumber
17	Fri.	milk fruit	rice	Chicken cutlet Boiled vegetable Wakame clear soup	milk senbei	rice, mayonnaise, wheat flour, bread crumbs, oil, sugar	chicken, wakame, bacon, tofu, milk	ketchup, cabbage, carrots, onion
18	Sat.	milk arare	wakame udon	Wakame udon Fermented milk drink or Yogurt drink	milk biscuit	dried udon	chicken, naruto, fried tofu, wakame, fermented milk drink	carrot, green onion, onion
20	Mon.	milk senbei	rice	Stir-fried pork and cabbage seasoned with miso sauce, Clear soup with wheat bran, Cherry taste jerry	milk baked potato	rice, oil, sugar, mirin, cherry jelly, potato	pork, red miso, tofu, wheat bran seasoned with dashi, green laver, milk	ginger, cabbage, green pepper, carrot, onion
21	Tue.	milk fruit	rice	Deep fried horse mackerel marinated in vinegar sauce, Bean sprouts miso soup, Soy milk pudding	milk arare	rice, potato starch, oil, sesame, sugar, sesame oil, soy milk pudding	horse mackerel, wakame, tofu, red miso, milk	onions, carrot, green pepper, bean sprouts, green onion
22	Wed.	milk senbei	bibimbap rice	Bibimbap rice Soup with a lot of ingredients Banana	milk wafer biscuit	rice, sugar, mirin, sesame oil, oil, sesame	minced pork, egg, red miso, sausages, tofu, wakame, milk	garlic, ginger, bean sprouts, carrot, cucumber, onion, cabbage, banana
23	Thu.	milk arare	rice	Grilled chicken with teriyaki sauce, Ham salad, Mushroom miso soup	milk coop orange	rice, oil, mirin, sesame, mayonnaise, sugar, cornstarch	chicken, ham, tofu, miso, milk, yogurt	cucumber, carrot, cabbage, shimeji, onion, green onion, lemon juice, canned orange
24	Fri.	milk fruit	rice	Ginger-simmered beef Tofu clear soup Coleslaw salad	milk senbei	rice, oil, sugar, mayonnaise	beef, tofu, milk	konyaku noodle, burdock, carrot, ginger, cabbage, cucumber, canned corn, onion, green onion, enoki
25	Sat.	milk biscuit	kitsune udon	Kitsune udon (udon with deep-fried tofu) Fermented milk drink or Yogurt drink	milk arare	dried udon	chicken, fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
27	Mon.	milk senbei	spaghetti meat sauce	Spaghetti with meat sauce, Vegetables seasoned with sesame vinegar sauce, Yogurt	milk tofu cocoa brownie	spaghetti, oil, wheat flour, sugar, sesame oil, sesame, rice flour, potato starch	minced meat, yogurt, tofu, cocoa, milk	carrot, onion, ketchup, cucumber, bean sprouts
28	Tue.	milk cheese	rice	Grilled salted salmon Potato salad Tofu miso soup	milk fried arare with sugar	rice, potato, mayonnaise, inaka arare, sugar	salmon, ham, tofu, miso, milk	cucumber, carrot, canned orange, onion, bean sprouts, green onion
29	Wed.	milk fruit	rice	Stir-fried pork with miso sauce, Clear soup with a lot of ingredients, Oriental salad	milk arare	rice, sugar, sesame, mirin, corn flakes, oil, sesame oil	pork, miso, canned tuna, tofu, milk	cabbage, carrot, cucumber, onion, shimeji, green onion
30	Thu.	milk senbei	rice	Hawaiian style chicken, Onion clear soup, Tossed stripped cabbage with sesame sauce	yogurt drink biscuit	rice, mirin, sesame, sugar	chicken, tofu, miso, yogurt	canned pineapple, cabbage, bean sprouts, carrot, onion, eggplant, 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 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.】

