

Year 2023 Menu for the Month of April

Saturday oneday childcare

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

《Goal》 Get used to the lunches and snacks that you eat together in the classroom!

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	Sat.	milk arare	kishimen noodle	Kishimen noodle Yogurt	milk senbei	kishimen noodle	chicken, fried tofu, naruto, yogurt	carrot, green onion, onion
3	Mon.	milk fruit	rice	Pork stew, Cabbage and corn salad Cut-out cheese	milk biscuit	rice, oil, potato, butter, flour, sugar, mayonnaise	pork, chikuwa, cut-out cheese, milk	bay leaf, carrot, onion, ketchup, tomato puree, cabbage, corn canned
4	Tue.	milk senbei	rice	Mayonnaise grilled salmon Boiled vegetables tossed with shredded shiso leaf, Clear soup with podded peas	milk rice cracker (arare)	rice, mayonnaise	salmon, miso, tofu, milk	onion, dried parsley, cabbage, carrot, shiso leaf, podded peas, enoki mushroom
5	Wed.	apple juice biscuit	rice	Pineapple teriyaki chicken Ham salad, Clear soup with lots of ingredients	milk rice cracker (senbei)	rice, mirin, sesame, mayonnaise	chicken, ham, bacon, milk	pineapple canned, cucumber, carrot, cabbage, onion, shimeji mushroom
6	Thu.	apple juice arare	rice	Hamburg steak with miso flavor Boiled vegetable with strips of kelp Clear wakame soup	milk, macaroni abekawa (macaroni mixed with soybean flour)	rice, oil, sugar, bread crumbs, macaroni	ground meat, adjusted soy milk, miso, salted kelp, wakame seaweed, bacon, tofu, milk, soybean flour	onion, cabbage, carrot
7	Fri.	milk senbei	curry and rice	Curry and rice Fruit jerry	milk wafar biscuit	rice, potato, oil, curry roux, cut jelly	pork, milk	onion, carrot, ketchup, bay leaf, orange canned, pineapple canned
8	Sat.	milk biscuit	udon noodle	Udon noodle soup with deep fried tofu Yogurt	milk arare	dried udon	chicken, deep fried tofu, kamaboko, yogurt	carrot, onion, green onion
10	Mon.	milk arare	rice	Mapo Tofu with ground pork 3-color vegetable Namul, Banana	milk rice cracker (senbei)	rice, potato starch, sugar, oil, sesame, sesame oil	pork, tofu, red miso, milk	onion, chinese chives, carrot, dried shiitake mushroom, ginger, cucumber, beansprouts, banana
11	Tue.	milk senbei	udon noodle	Chanpon noodles (noodles stewed with meat and vegetables), Vegetables dressed with tuna, Cherries jerry	milk tofu cocoa brownie	dried udon, potato starch, sesame oil, sugar, mirin, cherries jerry, rice flour, oil	pork, naruto, canned tuna, milk, cocoa, tofu	carrot, chinese cabbage, onion, beansprouts, green onion, cucumber, cabbage
12	Wed.	milk cheese	rice	Fried chicken, Clear soup with onion Vegetables tossed with sesame vinegar	milk biscuit	rice, potato starch, oil, sesame oil, sugar, sesame	chicken, tofu, milk	ginger, cucumber, cabbage, carrot, onion, green onion
13	Thu.	milk biscuit	rice	Grilled pork marinated with tomato sauce Clear cabbage soup, Yogurt	milk soy milk cake	rice, oil, sugar, flour	pork, bacon, yogurt, milk, adjusted soy milk	onion, carrot, eryngii mushroom, ketchup, cabbage
14	Fri.	milk fruit	rice	Salt-grilled salmon, Spaghetti salad Miso soup with mixed seasonal vegetables	milk rice cracker (arare)	rice, spaghetti, mayonnaise, potato	salmon, ham, tofu, deep fried tofu, miso, milk	cucumber, carrot, cabbage, onion, podded peas
15	Sat.	milk arare	udon noodle	Udon noodle soup with chicken, fish paste, and vegetables, Yogurt	milk senbei	dried udon	chicken, deep fried tofu, kamaboko, yogurt	carrot, green onion, onion
17	Mon.	milk fruit	rice	Stir-fried pork with miso sauce, Vinegary seasoned vegetable with nori, Clear soup with wheat gluten cake	milk biscuit	rice, sugar, sesame, mirin	pork, miso, canned tuna, nori seaweed, wheat gluten bread, milk	cabbage, japanese mustard spinach, carrot, onion, chinese cabbage, green onion
18	Tue.	yogurt	rice	Simmered spanish mackerel Vegetables dressed with sesame and mayonnaise Miso soup with beansprout	milk rice cracker (arare)	rice, mirin, sugar, mayonnaise, sesame	spanish mackerel, chikuwa, tofu, deep fried tofu, miso, milk	ginger, cabbage, carrot, bean sprout, onion, green onion
19	Wed.	milk senbei	wakame rice	Rice with wakame Braised chicken with bamboo shoots Clear soup with tofu	milk rusk	rice, oil, sugar, mirin, bread, butter, granulated sugar	wakame seaweed, dried young sardines, chicken, deep-fried fish paste, tofu, milk	bamboo shoot, carrot, onion, enoki mushroom, green onion
20	Thu.	milk biscuit	rice	Vinegary seasoned grilled chicken Macaroni salad, Onion miso soup	milk grape jerry	rice, sugar, mirin, macaroni, mayonnaise	chicken, ham, tofu, wakame seaweed, miso, milk, gelatin	ginger, cucumber, carrot, cabbage, onion, green onion, powdered agar, grape juice
21	Fri.	milk arare	rice	Sauted pork and cabbage with miso sauce Clear soup with somen noodles, Banana	milk rice cracker (senbei)	rice, oil, sugar, mirin, somen noodles	pork, red miso, wakame seaweed, milk	ginger, cabbage, green pepper, carrot, onion, green onion, banana
22	Sat.	milk senbei	udon noodle	Udon noodle soup with wakame seaweed Yogurt	milk biscuit	dried udon	chicken, naruto, deep fried tofu, wakame seaweed, yogurt	carrot, green onion, onion
24	Mon.	milk wafer	rice with bamboo shoots	Rice with bamboo shoots, Tuna salad Clear soup with wakame seaweed	milk yogurt steam bread	rice, oil, mirin, mayonnaise, flour, sugar	chicken, deep fried tofu, canned tuna, wakame seaweed, tofu, milk, yogurt	bamboo shoot, carrot, cucumber, cabbage, onion, green onion
25	Tue.	milk senbei	rice	Deep-fried marinated mackerel Ban san suu (bean sprouts Chinese salad), Onion soup	milk rice cracker (arare)	rice, potato starch, oil, grass noodle, sesame, sugar, sesame oil	mackerel, ham, sausage, milk	ginger, cucumber, carrot, cabbage, onion
26	Wed.	milk fruit	rice	Ginger pork, Coleslaw salad Miso soup with tofu	milk rice cracker (senbei)	rice, mirin, oil, mayonnaise, sugar	pork, ham, tofu, deep fried tofu, miso, milk	ginger, cabbage, onion, cucumber, carrot, green onion
27	Thu.	milk arare	rice	Beef and potato braised in sweet soy sauce, Japanese style salad, Grated apple jerry	milk pan cake	rice, potato, oil, sugar, mirin, apple jerry, cake mix, butter, maple syrup	beef, milk	onion, carrot, konnyaku noodles, cucumber, cabbage, pineapple canned
28	Fri.	milk fruit	rice	Grilled chicken with ketchup sauce Hijiki seaweed salad, Miso soup with wakame seaweed	yogurt drink biscuit	rice, sugar, mirin, mayonnaise	chicken, hijiki seaweed, canned tuna, miso, wakame seaweed, tofu, yogurt drink	ketchup, garlic, carrot, cucumber, cabbage, onion, green onion

※ On days marked with a hand icon, we provide original and healthy homemade snacks from each nursery school.

【The menu may change depending on the delivery date of goods and climatic conditions. Thank you for your understanding.】

【On the bulletin board of each nursery school, the country/origin of the main ingredients used for lunch is shown.】

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

