

Year 2022 Menu for the month of June

《Goal》Be sure to gargle and brush your teeth after eating



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

Day	Staple food	Lunch Menu	Ingredients			
			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy	
1	Wed. rice	Ginger fried pork Harusame salad Wakame miso soup	milk	rice, mirin, oil, mayonnaise, harusame	pork, ham, wakame, tofu, miso, milk	ginger, cabbage, carrot, onion, cucumber, green onion
2	Thu. rice	Koya tofu and pork simmered in sweet soy broth, Tomato namul, Banana	milk	rice, mirin, sugar, sesame, sesame oil, oil	pork, koya tofu, milk	onion, carrot, green onion, tomato, cucumber, bean sprout, banana
3	Fri. rice	Yurinchi Boiled vegetable Enoki clear soup	milk	rice, potato starch, oil, sugar, sesame oil	chicken, tofu, milk	white onion, ginger, cabbage, carrot, onion, enoki, green onion
6	Mon. rice	Stir-fried pork with marinated sauce Tuna salad Bean sprout soup	milk	rice, oil, sugar, mayonnaise	pork, canned tuna, sausage, tofu, milk	onion, carrot, ketchup, cucumber, cabbage, bean sprouts, dried parsley
7	Tue. rice	Grilled salmon with lemon and soy sauce, Simmered dried-radish, Cabbage miso soup	milk	rice, sugar, mirin	salmon, fried fish cake, tofu, wakame, white miso, milk	lemon juice, ginger, white onion, dried radish, carrots, cabbage, onion
8	Wed. gomoku rice	Gomoku rice, wakame clear soup Vegetables seasoned with sesame Mayonnaise paste	milk	rice, oil, mirin, mayonnaise, sesame	chicken, fried tofu, chikuwa, wakame, tofu, milk	burdock, carrot, dried shiitake, cucumber, cabbage, onion, green onion
9	Thu. rice	Tandoori chicken Japanese style salad Onion clear soup	milk	rice, oil, sugar	chicken, yogurt, bacon, tofu, milk	ketchup, cucumber, cabbage, carrot, canned pineapple, onion
10	Fri. rice	Pork beans Tossed boiled vegetable with hijiki Banana	milk	rice, potato, oil, sugar, sesame	boiled soybeans, minced pork, hijiki, milk	carrot, onion, ketchup, bay leaf, cucumber, cabbage, bean sprouts, banana
13	Mon. curried pilaf	Curried pilaf Cut-out cheese Bok choy soup	milk	rice, oil	minced meat, boiled soybeans, bacon, tofu, cut-out cheese, milk	onion, carrot, green pepper, ketchup, bok choy
14	Tue. rice	Spanish mackerel with tariyaki sauce, Spaghetti salad, Onion clear soup	milk	rice, mirin, spaghetti, mayonnaise	spanish mackerel, ham, tofu, milk	ginger, cucumber, carrot, cabbage, onion, green onion
15	Wed. rice	Miso hamburg steak Tossed vegetable with kelp Vegetable soup	milk	rice, oil, sugar, bread crumbs	minced meat, adjusted soymilk, miso, salted kelp, bacon, tofu, milk	onion, cabbage, carrot
16	Thu. rice	Mapo tofu, Ajsai jerry, Tossed cucumber and dried young sardines with vinegar sauce	milk	rice, potato starch, sugar, oil, ajsai jelly	minced pork, tofu, red miso, dried shirasu, wakame, chikuwa, milk	onion, garlic chinese chive, carrot, ginger, dried shiitake mushroom, cucumber
17	Fri. rice	Chicken cutlet Boiled vegetable Wakame clear soup	milk	rice, mayonnaise, wheat flour, bread crumbs, oil, sugar	chicken, wakame, bacon, tofu, milk	ketchup, cabbage, carrots, onion
20	Mon. rice	Stir-fried pork and cabbage seasoned with miso sauce, Clear soup with wheat bran, Cherry taste jerry	milk	rice, oil, sugar, mirin, cherry jelly	pork, red miso, tofu, wheat bran seasoned with dashi, milk	ginger, cabbage, green pepper, carrot, onion
21	Tue. rice	Deep fried horse mackerel marinated in vinegar sauce, Bean sprouts miso soup, Soy milk pudding	milk	rice, potato starch, oil, sesame, sugar, sesame oil, soy milk	horse mackerel, wakame, tofu, red miso, milk	onions, carrot, green pepper, bean sprouts, green onion
22	Wed. bibimbap rice	Bibimbap rice Soup with a lot of ingredients Banana	milk	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. rice	Grilled chicken with teriyaki sauce, Ham salad, Mushroom miso soup	milk	rice, oil, mirin, sesame, mayonnaise	chicken, ham, tofu, miso, milk	cucumber, carrot, cabbage, shimeji, onion, green onion
24	Fri. rice	Ginger-simmered beef Tofu clear soup Coleslaw salad	milk	rice, oil, sugar, mayonnaise	beef, tofu, milk	konnyaku noodle, burdock, carrot, ginger, cabbage, cucumber, canned corn, onion, green onion
27	Mon. spaghetti meat sauce	Spaghetti with meat sauce, Vegetables seasoned with sesame vinegar sauce, Yogurt	milk	spaghetti, oil, wheat flour, sugar, sesame oil, sesame	minced meat, yogurt, milk	carrot, onion, ketchup, cucumber, bean sprouts
28	Tue. rice	Grilled salted salmon Potato salad Tofu miso soup	milk	rice, potato, mayonnaise	salmon, ham, tofu, miso, milk	cucumber, carrot, canned orange, onion, bean sprouts, green onion
29	Wed. rice	Stir-fried pork with miso sauce, Clear soup with a lot of ingredients, Oriental salad	milk	rice, sugar, sesame, mirin, corn flakes, oil, sesame oil	pork, miso, canned tuna, tofu, milk	cabbage, carrot, cucumber, onion, shimeji, green onion
30	Thu. rice	Hawaiian style chicken, Onion clear soup, Tossed stripped cabbage with sesame sauce	milk	rice, mirin, sesame, sugar	chicken, tofu, miso, yogurt	canned pineapple, cabbage, bean sprouts, carrot, onion, eggplant, green onion

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