## Year 2023 The menu for the month of July

Let's wash your hands clean!

《GOAL》

Saturday oneday childcare

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

Date   West   West   Food   Series   Vest   Food   Series   Vest   Food   Series   Vest   Food   Vest   Food   Vest   V					Wash Joan Harras Steam.		1		
Morting   Morting   State   Secure   State   Secure   S		Day	Children under 3 years					Ingredients	
Service Search Wiscame Usion Service Search Wiscame Usion Yugurt Department of the Search Sea	Date		Morning	Staple	l unch Menu		Foods give you	Turns into Blood.	
Set Biscott Udon Vogert Grillot Discott with Marraidud Control	5 410		_		Editori World	Snack		,	Foods keep you Fit
Security		week	SHACK	1000					
Sec of London   Section	4	٠.		Seaweed	Wakame Udon		Dried Udon		Carrot, Green Onion, Onion
3 Mon   Arar e   Circled Chicken with Marmalada   Carpet with Search Under Disagning Summer regardables Maio Stopy   Summer	- 1	Sat	D:::			A		Totu, Seaweed, Yogurt	
3 Mon Arare Roc Cabbage with Seasone Dressing Arare Roc Management Vegetables (1966) South Fruit Rock Management Vegetables (1966) South Rock Pruit Rock Management Vegetables (1966) South Rock Cabbage (1966) South Rock Rock Rock Rock Rock Rock Rock Rock			Biscuit	Udon		Arare			
Signature Roe Subbags with Search Dressing First Roe Cracker Roe Control Search (1994 and Search Control Search Control Search Control Search Control Search Control Search (1994 and Search Control Search (1994 and Search Control Search Con					Grilled Chicken with Marmalade	$-M_{-}$			
Arrar a Slace Summer vegetables Miso Soup Apple July " Sept Fruit Rich Commerce and Sept Debt in Larrors Make Soup Cacker Rich Canada Vegetables Sub Sound Sound Sept Sept Sept Sept Sept Sept Sept Sept	3	Mon			Cabbage with Sesame Dressing	7		Tofu, Tofu, Miso, Milk, Gelatin	
Trust Rice   Conceiver macked ord bricked in Lumino   Macran macked ord bricked in Lumino   Macran macked ord bricked in Lumino   Macran macked bricked   Macran macked   Macran mac		111011	Vroro	Dies		Apple Jelly	Sugar		Poeder agar, Apple Juice
Fruit   Nor   Morte machered pocked in Lemon   Morte machered pocked   Mo			Arare	Rice	Summer vegetables ivilso Soup	Apple Jelly			
Fruit   Roe   Nearonic State)   Nearonic Stat									Lemon Juice, Cucumber, Cabbage,
Fruit Rice Macaroni Saled Vegatables Soud Pick Cracker Mayorinate Part of Condense Part of	4	Tue						Sausage, Tofu, Milk	Carrot, Onion
See Press Starte, O.   Chickern with Seame seeds   See Press Start, O.   Chicker, Pers Start,			Fruit	Rice	Macaroni Salad, Vegetables Soup	Rice Cracker	Mayonnaise		
Second   S							Rice Potato Starch Oil	Chicken Deen-Fried Tofu	Ginger Cucumber Cabbage
Bicout   Rice   Cracker   Rice   Crack	_								
Sec Cracker   Nee   Ord Med Sould   Security   New York and Board   New York   New Yo	5	Wed			Japanese Style Salad		ougar, will ill, desaille	TOTA, Nea WIISO, WIIK	
Pork and Basens Pork and Basen			Rice Cracker	Rice	Tofu Miso Soun	Riscuit			Eggplant, Onion, Green Onion
Second   S			1100 Ordoltor	11100	·		Dies Detete Curey Flaur	Dailed Caubaana Daule Hiiliei	Oswest Onion Tomoto Katabum
Biscuit   Rice   Septimble State   Septimble S							Rice, Potato, Sugar, Flour		
Silcout   Rice   Barane   Sirced   Gomoku Sushi   Tanabata Star Soup   Tanabata Star Soup   Arare   Observation   Chiken Mahamagawa (Milk) Way) Jelly   Arare   Observation   Chiken Mahamagawa (Milk) Way) Jelly   Arare   Observation   Obse	6	Thu			Vegetable and Hijiki Salad	Steamed \			
Genetic Start   Genetic Star			Ricquit	Pico				Sweetened Beans with Sugar	Laurier
Tender   Cheese   Complete Start   Could not   Complete Start   Could not   Complete Start   Could not   Cound n			Discuit	Mice		Dicad	D: O M:	F 0 IT F	0 1 0 1 0 1 0 1 1 0 1 1 1
Series					Gomoku Sushi				
Cheese Somous Sath Amanogawa (Milky Way) Jally  Sat Arare  Other Nambar Udon  Chien Nambar Udon  Chien Nambar Udon  Chien Nambar Udon  Frut Ree Cracker  Ree Cracker  I Tu Wad  Fruit Rice  Fruit Rice  Chabage Miss Soup  Meat Misso Sake Udon  Saled with Seame Vinegar  Out Mon Sawwed  Fruit Rice  Chabage Miss Soup  Meat Misso Kake Udon  Saled with Seame Vinegar  Out Mon Meat Misso Kake Udon  Saled with Seame Vinegar  Out Mon Meat Misso Kake Udon  Saled with Seame Vinegar  Out Mon Meat Misso Kake Udon  Saled with Seame Vinegar  Out Mon Meat Misso Kake Udon  Saled with Seame Vinegar  Out Mon Meat Misso Kake Udon  Saled with Seame Vinegar  Out Orange  Rice Cracker  Rice Cracker  Rice Cracker  I Fri  Fri  Fri  Fri  Fri  Rice Mayaku  Kayaku  Kayaku	7	Fri			Tanahata Star Soun				Okura, Onion, Enoki mushroom
Sat Arare Uddon  Non Fruit Robert Student Stud	,		0.1				Amanogawa Jelly	Seaweed, Milk	
8 Sat Arare Udom Vogurt Rice Cracker Vogurt Rice Cracker Rice Rice Cracker Rice Rice Cracker Rice Cracker Rice Cracker Rice Cracker Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice			Cheese	Gomoku Sushi	Amanogawa (Milky Way) Jelly	Arare			
8 Sat Arare Udom Narban Udon Yogurt Priod Chicken 10 Mon Fruit Rice Cracker Rice Rice Cracker Rice Cracker Rice Cracker Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice				Chikan Nanhan			Dried Udon	Chicken, Deep-Fried Tofu.	Carrot, Green Onion, Onion
Arare Udon Yogurt Rice Cracker Final Chicken Salad with Perilla Dressing Salad with Case Sup Tofu Claze Sup Tofu Claze Sup Tofu Claze Sup Tofu Claze Sup Chicken Salad with Perilla Dressing Salad with Salad with Perilla Dressing Salad with Salad S	8	Sat		CHIKEH IVAHDAH	Chiken Nanban Udon				
Fried Chicken   Rice	ا ا		Arare	Udon		Rice Cracker		,	
Saled with Perilla Dressing   Freit, Rice   Rice   Cracker   Rice   Rice   Cracker   Rice	$\vdash$		/ (I al C	JUUII	_	NICE CLACKEL	Diag Dates Ot 1 O"	Objeten Berry Tre Am	Oleman Coult Callage
Fruit Rice Cracker Rice Grilled Samon with mayonnaise Sugar Rice Cracker Rice Grilled Samon with mayonnaise Sugar Rice Gracker Rice Gracker Rice Gracker Samon with mayonnaise Sugar Rice Gracker Rice Gracker Rice Gracker Rice Gracker Samon with mayonnaise Sugar Rice Gracker Rice					Fried Chicken	1	Rice, Potato Starch, Oil	Unicken, Bacon, Totu, Milk	
Fruit   Rice   Tortu Clear Soup   Siscuit   Rice   Cracker   Rice   Cucumber and Seawed in Vinegar   Cucumber and Seawed in Vinegar   Cabbage Miss Soup   Arare   Rice   Cracker   Rice   Cucumber and Seawed in Vinegar   Cabbage Miss Soup   Arare   Rice   Cucumber and Seawed in Vinegar   Cucumber and Seawed in Vinegar   Cucumber   Arare   Rice   Cucumber and Seawed in Vinegar   Mark Miss   Rice   Meat Miss Kell Udon   Salad with Sesame Vinegar   Molded Cheese   Cucumber   Salad with Sesame Vinegar   Molded Cheese   Cucumber   Salad with Sesame Vinegar   Molded Cheese   Salad with Sesame Vinegar   Molded Cheese   Salad with Sesame Vinegar   Salad with Sesame Vinegar   Salad with Sesame Vinegar   Molded Cheese   Salad with Sesame Vinegar   Salad with Sesame Vinegar   Salad with Sesame Vinegar   Molded Cheese   Salad with Sesame Vinegar   Vinegar   Salad with Sesame Vinegar   Vi	10	Mon			Salad with Perilla Dressing	1			Perilla, Union, Dried Parsley
The Rice Cracker Rice Countmer and Seawed in Vinegar Cabbage Miss Soup Canned marketin crases, "Canned Rice Canned marketin crases, "Canned market	'		Emile.	Diag		Diagosit			
11 Tue Rice Cracker Rice   Coumber and Seawed in Vinegar   Cabbage Rise Soup   Arare   Rice   Cabbage Rise Soup   Fortack Style Pork   Salad with Seame Vinegar   Mayonasias, Seame   Pork, Baoon, Soup Gutten, Tota, Mik   Camord mandarin crasps, 1			rruit	KICE		DISCUIT			
11 Tue Rice Cracker Rice   Coumber and Seawed in Vinegar   Cabbage Rise Soup   Arare   Rice   Cabbage Rise Soup   Fortack Style Pork   Salad with Seame Vinegar   Mayonasias, Seame   Pork, Baoon, Soup Gutten, Tota, Mik   Camord mandarin crasps, 1					Grilled Salmon with mayonnaise		Rice, Mayonnaise, Sugar	Salmon, Miso, Seaweed,	Onion, Dried Parsley, Cucumber,
Rice Cracker Rice Obbbage Miso Soup Arare Obbbage Miso Soup Arare Obbbage Miso Soup	11	Tuo						Chikuwa, Tofu, Milk	Canned mandarin orange, Cabbage,
New Part   Note   Cabbage Miss Oxport   Tontek IStyle Pork   Japanese Mustard Spinach Salad   Mysoniaese, Seame   Pork, Bason, Soup Gluten, Tofu, Mis   Cabbage, Carol, Green Orion, Garden Components   Cabbage and Corro, Garden Components   Cabbage and Corro, Garden Corro,	''		D: 0 :	Б.		1.			
Tonteki Style Pork   Sugar, Sugar, Old, Mik   Sugar   Sugar, Mik   Sugar, Sugar, Old, Mik   Sugar,	L		Rice Cracker	Rice	Capbage Miso Soup	Arare			,
12   Wed   Fruit   Rice   Wheat Miso   Wheat This Charles Soup   Wheat Miso   Whe					Tonteki Style Pork	0.00	Rice, Sugar, Oil,	Pork, Bacon, Soup Gluten,	Onion, Jpanese mustard Spinach
Fruit Rice Wheat Bran Clear Soup  Mat Miso Mat Miso Kake Udon Salad with Sesame Vinear Modided Cheese  14 Fri Arare Rice Rice Cracker Udon  Mat Miso Kayaku Udon  15 Sat Rice Cracker Udon  May Washer Fruit Rice Cracker Udon  Map Eggplant  16 Tup  Make Rice Cracker Udon  Map Eggplant  Tomato & Coumber in Sweet Vinear  Yogurt  Make Rice Cracker Rice  Make Miso Kayaku Udon  Map Eggplant  Tomato & Coumber in Sweet Vinear  Yogurt  Make Rice Cracker Rice  Make Miso Soup  Make Miso Counter in Sweet Vinear  Yogurt  Make Rice  Cold Pork Shabu-Shabu Salad  Eggplant Miso Soup  Rice Cracker Rice  Nikin Rice  Nikin Rice Cracker Rice  Nikin Rice  Nikin Rice Cracker Rice  Nikin Rice Cracker Rice  Nikin Rice Cracker Rice  Nikin Rice Cracker Rice  Nikin Rice Rice Rice Rice Rice Rice Rice Rice	10	\A/ a al				July	Mayonnaise, Sesame	Tofu. Milk	Cabbage, Carrot, Green Onion,
Fruit   Nice   Wheat Miss (Aske Udon   Salad with Seasme Vinegar   Coup Orange   Stew Style Hamburger Steak with Summer Vegetable Sause   Lettroe Soup, Banana   Coup Orange   Rice, Bread Crumbs, Oil, Seasme, Original Stands, Seasme of Coup Orange   Rice   Cracker   Rice   Cracker   Rice   Cracker   Rice   Rice   Cracker   Rice	12					7.7			
Meat Miss   Meat			Fruit	Rice	Wheat Bran Clear Soup	Boiled Corn			Corn, darno
Size					Moot Mico Koko Ildon	0.4-	Dried Udon Oil Sugar	Pork Red Miso Milk Yogurt	Ginger Carrot Raw Shiitake
Size		<b>-</b> .		Meat Miso		Now York	Potato Starch Secame		
Biscuit   Goup   Coup prange   Stew Style Hamburger Steak with   Summer Vegetable Sause   Lettuce Soup. Banana   Rice Cracker   Rice Cracker   Coup prange   Rice Cracker   Coup   Coup prange   Rice Cracker   Rice Cracker   Coup   Coup   Rice Cracker   Rice Cr	13	lhu		Wiodt Wildo	Salad with Sesame Vinegar	( )	Oil Cocomo Corneterol	Wolded Officese	
Stew Style Hamburger Steak with Sugar   Sice, Protection   Sugar Sugar   Sugar Sugar Sugar   Sugar Sugar   Sugar Sugar Sugar   Sugar Sugar Sugar Sugar   Sugar			Riscuit	Udon	Molded Cheese	Coun Orange	Oil, Sesame, Cornstarch		Juice, Canned mandarin orange
14   Fri   Arare   Rice   Lettuce Soup, Banana   Rice Cracker			Diocait	Odon		Coup Crango	Dies Breed Orombe Oil	Minched Mast Drassad Cov	Onion Correct Orean names
15   Sat   Rice   Cracker   Rice   Common   Chicken					Stew Style Hamburger Steak with				
Arare   Rice   Lettuce Soup, Banana   Rice Cracker   Print   Kayaku   Udon   Yagurt   Sicop Croquette   Sicop Croquett	14	Fri			Summer Vegetable Sause		Sugar	MIIK, TOTU, Bacon, MIIK	
Sat   Rice Cracker   Udon   Vogurt   Scoop Croquette   Salad with Bonto Flakes Dressing   Wafer   Biscuit   Rice   Cracker   Rice   Onion Soup   Wafer   Biscuit   Rice   Cold Pork Shabu-Shabu Salad   Yogurt   Rice   Cold Pork Shabu-Shabu Salad   Rice   Rice   Cracker   Rice   Rice   Cracker   Rice   Rice   Cracker   Rice   Rice   Cracker   Rice   Ri			Aroro	Dioo		Diag Crooker			Banana
15   Sat   Rice Cracker   Vagurt   Vagurt   Scoop Croquette   Salad with Bonto Flakes Dressing Onion Soup   Wafer Biscuit   Rice   Mapo Eggplant Tomato & Cucumber in Sweet Vinegar Vogurt   Vegetable Vinegar Vogurt   Vagurt Starch, Sugar, Oll Flour   Vagurt Starch   Rice   Vagurt Starch   Vagurt Starch   Rice   Cold Pork Shabu - Shabu Salad   Rice   Cracker   Rice   Rice   Cold Pork Shabu - Shabu Salad   Rice   Cracker   Rice   Cold Pork Shabu - Shabu Salad   Rice   Cracker   Rice			Arare	Rice	Lettuce Soup, Danana	Rice Gracker			
Rice Cracker   Udon   Yogurt   Scoop Croquette				17 1			Dried Udon		Carrot, Green Onion, Onion
Rice Cracker   Udon   Yogurt   Scoop Croquette   Salad with Bonito Flakes Dressing   Pruit   Rice   Scoop Croquette   Salad with Bonito Flakes Dressing   Wafer Biscult   Wa	15	Sat		Kayaku	Kayaku Udon			Kamaboko, Yogurt	
Scoop Croquette   Salad with Bonito Flakes Dressing   Onion Soup   Wafer   Biscuit   Rice, Potato, Mirin, Bread Crumbs, Oil   Processed Soy Milk, Bonito Plakes, Baoon, Tofa, Milk   Bonito Plakes, Baoon, Bradded Cheese, Order   Bonito Plakes, Baoon, Bradded Cheese, Milk Baoon,	10		D: O I	I I al a sa		Diam'r			
18   Tue			Rice Gracker	Udon		Biscuit			
18   Tue   Fruit   Rice   Calad with Bonito Flakes Dressing   Calad with Bonito Flakes Dressing Flakes Dress					Scoop Croquette		Rice, Potato, Mirin,	Minched Meat, Melted Cheese,	Onion, Carrot, Cabbage, Eggplant
Fruit Rice Onion Soup Biscuit    Provided   Rice   Provided   Rice   Ric	1 Ω	Tuo				Wafor	Bread Crumbs, Oil	Processed Soy Milk, Bonito	
Fruit   Rice   Orlion Soup   Biscuit   Rice   Orlion Soup   Biscuit   Mapo Eggplant   Tomato & Cucumber in Sweet Vinegar Yogurt   Vegetable NV   Vegetable	10			D:	_			Flakes, Bacon, Tofu, Milk	
19   Wed   Biscuit   Rice   Tomato & Cucumber in Sweet Vinegar   Vegetable_Winegar			Fruit	Rice		Biscuit			
19   Wed   Biscuit   Rice   Tomato & Cucumber in Sweet Vinegar   Vegetable_Winegar					Mano Eggnlant		Rice, Potato Starch,	Minched Pork, Tofu, Red Miso.	Eggplant, Onion, Leek, Carrot,
Thu Fruit Rice Wakame Rice Cold Pork Shabu-Shabu Salad Eggplant Miso Soup  Pruit Rice Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice	10	\A/ a al				Varatalala M	Sugar, Oil, Flour		
Thu Fruit Rice Wakame Rice Cold Pork Shabu-Shabu Salad Eggplant Miso Soup  Pruit Rice Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice	19				Tomato & Gucumber in Sweet Vinegar	vegetable			
Thu Fruit Rice Wakame Rice Cold Pork Shabu-Shabu Salad Eggplant Miso Soup  Pruit Rice Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice			Biscuit	Rice	Yogurt	Cake Sale		Oli dada Olicosc	Cucumbor
Thu Fruit Rice Cold Pork Shabu-Shabu Salad Eggplant Miso Soup Soup Rice Cracker Rice Rice Cracker Rice Rice Cracker Rice C								Wakama(seaweed) Pork	Caggage Cucumber Carrot
Fruit   Rice   Eggplant Miso Soup   Bread   Rice   Fruit   Rice   Eggplant Miso Soup   Nikujyaga (Simmered Beef & Potato)   Cabbage and Corn Salad   Green Apple Jelly   Rice Cracker				Wakame		rogurt . n/h	Pasta Sasama Oil Caka		
Fruit Rice Eggplant Miso Soup Bread  Rice, Potato, Oil, Sugar, Mirin, Mayonnaise, Green Apple Jelly  Rice Cracker  Rice Cracker  Rice Cracker  Kishimen (Noodle) Yogurt Rice Grilled Chicken with Ketchup Boiled Dried Radish Molokhiya Soup  Tue Rice Cracker Rice Grilled Sierra with Miso Bansan Soo, White Gourd Soup  Wed Arare Curry  Thu Wafer Rice Grilled Chicken with Miso Saeweed Soup, Coleslow Salad  Rice Cracker  Rice Grilled Chicken with Miso Saeweed Soup, Coleslow Salad  Rice Cracker  Rice Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup  Rice Cracker  Rice Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup  Rice Cracker  Rice Grilled Pork Potato Salad  Rice Cracker  Rice Sugar, Mirin, Sesame, Sugar, Sesame Oil  Rice, Oil, Sugar, Mirin, Glass Noodles, Sesame, Sugar, Sesame Oil  Rice, Oil, Butter, Flour, Sugar, Mouses Base Rice Cracker  Rice Sugar, Mirin, Glass Noodles, Sesame, Sugar, Sesame Oil  Rice, Oil, Butter, Flour, Sugar, Mouses Base Rice Cracker  Rice Sugar, Mirin, Sesame Oil, Mayonnaise  Rice, Sugar, Mirin, Sesame, Sugar, Sesame Oil, Mayonnaise  Rice, Sugar, Mirin, Sesame, Sugar, Tofu, Bacon, Milk, Gelatin, Fresh Cream  Tomato Namul Enoki mushrooms Clear Soup  Rice Cracker  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Sesame, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice Cracker  Rice Cracker  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice Cracker  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice Cracker  Rice, Sugar, Mirin, Sesame, Oil, Mayonnaise  Rice Cracker  Rice Cracker	20	Thu	<u></u>	,, altailie	Cold Pork Shabu-Shabu Salad	Steamed V"7	miv	TOTA, MISO, MIIK, TUKUT	GIOON OMON, EESPIANT, UNION
Sikujiyaga (Simmered Beef & Potato)   Cabbage and Corn Salad Green Apple Jelly   Rice Cracker			Fruit	Rice		Bread	IIIIA		
21   Fri	$\vdash$			1 1100		2.044	Diag Dateta Oll Over-	Poof Children Maile	Onion Corret Thread Vania
21 Fri								Deer, Unikuwa, Milk	
Arare Rice Green Apple Jelly Rice Cracker    Arare   Rice Green Apple Jelly   Rice Cracker   Rice Green Apple Jelly   Rice Cracker   Rice Gracker   Rice Gra	21	Fri				1			Cappage, Canned Corn
Sat   Rice Cracker   Kishimen   Kishimen   Kishimen   Arare   Rice Cracker   Kishimen   Arare   Arare   Rice Cracker   Rice Cracker   Rice   Rice Cracker   Rice			Arora	Dioc		Diag Orgalian	Green Apple Jelly		
Rice Cracker   Kishimen (Noodle)   Yogurt   Arare     Arare   Arar			HIAIR	RICE	areen Apple Jelly	Nice Gracker			
Rice Cracker Kishimen Yogurt Rice Grilled Chicken with Ketchup Boiled Dried Radish Molokhiya Soup Rice Cracker Rice Cracker Rice Cracker Rice Summer Vege.  Summer Vege. Summer Vegetable Curry and Rice Fruit Mousse Rice Cracker Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad Rice Fruit Rice Super, Coleslow Salad Rice Fruit Rice Rice Cracker Rice Rice Super, Coleslow Salad Rice Fruit Rice Rice Rice Rice Rice Rice Rice Rice	1 7				IX:-I-: (NIII-)		Kishimen		Carrot, Green Onion, Onion
Rice Cracker Kishimen Yogurt Grilled Chicken with Ketchup Boiled Dried Radish Molokhiya Soup Rice Rice Cracker Rice Basan Soo, White Gourd Soup Biscuit Rice Cracker Rice Basan Soo, White Gourd Soup Rice Cracker Rice Basan Soo, White Gourd Soup Biscuit Rice Cracker Rice Basan Soo, White Gourd Soup Rice Cracker Rice Cracker Rice Basan Soo, White Gourd Soup Rice Cracker Rice Cracker Rice Basan Soo, White Gourd Soup Rice Cracker Rice Cracker Rice Basan Soo, White Gourd Rice Fruit Mousse Rice Cracker Rice Cracker Rice Basan Soo, White Gourd Rice Fruit Mousse Rice Cracker Rice Basan Soo, White Gourd Rice Fruit Mousse Rice Cracker Rice Rice Cracker Rice Basan Soo, White Gourd Rice Fruit Mousse Base Rice Cracker Rice Rice Cracker Rice Basan Soo, White Gourd Rice Rice Cracker Rice Basan Soo, White Gourd Rice Rice Cracker Rice Cracker Rice Basan Soo, Wilte Gourd Rice Rice Rice Rice Rice Rice Rice Rice	22	Sat				1		Naruto, Yorgurt	
Grilled Chicken with Ketchup Boiled Dried Radish Molokhiya Soup   Macaroni Naearoni Naearoni Naearoni Naearoni Naearoni Naearoni   Macaroni Naearoni Naearoni Naearoni   Macaroni Naearoni Naearoni   Chicken, Satsuma-age, Bacon, Tofu Milk, Soybean Flour Onion   Carrot, Molokheiya, Cabba Onion   Carrot, Molokheiya, Cabba Onion, Onion   Carrot, White Garot, Macaroni Naearoni   Carrot, Molokheiya, Cabba Onion   Carrot, White Garot, Macaroni Naearoni   Carrot, Molokheiya, Cabba Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Carrot, Macaroni   Carrot, Milk, Soybean Flour Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Carrot, White Garot, Milk, Soybean Flour Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Chicken, Milk, Soybean Flour Onion   Carrot, White Garot, Macaroni   Carrot, Milk, Soybean Flour Onion   Chicken, Milk, Galatin, Fresh Cracker   Carrot, Carrot, Garet, Carrot, Carrot, Garet, Carrot, Mayonnaise   Chicken, Macaroni   Carrot, Milk, Soybean Flour Onion   Chicken, Macaroni   Carrot, Milk, Soybean Flour Onion   Chicken, Milk, Soybean Flour Onion   Chicken, Milk, Soybean Flour Onion   Carrot, Milk, Soybean Flour   Carrot, Mayonnaise   Chicken, Milk, Soybean Flour   Carrot, Mayonnaise   Chicken, Milk, Soybean Flour   Carrot, Milk   Carrot, Milk, Soybean Flour   Carrot, Milk, Soybean Flour   Carrot, Milk, Soybean Flour   Chicken, Milk,			Rice Cracker	Kishimen	Yogurt	Arare			
24   Mon			5. 401(01			1	Rice Sugar Mirin	Chicken Sateuma-age Bacon	Ketchun Garlie Dried radich
Solution	ا ۾ ا	ا را							
Tue Rice Cracker Rice Bansan Soo, White Gourd Soup Rice Cracker Rice Bansan Soo, White Gourd Soup Biscuit Soup Bansan Soo, White Gourd Soup Biscuit Bansan Soo, White Gourd Soup Biscuit Soup Bansan Soo, White Gourd Soup Biscuit Bansan Soo, White Gourd Soup Biscuit Soup Bansan Soo, White Gourd Soup Biscuit Bansan Soo, White Gourd Soup Biscuit Biscuit Soup Bansan Soo, White Gourd Soup Biscuit Bi	24	Mon			Boiled Dried Radish	Macaroni M	indoar on	TOTA WIIN, OUYDEAN FIUUI	
Tue Rice Cracker Rice Rice Bansan Soo, White Gourd Soup Biscuit Rice, Mirin, Glass Noodles, Sesame Oil Sesame Oil Sesame Oil Sesame Oil Summer Vege.  Summer Vege: Summer Vegetable Curry and Rice Fruit Mousse Curry  Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad Glaze-Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup  29 Sat Biscuit Udon Refreshing Grilled Pork Potato Salad  Grilled Sierra with Miso Bansan Soo, White Gourd Soup Biscuit Rice, Oil, Butter, Flour, Sugar, Mousse Base Rice, Oil, Butter, Flour, Sugar, Mirin, Sugar, Mousse Base Rice, Oil, Butter, Flour, Sugar, Mirin, Potato, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Sugar, Mirin, Sesame, Sugar, Sugar, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Sugar, Mirin, Sugar, Mirin, Potato, Miso, Yogurt Rice, Oil, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Rice, Oil, Miso, Yogurt Drink Rice,			Yogurt	Rice	Molokhiya Soup	Abekawa			Ollion
Tue Rice Cracker Rice Bansan Soo, White Gourd Soup Biscuit Sesame, Sugar, Sesame, Sugar, Sesame Oil  Wed Arare Curry Summer Vege. Arare Curry Rice Seaweed Soup, Coleslow Salad Rice Friit Rice Glaze-Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup Rice Sat Biscuit Rice Grilled Pork Potato Salad Mon Rice Rice Cracker Rice Rice Cracker Rice Rice Cracker Rice Cracker Rice Cracker Rice Rice Cracker Rice Rice Cracker Rice Rice Rice Rice Rice Rice Rice Rice	$\vdash$		, opuit	1 (100		. 100114114	Dina Mirin Olace No	Ciorro White Mice User Francis	Cucumber Course White Course
Rice Cracker Rice Bansan Soo, White Gourd Soup Biscuit Sesame Oil  Rice Cracker Rice Bansan Soo, White Gourd Soup Biscuit Sesame Oil  Rice Cracker Rice Curry Rice Summer Vege. Fruit Mousse Rice Curry and Rice Fruit Mousse Rice Curry Rice Curry Rice Curry Rice Seaweed Soup, Coleslow Salad Rice Fruit Rice Seaweed Soup, Coleslow Salad Rice Rice Potato Starch, Oil, Sugar, Mirin, Sesame Oil Rice Rice Rice Rice Rice Rice Rice Rice					Crillad Siarra with Miss	1			
Summer Vege.   Summer Vegetable Curry and Rice   Fruit Mousse   Summer Vegetable Curry and Rice   Fruit Mousse   Rice Cracker   Rice Cracke	25	Tue	<u>L</u> .			L		Soup Gluten, Milk	Union, Green Union
Summer Vege.   Summer Vege.   Summer Vegetable Curry and Rice   Fruit Mousse   Rice Cracker   Rice Cracker   Rice Cracker   Rice Sugar, Mousse Base   Pork, Melted Cheese, Milk   Laurier, Ginger, Garlic, Pun Eggplant, Onion, Carrot, Quarrot, Pepper, ketchup, Banana, Caned Pineapple/Orange/   Seame Oil, Mayonnaise   Rice, Sugar, Mirin, Sesame Oil, Mayonnaise   Rice, Sugar, Mirin, Sesame Oil, Mayonnaise   Pork, Melted Cheese, Milk   Laurier, Ginger, Garlic, Pun Eggplant, Onion, Carrot, Eggplant, Onion, Carrot, Eggplant, Onion, Carrot, Caned Pineapple/Orange/   Cabbage, Carrot, Leek, Gather Could Pineapple/Orange/   Cabbage, Carrot, Leek, Gather Could Pineapple/Orange Julice   Cabbage, Carrot, Leek, Gather Could Pineapple/Orange Julice   Calbage, Carrot, Carrot, Carrot, Carrot, Sugar, Mirin, Sesame, Sesame Oil   Pacific Saury, Tofu, Milk   Tomato, Cucumber, Carrot, Sesame Oil   Chicken, Deep-Fried Tofu, Kamaboko, Yogurt   Carrot, Onion, Green Onion   Rice, Sugar, Mirin, Potato, Mayonnaise   Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink   Carrot, Carrot, Green Onion   Carrot, Onion, Green			Rice Cracker	Rice	Bansan Soo, White Gourd Soup	Biscuit	Sesame Oil		
Summer Vege.   Summer Vege.   Summer Vege.   Fruit Mousse   Fruit Mousse   Rice Cracker   Rice							Rice, Oil, Butter Flour	Pork, Melted Cheese Milk	Laurier, Ginger Garlio Pumpkin
Arare Curry Fruit Mousse    Pepper, ketchup, Banana, Caned Pineapple/Orange/   Caned Pineapple/O				Summer Vege.	Summer Vegetable Curry and Rice			, 5.10000, 141111	
Arare Curry Rice Cracker  27 Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  28 Fri Fruit Rice Fruit Rice Enoki mushrooms Clear Soup  29 Sat Biscuit Udon Refereshing Grilled Pork Potato Salad  Rice Cracker  Rice Sugar, Mirin, Potato, Mayonnaise  Rice Cracker  Rice Cracker  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Potato, Mayonnaise  Rice Cracker  Rice Cracker  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Potato, Mayonnaise  Rice Cracker  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Onion  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Onion  Rice Cracker  Rice Cracker  Rice Cracker  Rice Cracker  Rice Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Onion	26	Wed		]			Subai, Modese Dase		
Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad Orange Jelly Rice, Sugar, Mirin, Sesame Oil, Mayonnaise Rice, Sugar, Mirin, Sesame Oil, Mayonnaise Rice, Sugar, Mirin, Sesame Oil, Mayonnaise Rice, Sugar, Mirin, Sesame, Sesame Oil, Mayonnaise Rice, Sugar, Mirin, Sesame, Sesame Oil Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil Rice, Sugar, Mirin, Sesame, Sesame Oil Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Rice, S					I TUIL WOUSSE	D: 0 .			
Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  Thu Wafer Rice Grilled Pacific Saury  Tomato Namul Enoki mushrooms Clear Soup  Kitsune Udon With Deep-Fried Tofu Yogurt  Rice Cracker Rice, Sugar, Mirin, Sesame, Sesame Oil  Tomato, Cucumber, Carrot Enoki mushroom, Green Onion Chicken, Deep-Fried Tofu, Kamaboko, Yogurt  Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Oracker Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Oracker Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Oracker Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink	LI		Arare	Gurry		Rice Cracker			
Thu Wafer Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  Rice Grilled Chicken with Miso Seaweed Soup, Coleslow Salad  Rice Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup  Arare  Rice Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup  Kitsune Udon With Deep-Fried Tofu Yogurt  Refreshing Grilled Pork Potato Salad  Rice Cracker  Rice Cracker  Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil  Dried Udon  Chicken, Deep-Fried Tofu, Kamaboko, Yogurt  Carrot, Onion, Green Onion Ramaboko, Yogurt  Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Oracker  Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink  Rice Oracker						. 1/20	Rice, Sugar, Mirin,	Chicken, Red Miso, seaweed.	Cabbage, Carrot, Leek, Garlic,
Wafer Rice Seaweed Soup, Coleslow Salad Orange Jelly Fresh Cream Orange Juice  Rice Seaweed Soup, Coleslow Salad Orange Jelly Fresh Cream Orange Juice  Rice Fruit Rice Enoki mushrooms Clear Soup Arare  Rice Mitsune Udon with Deep-Fried Tofu Yogurt  Rice Cracker  Refreshing Grilled Pork Potato Slada  Orange Jelly Fresh Cream Orange Juice  Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil  Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil  Rice Cracker  Rice, Sugar, Mirin, Potato, Mayonnaise  Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink	27	Thu			Grilled Chicken with Miso	6.7			Cucumber, Onion, Powder Agar,
Fri Rice Fruit Rice Glaze-Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup Arare  Sat Biscuit Udon Refreshing Grilled Pork Potato Salad  Rice Glize-Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup Arare  Arare Rice Fruit Rice Enoki mushrooms Clear Soup Arare  Pacific Saury, Tofu, Milk Tomato, Cucumber, Carrot Sugar, Mirin, Sesame, Sesame Oil Sugar, Mirin, Potato, Kamaboko, Yogurt Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Grieen Onion Green Onion Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Grieger, Cucumber, Carrot, Green Onion Green Onio	- '	····u	Wafer	Rice		Orange Jolly			
28 Fri Fruit Rice Enoki mushrooms Clear Soup Arare Sesame Oil  29 Sat Biscuit Udon Kitsune Udon with Deep-Fried Tofu Yogurt Rice Cracker  Refreshing Grilled Pork Potato Salad  Sugar, Mirin, Sesame, Sesame Oil  Arare Dried Udon Chicken, Deep-Fried Tofu, Kamaboko, Yogurt  Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink  Refresh Onion Green Onion Chicken, Deep-Fried Tofu, Kamaboko, Yogurt Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink			vv a i <del>C</del> i	11106		Orange offing	Disa Date to Ot 1 O"		-
28 Fri Fruit Rice Enoki mushrooms Clear Soup Arare Sesame Oil  29 Sat Biscuit Udon Kitsune Udon with Deep-Fried Tofu Yogurt Rice Cracker  Refreshing Grilled Pork Potato Salad  Sugar, Mirin, Sesame, Sesame Oil  Arare Dried Udon Chicken, Deep-Fried Tofu, Kamaboko, Yogurt  Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink  Refresh Onion Green Onion Chicken, Deep-Fried Tofu, Kamaboko, Yogurt Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink					Glaze-Grilled Pacific Saury	1		Pacific Saury, Totu, Milk	
Fruit Rice Enoki mushrooms Clear Soup Arare  Sesame Oil Onion  Arare  Sesame Oil Onion  Chicken, Deep-Fried Tofu, Kamaboko, Yogurt  Witsune Udon with Deep-Fried Tofu Yogurt  Refreshing Grilled Pork Potato Salad  Refreshing Grilled Pork Potato Salad  Refreshing Grilled Pork Potato Salad	28	Fri				1			Enoki mushroom, Green Onion,
Sat Biscuit Kitsune Udon with Deep-Fried Tofu Yogurt Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Carrot, Onion, Green Onion Chicken, Deep-Fried Tofu, Kamaboko, Yogurt Carrot, Onion, Green Onion Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Ginger, Cucumber, Carrot, Miso, Yogurt Drink Green Onion	20		Emile.	Diag		1	Sesame Oil		Onion
29 Sat Biscuit Udon With Deep-Fried Tofu Vogurt Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise Refreshing Grilled Pork Rice, Sugar, Mirin, Potato, Miso, Yogurt Orink Green Onion Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Green Onion			rruit		Enoki mushrooms Clear Soup	Arare			
29 Sat Biscuit Udon With Deep-Fried Tofu Vogurt Rice Cracker Rice, Sugar, Mirin, Potato, Mayonnaise Refreshing Grilled Pork Rice, Sugar, Mirin, Potato, Miso, Yogurt Orink Green Onion Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Green Onion				Kitsune	Kitawa Halan a		Dried Udon		Carrot, Onion, Green Onion
Biscuit Udon Yogurt Rice Cracker Refreshing Grilled Pork Non Potato Salad Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Rice, Sugar, Mirin, Miso, Miso, Yogurt Drink Rice, Sugar, Mirin, Miso, Miso	2.9	Sat			KITSUNE Udon with Deep-Fried Tofu	1			1
Refreshing Grilled Pork Rice, Sugar, Mirin, Potato, Mayonnaise Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Green Onion Rice, Sugar, Mirin, Potato, Miso, Yogurt Drink Green Onion	-0		Biscuit	Udon	Yogurt	Rice Cracker			
31 Mon Potato Salad Mayonnaise Miso, Yogurt Drink Green Onion				_ 44		5. 401(01	Rice Sugar Mirin Potato	Pork Ham Tofu Seeweed	Ginger Cucumber Carrot Onion
31   Wolf               Otato Salad	_	ا ا				1			
	31	Mon			Potato Salad	1	ivia y Official St	WIIOU, TUBUIT DITIN	GI SON STREET
T LATATE TAICE TOBAWEED WISO 3000 BISCON T			Arare	Rice	Seaweed Miso Soup	Biscuit			
Tribit Tribit Odan District District			7 (1 d) C	1 1100	Court ood Wildo Coup	Disouit	l .	1	<u> </u>

Toddler classes at nursery school drink milk during Afternoon Snack and Toddler classes at Kodomoen drink milk during School Lunch. [Last Weekday of Every Month] Infant class drink Yogurt Drink during Afternoon Snack and Toddler class drink Yogurt Drink instead of Milk.

\*\*There is a Hand Mark \*\* on the day of handmade snacks are each school.

[Please note that the menu may change depending on the availability of ingregients.]

[Each school publishes the production areas of main ingredients used for school lunches.]

[The menu is also published on the HP of Matsusaka City Kodomo-Mirai ka aroung the end of every month.]

