

# Year 2022 Menu for the month of August

## 《Goal》 Eat enough breakfast

Saturday half-day 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 Mon.	milk biscuit	rice	Chicken cutlet, Boiled vegetable Wakame soup	milk senbei	mayonnaise, wheat flour, bread crumbs, oil, sugar	chicken, wakame seaweed, sausage, milk	ketchup, cabbage, carrot, onion
2 Tue.	milk fruit	rice	Salt-grilled Spanish mackerel Ban san suu (bean sprouts Chinese salad), Miso soup with summer vegetable	milk arare	glass noodle, sesame, sugar, sesame oil	spanish mackerel, ham, egg, deep fried tofu, miso, milk	cucumber, carrot, pumpkin, eggplant, onion
3 Wed.	milk senbei	mixed rice	Rice mixed with leafy green vegetables Eggplant gratin, Tofu soup	milk tuna toast	rice, macaroni, butter, wheat flour, white bread, mayonnaise	minced pork, tofu, melted cheese, bacon, wakame seaweed, milk, canned tuna	leafy green vegetable sprinkle, eggplant, onion, tomato puree, tomato ketchup, carrot, cabbage, dried parsley
4 Thu.	milk arare	rice	Grilled ginger pork Somen soup, Cut-out cheese	milk apple jerry	mirin, oil, somen noodle	pork, naruto, cut-out cheese, milk, gelatin	ginger, cabbage, carrot, onion, green pepper, green onion, powdered agar, apple juice
5 Fri.	milk fruit	rice	Miso flavored hamburger steak Boiled vegetable with kelp, Vegetable soup	milk biscuit	oil, sugar, bread crumbs	minced meat, adjusted soy milk, miso, salted kelp, tofu, flower wheat bran, milk	onion, cabbage, carrot, green onion
6 Sat.			Kayaku udon (udon noodles with kamaboko and deep fried tofu) Fermented milk drink or yogurt drink		dried udon noodle	chicken, deep fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
8 Mon.	yogurt	cooked rice	Cooked rice with burdock and beef, Boiled vegetables with sesame mayonnaise, Enoki clear soup	milk/tofu cocoa brownie	rice, sugar, sesame, mayonnaise, oil, rice flour, potato starch	beef, chikuwa, tofu, milk, cocoa	burdock, ginger, cucumber, cabbage, carrot, onion, enoki, green onion
9 Tue.	milk fruit	rice	Pork beans Japanese style ham salad Japanese pear jerry	milk arare	potato, sugar, oil, Japanese pear jelly	boiled soybeans, minced pork, ham, milk	laurier, carrot, onion, tomato, ketchup, cucumber, cabbage
10 Wed.	milk senbei	rice	Salt grilled salmon, Tossed cucumber and laver seasoned with vinegar sauce, Bon jiru (vegetable miso soup)	milk/ coupe orange- pineapple	sugar, corn starch	salmon, canned tuna, dried laver, deep fried tofu, tofu, miso, milk, yogurt	cabbage, Japanese mustard spinach, carrot, black-eyed pea, pumpkin, eggplant, burdock, lemon juice, canned pineapple, canned orange
12 Fri.	milk wafers	rice	Grilled chicken with miso sauce Grass noodle salad Wakame clear soup	milk biscuit	sugar, mirin, sesame oil, glass noodle, mayonnaise	chicken, red miso, ham, tofu, wakame seaweed, milk	cabbage, carrot, Chinese chives, garlic, cucumber, onion
13 Sat.			Wakame udon Fermented milk drink or yogurt drink		dried udon noodle	chicken, naruto, deep fried tofu, wakame seaweed, fermented milk drink	carrot, green onion, onion
15 Mon. 16 Tue.	free menu						
17 Wed.	milk arare	rice	Pork with marinated sauce Tuna salad, Cabbage soup	milk senbei	oil, sugar, mayonnaise	pork, canned tuna, bacon, tofu, milk	onion, green pepper, ketchup, cucumber, carrot, cabbage
18 Thu.	milk cheese	rice	Teriyaki chicken, Winter melon clear soup, Bok choy dressed with lemon flavor sauce	milk Korean pancake	oil, mirin, sugar, sesame oil, wheat flour, mirin, sesame	chicken, canned tuna, wakame seaweed, tofu, milk, chikuwa	bok choy, cabbage, cucumber, carrot, lemon juice, winter melon, onion, Chinese chives
19 Fri.	milk senbei	summer vegetable curry rice	Summer vegetable curry rice Fruits mix jerry	milk arare	rice, oil, butter, wheat flour, sugar, apple jelly	pork, melting cheese, milk	laurier, ginger, garlic, pumpkin, eggplant, onion, carrot, green pepper, ketchup, canned orange, canned pineapple
20 Sat.			Kitsune udon (udon with deep-fried tofu) Fermented milk drink or yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
22 Mon.	milk biscuit	rice	Hawaiian chicken, Lettuce soup, Smashed cucumber pickles (cucumber namul)	milk senbei	mirin, sugar, sesame oil	chicken, tofu, bacon, milk	canned pineapple, cucumber, bean sprouts, lettuce, onion, carrot
23 Tue.	milk fruit	rice	Grilled salmon with lemon soy sauce Pumpkin salad, Eggplant miso soup	milk arare	sugar, mirin, mayonnaise	salmon, ham, fried tofu, red miso, tofu, milk	lemon juice, ginger, white onion, pumpkin, carrot, cucumber, eggplant, onion, green onion
24 Wed.	milk senbei	fried noodles	Fried noodles, Yogurt Vegetable soup with potatoes	milk rusk	Chinese noodle, oil, potato, white bread, granulated sugar	pork, chikuwa, green laver, dried bonito shavings, milk, sausage, tofu, yogurt, butter	green pepper, cabbage, carrot, onion, ketchup
25 Thu.	milk arare	rice	Flavored ground pork mixed with thick fried tofu and vegetable, Japanese mustard spinach salad Peach jerry	milk pumpkin soy milk cake	potato, oil, sugar, mirin, potato starch, mayonnaise, sesame, peach jelly, cake mix	thick fried tofu, minced pork, bacon, milk, adjusted soymilk	onion, carrot, Japanese mustard spinach, cabbage, bean sprout, pumpkin
26 Fri.	milk fruit	rice	Tandoori chicken, Bean sprouts soup, Tomato and cucumber flavored with sweet and sour vinegar sauce	milk, wafer, biscuit	sugar	chicken, yogurt, bacon, tofu, milk	ketchup, tomato, cucumber, bean sprout, cabbage, carrot, onion
27 Sat.			Chicken nanben udon Fermented milk drink or yogurt drink		dried noodle	chicken, deep fried tofu, kamaboko, fermented milk drink	carrots, green onion, onion
29 Mon.	milk senbei	pilaf	Pilaf, Soy bean soup Banana	milk arare	rice, butter, potato	chicken, sausage, adjusted soy milk, milk	onion, carrot, green pepper, dried parsley, banana
30 Tue.	milk arare	rice	Grilled Spanish mackerel with vegetable sauce Macaroni salad, Seaweed soup	milk orange jerry	sugar, macaroni, mayonnaise	Spanish mackerel, ham, mekabu seaweed, tofu, milk, gelatin, squeezed fresh cream	green onion, ginger, onion, cucumber, carrot, cabbage, enoki mushroom, powdered agar, orange juice
31 Wed.	milk fruit	rice	Tonteki style grilled pork, Beans salad Onion clear soup	yogurt drink biscuit	sugar, oil, mayonnaise	pork, hijiki, boiled soybeans, canned tuna, tofu, wakame seaweed, yogurt drink	garlic, onion, carrot, cucumber, shimeji mushroom, green 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.

