

Year 2022 Menu for the month of July

《Goal》Wash your hands thoroughly

Saturday oneday
childcare

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

Day	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	Fri.	milk senbei	rice	Stewed hamburg stake, Lettuce soup Lemon mousse (made in Japan)	milk arare	bread crumbs, oil, lemon mousse(made in Japan), sugar	ground pork and beef, adjusted soymilk, tofu, bacon, milk	onion, carrot, green pepper, eggplant, ketchup, lettuce
2	Sat.	milk biscuit	udon	chicken nanban udon Fermented milk drink or Yogurt drink	milk senbei	dried udon	chicken, kamaboko, fried tofu, fermented milk drink	carrot, green onion, onion
4	Mon.	milk arare	rice	Fried eggplant with chinese chili sauce, Tossed tomato and cucumber seasoned with sweet vinegar, Cut-out cheese	milk Soy milk rice cake	potato starch, sugar, oil	minced pork, tofu, red miso, cut-out cheese, milk, adjusted soymilk, soybean flour	eggplant, onion, chinese chive, carrot, ginger, dried shitake mushroom, tomato, cucumber
5	Tue.	milk fruit	rice	Horse mackerel socked with lemon sauce Spaghetti salad, Onion miso soup	milk biscuit	potato starch, oil, sugar, spaghetti, mirin, mayonnaise	horse mackerel, ham, tofu, fried tofu, miso, milk	lemon juice, cucumber, carrot, cabbage, onion, eggplant, green onion
6	Wed.	milk senbei	rice	Scoop croquette Boiled vegetable with kelp Vegetable soup	milk Seasoned wheat gluten bread cake	potato, mirin, bread crumbs, oil, butter, granulated sugar	minced meat, salted kelp, melting cheese, adjusted soymilk, tofu, green laver, sausage, milk, wheat gluten	onion, carrot, cabbage
7	Thu.	milk biscuit	gomoku sushi	Gomoku sushi (vinegar rice mixed with vegetables) Star soup, Amanogawa jerry	milk arare	rice, sugar, mirin, somen, amanogawa jelly	egg, canned tuna, koya tofu, chopped laver, milk	cucumbers, carrot, dried shitake mushroom, okura, onion, enoki mushroom
8	Fri.	milk fruit	rice	Chicken with marmalade sauce Vegetables tossed with dried bonito flakes, Eggplant miso soup	milk senbei	oil, orange marmalade	chicken, chikuwa, bonito flakes, tofu, miso, milk	orange juice, cabbage, carrot, eggplant, onion, green onion
9	Sat.	milk arare	udon	Kayaku udon (udon with kamaboko, chicken, and vegetables), Fermented milk drink or Yogurt drink	milk biscuit	dried udon	chicken, kamaboko, fried tofu, fermented milk drink	carrot, green onion, onion
11	Mon.	milk senbei	wakame rice	Wakame rice Cold pork shabu shabu Summer vegetable miso soup	milk Cocoa cake	rice, sugar, sesame paste, sesame oil, flour, oil	wakame, pork, fried tofu, tofu, miso, milk, cocoa	cabbage, cucumber, carrot, green onion, pumpkin, onion, eggplant, green beans
12	Tue.	milk biscuit	rice	Grilled salmon with mayonnaise sauce Bean sprouts miso soup Tossed cucumber and wakame seasoned with vinegar sauce	milk Boiled corns	mayonnaise, sugar	salmon, miso, wakame, chikuwa, fried tofu, tofu, red miso, milk	onion, dried parsley, cucumber, canned orange, bean sprouts, carrot, green onion, corn
13	Wed.	milk wafers	rice	Niku jyaga (meat and potato stew with sweetened soy sauce) Hijiki salad, Banana	milk arare	potato, oil, sugar, mirin, mayonnaise	beef, hijiki, canned tuna	onion, carrot, konnyaku noodle, cabbage, banana
14	Thu.	yogurt	rice	Fried chicken, Boiled vegetables seasoned with shiso leaf, Bean sprouts soup	milk senbei	potato starch, oil	chicken, bacon, tofu, milk	ginger, cabbage, shiso, bean sprouts, carrot, onion, dried parsley
15	Fri.	milk fruit	rice	Tonteki-style pork steak Cabbage and corn salad Clear soup with wheat gluten	milk biscuit	sugar, oil, mayonnaise	pork, chikuwa, wheat gluten, tofu, wakame, milk	garlic, onion, cabbage, canned corn, carrot, enoki mushroom
16	Sat.	milk senbei	udon	Wakame udon Fermented milk drink or Yogurt drink	milk arare	dried udon	chicken, naruto, fried tofu, wakame, fermented milk drink	carrot, green onion, onion
19	Tue.	milk fruit	rice	Chicken seasoned with thick sauce and sesame , Japanese style tuna salad, Pumpkin miso soup	milk senbei	potato starch, oil, sugar, mirin, sesame, sesame oil	chicken, canned tuna, tofu, miso, milk	ginger, cabbage, carrot, cucumber, onion, pumpkin, green onion
20	Wed.	milk biscuit	udon with meat miso	Udon with meat miso Boiled vegetables with sesame and vinegar sauce, Banana	milk Jam sand	dried udon, oil, sugar, sesame, sesame oil, potato starch, plain bread, jam	minced pork, red miso, milk	Ginger, carrot, shitake mushroom, onion, cucumber, bean sprouts, banana
21	Thu.	milk arare	rice	Chicken seasoned with salted lemon sauce Macaroni salad, Moroheiya soup	milk Grape jerry	oil, sugar, macaroni, mayonnaise	chicken, salted kelp, ham, bacon, tofu, milk, gelatin, fresh cream	lemon juice, cucumber, canned orange, cabbage, moroheiya, carrot, onion, powdered agar, grape juice
22	Fri.	milk cheese	rice	Grilled Spanish mackerel with miso sauce Vermicelli salad, Enoki clear soup	milk biscuit	mirin, vermicelli, sesame, sugar, sesame oil	spanish mackerel, white miso, ham, egg, wakame, tofu, milk	cucumber, carrot, enoki mushroom, onion, green onion
23	Sat.	milk senbei	udon	Kitsune udon (udon with deep-fried tofu) Fermented milk drink or Yogurt drink	milk arare	dried udon	chicken, kamaboko, fried tofu, fermented milk drink	carrot, onion, green onion
25	Mon.	milk biscuit	shiso rice	Shiso rice, Bang bang chicken, Wakame soup, Yogurt	milk Pancake	sugar, sesame paste, sesame oil, cake mix, butter, maple syrup	chicken, wakame, tofu, bacon, yogurt, milk	shiso leaf, cucumber, carrot, bean sprouts, green onion, onion, cabbage
26	Tue.	milk fruit	rice	Glaze-grilled saury Tomato namul, Winter melon clear soup	milk wafers biscuit	potato starch, oil, sugar, mirin, sesame, sesame oil	pacific saury, wheat gluten, milk	tomato, cucumber, bean sprouts, carrot, winter melon, onion, green onion
27	Wed.	milk arare	rice	Pork and vegetables simmered with miso Mekabu(seaweed) soup, Watermelon	milk senbei	potato, oil, sugar, mirin	pork, red miso, mekabu(seaweed), tofu, milk	ginger, green pepper, carrot, onion, ketchup, green onion, watermelon
28	Thu.	milk senbei	summer vegetable curry and rice	Summer vegetable curry and rice Fruit mousse	milk Arare karinto	rice, oil, butter, flour, sugar, mousse base, inaka arare	chicken, melting cheese, milk	laurier, ginger, garlic, pumpkin, eggplant, onion, carrot, green pepper, ketchup, banana, canned pineapple /orange /peach
29	Fri.	milk fruit	rice	Pork with light taste sauce Macedoan salad, Tofu miso soup	yogurt drink biscuit	sugar, mirin, potato, mayonnaise	pork, ham, tofu, wakame, miso, yogurt drink	ginger, cucumber, carrot, canned orange, pumpkin, onion, green onion
30	Sat.	milk biscuit	udon	Kishimen noodle Fermented milk drink or Yogurt drink	milk arare	kishimen noodle	chicken, fried tofu, naruto, fermented milk drink	carrot, green onion, 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.】

You can see this menu list on the webpage of “Kodomo Mirai Ka/ Matsusaka city” at the end of each month.