

# Year 2022 Menu for the month of July



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

《Goal》Wash your hands thoroughly

Day	Staple food	Lunch Menu		Ingredients		
				Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1	Mon. rice	Stewed hamburger steak, Lettuce soup Lemon mousse (made in Japan)	milk	bread crumbs, oil, sugar, lemon mousse (made in Japan)	ground pork and beef, adjusted soy milk, tofu, bacon, milk	onion, carrot, green pepper, eggplant, ketchup, lettuce
4	Mon. rice	Fried eggplant with chinese chili sauce, Tossed tomato and cucumber seasoned with sweet vinegar, Cut-out cheese	milk	potato starch, sugar, oil	minced pork, tofu, red miso, cut-out cheese, milk	eggplant, onion, chinese chive, carrot, ginger, dried shiitake mushroom, tomato, cucumber
5	Tue. rice	Horse mackerel socked with lemon sauce Spaghetti salad Onion miso soup	milk	potato starch, oil, sugar, mirin, spaghetti, mayonnaise	horse mackerel, ham, tofu, fried tofu, miso, milk	lemon juice, cucumber, carrot, cabbage, onion, eggplant, green onion
6	Wed. rice	Scoop croquette Boiled vegetable with kelp Vegetable soup	milk	potato, mirin, bread crumbs, oil	minced meat, melting cheese, adjusted soymilk, salted kelp, sausage, tofu, milk	onions, carrot, cabbage
7	Thu. gomoku sushi	Gomoku sushi (vinegar rice mixed with vegetables) Star soup Amanogawa jerry	milk	rice, sugar, mirin, somen, amanogawa jelly	egg, canned tuna, koya tofu, chopped laver, milk	cucumbers, carrot, dried shiitake mushroom, okra, onion, enoki mushroom
8	Fri. rice	Chicken with marmalade sauce Vegetables tossed with dried bonito flakes, Eggplant miso soup	milk	oil, orange marmalade	chicken, chikuwa, bonito flakes, tofu, miso, milk	orange juice, cabbage, carrot, eggplant, onion, green onion
11	Mon. wakame rice	Wakame rice Cold pork shabu shabu, Summer vegetable miso soup	milk	rice, sugar, sesame paste, sesame oil	wakame, pork, fried tofu, tofu, miso, milk	cabbage, cucumber, carrot, green onion, pumpkin, eggplant, onion, green beans
12	Tue. rice	Grilled salmon with mayonnaise sauce, Tossed cucumber and wakame seasoned with vinegar sauce Bean sprouts miso soup	milk	mayonnaise, sugar	salmon, miso, wakame, chikuwa, fried tofu, tofu, red miso, milk	onion, dried parsley, cucumber, canned orange, bean sprouts, carrot, green onion
13	Wed. rice	Niku jyaga (meat and potato stew with sweetened soy sauce) Hijiki salad Banana	milk	potato, oil, sugar, mirin, mayonnaise	beef, hijiki, canned tuna	onion, carrot, konnyaku noodle, cabbage, banana
14	Thu. rice	Fried chicken, Boiled vegetables seasoned with shiso leaf Bean sprouts miso soup	milk	potato starch, oil	chicken, bacon, tofu, milk	ginger, cabbage, shiso, bean sprouts, carrot, onion, dried parsley
15	Fri. rice	Tonteki-style pork steak, Cabbage and corn salad, Clear soup with wheat gluten	milk	sugar, oil, mayonnaise	pork, chikuwa, wheat gluten, tofu, wakame, milk	garlic, onion, cabbage, canned corn, carrot, enoki mushroom

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

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