

Year 2024 The Menu for the month of Jan

Saturday halfday childcare

Matsusaka City
Kodomo-Mirai ka

《GOAL》Let's find out how food works!


Kindergarten/Preschool Section

Date	Day of Week	Children under 3		Lunch Menu	Afternoon Snack	Ingredient		
		Morning Snack	Staple Food			Foods give you Heat and Strength	Turns into Blood, Flesh and Bones	Foods keep you Fit
4	Thu	Rice Cracker	Pasta	Tuna Pasta in Japanese style Wakame Soup, Fruit Yogurt Salad	Biscuit	Spagetti, Oil, Sesame, Sesame Oil	Canned Tuna, Chpped Nori, Wakame, Yogurt, Milk	Cabbage, Eringi, Onion, Carrot, Garlic, Garlic Chive, Canned Apple/Pineapple/Mandarin
5	Fri	Arare	Rice	Stir-Fried Pork with Miso Komatsuna Salad Clear Soup with Fu(wheat bran)	Rice Cracker	Rice, Sugar, Mirin, Oil, Mayonnaise, Sesame	Pork, Red Miso, Bacon, Mamefu (Wheat bran), Milk	Ginger, Cabbage, Carrot, Onion, Komatsuna, Bean sprouts, Chinese cabbage, Green Onion
6	Sat			Chicken Nanban Udon Probiotic or Yogurt drink		Dried Udon	Chicken, Fried Tofu, Kamaboko, Yogurt	Carrot, Green Onion, Onion
9	Tue	Rice Cracker	Rice	Stewed deep-fried Tofu, Vegetables with minced Chiken Cabbage and Corn Sald, Apple	Tea Pancakes	Rice, Oil, Sugar, Mirin, Potato Starch, Butter, Mayonnaise, Cake mix	Thick fried Tofu, Minced Pork, Milk, Fresh cream	Onion, Carrot, Daikon Radish, Cabbage, Canned Corn, Apple, Powdered Green Tea
10	Wed	Cheese	Rice	Chicken with Sesame seeds Vegetables with Nori Vinegar Tofu Clear Soup	Rice Cracker	Rice, Potato Starch, Oil, Sugar, Mirin, Sesame	Chicken, Canned Tuna, Nori, Tofu, Milk	Ginger, Cabbage, Komatsuna, Carrot, Onion, Green Onion
11	Thu	Biscuit	Udon	Miso Stew style Udon Oriental Salad, Mandarin orange	Sweet Red- bean Soup	Dried Udon, Mirin, Corn flakes, Oil, Sesame Oil, Sugar, Arare, Potato Starch	Chicken, Fried Tofu, Naruto, Red Miso, Miso, Canned Tuna, Milk, Strained Bean Paste	Carrot, Onion, Green Onion, Chinese cabbage, Cabbage, Cucumber, Mandarin orange
12	Fri	Fruits	Rice	Salmon grilled with Salt Sauteed and simmered Hijiki Soy Milk Miso Soup	Biscuit	Rice, Sugar, Mirin, Oil	Salmon, Boiled Soybeans, Hijiki, Satsumaage, Tofu, Adjusted Soy Milk, Miso, Milk	Carrot, Chinese cabbage, Onion, Green onion
13	Sat			Kayaku Udon Probiotic or Yogurt drink		Dried Udon	Chicken, Fried Tofu, Kamaboko, Yogurt	Carrot, Onion, Green Onion
15	Mon	Rice Cracker	Curry Rice	Curry Rice Coleslaw Salad	Arare	Rice, Oil, Potato, Butter, Wheat, Sugar, Mayonnaise	Pork, Cheese, Milk, Ham	Laurier, Ginger, Garlic, Onion, Carrot, Ketchup, Cabbage, Cucumber
16	Tue	Fruits	Rice	Tonteki style Pork Daikon Namasu, Cabbage Miso Soup	Steamed bread with Soybean flour	Rice, Sugar, Oil, Sesame, Rice flour	Pork, Fried Tofu, Miso, Milk, Soybean flour, Adjusted Soy Milk	Garlic, Onion, Daikon Radish, Carrot, Carrot, Green Onion
17	Wed	Fruits	Rice	Chicken Salt and Lemon Enoki Clear Soup Rape blossoms with Sesame Mayonnaise	Biscuit	Rice, Oil, Sugar, Mayonnaise, Sesame	Chicken, Salted kelp, Ham, Tofu, Milk	Lemon Juice, Rape blossoms, Cabbage, Carrot, Onion, Enoki, Green Onion
18	Thu	Rice Cracker	Rice	Sprinkle of Perilla leaves Macaroni Gratin, Tofu Soup	Arare Karinto	Rice, Macaroni, Oil, Butter, Wheat flour, Breadcrumbs, Arare, Sugar	Chicken, Milk, Cheese, Sausage, Tofu	Sprinkle of Perilla leaves, Onion, Eringi, Laurier, Parsley, Cabbage, Carrot
19	Fri	Biscuit	Rice	Salmon grilled with Sesame Miso Spinach Salad, Tofu Clear Soup	Rice Cracker	Rice, Sugar, Mirin, Sesame, Mayonnaise	Salmon, Miso, Canned Tuna, Tofu, Milk	White Onion, Spinach, Cabbage, Carrot, Onion, Green Onion
20	Sat			Wakame Udon Probiotic or Yogurt drink		Dried Udon	Chicken, Naruto, Fried Tofu, Wakame, Yogurt	Carrot, Onion, Green Onion
22	Mon	Fruits	Wakame Rice	Wakame Rice, Cabbage Soup Marinated Pork in sauce	Deep-fried Bread	Rice, Oil, Sugar, Bread Roll	Wakame, Pork, Bacon, Tofu, Milk, Soybean flour	Onion, Carrot, Green Pepper, Shimeji, Ketchup, Cabbage
23	Tue	Arare	Rice	Spanish mackerel with tatsuta sauce, Chinese cabbage Soup Salad with Miso dressing	Wafers Biscuit	Rice, Potato Starch, Oil, Sugar	Spanish mackerel, Ham, Miso, Tofu, Milk	Ginger, Cabbage, Cucumber, Carrot, Onion, Chinese cabbage, Green Onion
24	Wed	Fruits	Rice	Chicken baked with ketchup Japanese Radish Salad Onion Miso Soup	Grape Jelly	Rice, Sugar, Mirin, Sesame Oil, Sesame	Chicken, Ham, Dried Bonito shavings, Wakame, Tofu, Miso, Milk, Gelatine	Ketchup, Garlic, Daikon, Carrot, Cucumber, Cabbage, Onion, Green Onion, Powder Agar, Grape Juice
25	Thu	Rice Cracker	Rice	Bibimbap Bowl, Vegetable Soup Die cutting rare cheese	Arare	Rice, Sugar, Mirin, Sesame Oil, Oil, Sesame	Minced Pork, Egg, Red Miso, Bacon, Tofu, Rare cheese, Milk	Garlic, Ginger, Bean sprouts, Carrot, Spinach, Onion, Cabbage
26	Fri	Arare	Rice	Boiled Yellowtail Boiled Rape blossoms Salad Taro Miso Soup	Biscuit	Rice, Mirin, Sugar, Oil, Sesame Oil, Sesame, Taro	Yellowtail, Ham, Milk	Ginger, Cabbage, Carrot, Rape blossoms, Konjac, Daikon Radish, Burdock, Green Onion
27	Sat			Kitsune Udon Probiotic or Yogurt drink		Dried Udon	Chicken, Fried Tofu, Kamaboko, Yogurt	Carrot, Onion, Green Onion
29	Mon	Yogurt	Rice	Hamburger Steak with curry Salad dressed with perilla Soup with lots of ingredients	Arare	Rice, Breadcrumbs	Minced Meat, Adjusted Soy Milk, Sausage, Milk	Onion, Ketchup, Cabbage, Carrot, Sprinkle of Perilla leaves, Bean sprouts, Parsley
30	Tue	Biscuit	Rice	Sukiyaki Style Stew Macaroni Salad, Banana	Sweet Rice Dumplings mixed with brown sugar	Rice, Sugar, Oil, Macaroni, Mayonnaise, Wheat flour, Brown Sugar, Potato Starch	Beef, Fried Tofu, Grilled Wheat gluten/Mochifu, Ham, Milk	Carrot, Onion, Konjac, Enoki, Chinese cabbage, Green Onion, Cucumber, Cabbage, Banana
31	Wed	Arare	Rice	Refreshingly Grilled Chicken Macedoan Salad Miso Soup with Daikon radish	Rice Cracker	Rice, Sugar, Mirin, Potato, Mayonnaise	Chicken, Ham, Tofu, Wakame, Miso, Drinking Yogurt	Ginger, Cucumber, Carrot, Daikon Radish, Onion

※Infant class drink Milk dring Morning and Afternoon Snacks.

Preschooler class at Nursery School drink milk during Afternoon Snack and Preschooler class at Kodomoen drink milk during school Lunch.

[Last Weekday of every month] Infant class drink Yogurt Drink during Afternoon Snack and Preschooler class drink Yogurt Drink instead of milk.

※There are Hand marks  on the day of handmade snacks at each school.

[Please note that the menu may change depending on the availability to ingredients.]

[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 around the end of every month.]

