

Year 2023

The Menu for the month of December

Matsusaka City  
Kodomo-Mirai ka

《GOAL》 Let's sit down to eat until you finish your meal



Kindergarten/Preschool Section

Date	Day of Week	Children under 3		Lunch Menu	Afternoon Snack	Ingredients		
		Morning Snack	Staple Food			Foods give you Heat and Strength	Turns into Blood, Flesh and Bones	Foods keep you Fit
1	Fri	Arare	Rice	Mapo Tofu 3 Color Namul · Molded Cheese	Rice Cracker	Rice · Potato Starch · Sugar · Oil · Sesame · Sesame Oil	Minced Pork · Tofu · Red Miso · Molded Cheese · Milk	Onion · Chinese Chive · Carrot · Ginger · Dried Shiitake Mushroom · Cucumber · Bean Sprouts
2	Sat	Biscuit	Kayaku Udon	Kayaku Udon Yogurt	Arare	Dried Udon	Chicken · Deep-Fried Tofu · Fish Cake · Yogurt · Milk	Carrot · Green Onion · Onion
4	Mon	Fruits	Rice	Grilled Teriyaki Chicken Wakame Miso Soup Lemon ae Bok choy Salad	Japanese Candied Sweet Potatoes	Rice · Oil · Mirin · Sugar · Sweet Potato · Black Sesame	Chicken · Canned Tuna · Wakame seaweed · Tofu · Miso · Milk	Bok choy · Cabbage · Cucumber · Carrot · Lemon Juice · Onion · Green Onion
5	Tue	Arare	Rice	Fried Horse Mackerel with Ketchup Sauce · Boiled Vegetables · Mushroom Soup	Biscuit	Rice · Mayonnaise · Wheat Flour · Bread crumbs · Oil · Sugar	Horse Mackerel · Bacon · Tofu · Milk	Ketchup · Cabbage · Carrot · Eringi Mushroom · Onion
6	Wed	Cheese	Rice	Miso Grilled Pork · Seaweed Vinegar ae Salad Wheat Bran Clear Soup	Darayaki	Rice · Sugar · Sesame · Mirin · Wheat Flour · Oil	Pork · Miso · Canned Tuna · Square shape Seaweed · Wheat Gluten · Tofu · Milk · Aonori seaweed · Bonito Flakes	Cabbage · Japanese mustard spinach · Carrot · Onion · Green Onion
7	Thu	Biscuit	Hashed Beef with Rice	Hashed Beef with Rice Fruits Yogurt Salad	Arare	Rice · Potato · Oil · Butter · Wheat Flour · Sugar	Pork · Yogurt · Milk	Onion · Carrot · Shimeji Mushroom · Ketchup · Banana · Canned Peach · Canned Pineapple · Canned Mandarin Orange
8	Fri	Rice Cracker	Rice	Tandoori Chicken White Radish Salad · Tofu Miso Soup	Biscuit	Rice · Mayonnaise · Sesame	Chicken · Yogurt · Ham · Tofu · Miso · Milk	Ketchup · White Radish · Cucumber · Carrot · Cabbage · Onion · Green Onion
9	Sat	Arare	Wakame Udon	Wakame Udon Yogurt	Rice Cracker	Dried Udon	Chicken · Naruto · Deep-Fried Tofu · Wakame seaweed · Yogurt · Milk	Carrot · Green Onion · Onion
11	Mon	Fruits	Rice	Boiled Pork and White Radish Spaghetti Salad Wakame Clear Soup	Pancake	Rice · Oil · Sugar · Mirin · Spaghetti · Mayonnaise · Cake Mix · Butter · Maple Syrup	Pork · Ham · Tofu · Wakame seaweed · Milk	White Radish · Carrot · Cucumber · Cabbage · Enoki Mushroom · Onion
12	Tue	Wafer	Rice	Light-tasted Grilled Chicken Yamabuki ae Salad Onion Miso Soup	Rice Cracker	Rice · Sugar · Mirin · Oil · Sesame Oil	Chicken · Egg · Ham · Tofu · Miso · Milk	Ginger · Cabbage · Carrot · Broccoli · Konjac Noodles · Onion · Green Onion
13	Wed	Rice Cracker	Rice	Curry tasted Pork and Beans Green Vegetables and Hijiki ae Salad · Yogurt	Arare	Rice · Potato · Oil · Sugar · Sesame	Boiled Soybean · Pork · Hijiki · Yogurt · Milk	Carrot · Onion · Ketchup · Laurier · Spinach · Cabbage · Bean Sprouts
14	Thu	Fruits	Chanpon Udon	Chanpon Udon Sesame Vinegar ae Salad · Banana	Dried Whitebait on Toast	Dried Udon · Potato Starch · Sesame Oil · Sugar · Sesame · Bread · Mayonnaise	Pork · Naruto · Chikuwa · Milk · Dried Whitebait	Carrot · Chinese Cabbage · Onion · Bean Sprouts · Green Onion · Cabbage · Cucumber · Banana · Parsley
15	Fri	Arare	Rice	Mayonnaise-grilled Salmon Dried Bonito ae Salad White Radish Miso Soup	Biscuit	Rice · Mayonnaise	Salmon · Miso · Bonito Flakes · Tofu · Milk	Onion · Canned Corn · Parsley · Carrot · Cabbage · White Radish · Green Onion
16	Sat	Rice Cracker	Kitsune Udon	Kitsune Udon Yogurt	Arare	Dried Udon	Chicken · Deep-Fried Tofu · Fish Cake · Yogurt · Milk	Carrot · Onion · Green Onion
18	Mon	Fruits	Rice	Miso-boiled Pork and Thick Deep Fried Tofu · Oriental Salad · Grated Apple Jelly	Wheat Rusk	Rice · Taro · Oil · Sugar · Mirin · Corn Flake · Sesame Oil · Jelly · Butter · Granulated sugar	Pork · Thick Deep Fried Tofu · Miso · Canned Tuna · Milk · Soup Gluten	Onion · Carrot · Green Onion · Cabbage · Cucumber
19	Tue	Biscuit	Rice	Grilled Teriyaki Yellowtail Pork and Vegetable Miso Soup Cabbage and Corn Salad	Rice Cracker	Rice · Mirin · Mayonnaise · Sweet Potato	Yellowtail · Chikuwa · Pork · Tofu · Miso · Milk	Ginger · Cabbage · Canned Corn · Carrot · Burdock · White Radish · Green Onion
20	Wed	Rice Cracker	Rice	Miso Hamburger Steak Shiso ae Salad · Vegetable Soup	Arare	Rice · Oil · Sugar · Bread crumbs	Minced Meat · Adjusted Soymilk · Miso · Wakame seaweed · Milk	Onion · Cabbage · Carrot · Shiso Perilla · Onion
21	Thu	Fruits	Rice	Chicken Cream Stew Japanese Style White Radish Salad	Apple filled Yogurt Cake	Rice · Potato · Butter · Wheat Flour · Sugar · Sesame · Cake Mix	Chicken · Milk · Fresh Cream · Ham · Bonito Flakes · Yogurt	Onion · Carrot · Parsley · White Radish · Cucumber · Canned Apple
22	Fri	Arare	Beef and Burdock Mixed Rice	Beef and Burdock Mixed Rice Pumpkin Salad · Tofu Clear Soup	Biscuit Wafer	Rice · Sugar · Mayonnaise	Beef · Ham · Tofu · Milk	Burdock · Ginger · Pumpkin · Carrot · Cucumber · Onion · Enoki Mushroom · Green Onion
23	Sat	Rice Cracker	Kishimen	Kishimen Yogurt	Arare	Kishimen	Chicken · Deep-Fried Tofu · Naruto · Yogurt · Milk	Carrot · Green Onion · Onion
25	Mon	Rice Cracker	Chicken Rice	Chicken Rice · Soymilk Soup Christmas Dessert	Biscuit	Rice · Butter · Potato · Christmas Dessert	Chicken · Bacon · Adjusted Soymilk · Milk	Carrot · Onion · Green Pepper · Ketchup · Broccoli
26	Tue	Yogurt	Rice	Miso-boiled Spanish Mackerel Chanko Soup Mayonnaise ae Vegetable Salad	Arare Karinto	Rice · Sugar · Mirin · Mayonnaise · Potato Starch · Inaka Arare	Spanish Mackerel · Red Miso · Chikuwa · Minced Chicken · Deep-Fried Tofu · Milk	Ginger · Cucumber · Cabbage · Carrot · Chinese Cabbage · White Radish · Onion
27	Wed	Arare	Rice	Marmalade-grilled Chicken Sesame ae Spinach Salad Cabbage Soup	Coupe Pineapple	Rice · Oil · Orange Marmalade · Sesame · Sugar · Corn Starch	Chicken · Bacon · Milk · Yogurt	Orange Juice · Spinach · Chinese Cabbage · Carrot · Cabbage · Onion · Lemon Juice · Canned Pineapple
28	Thu	Fruits	Rice	Grilled Pork with Ginger Harusame Noodle Salad Chinese Cabbage Miso Soup	Biscuit	Rice · Mirin · Oil · Harusame Noodle · Mayonnaise	Pork · Ham · Wakame seaweed · Deep-Fried Tofu · Miso · Yogurt Drink	Ginger · Onion · Cucumber · Cabbage · Carrot · Chinese Cabbage · Green Onion

※Infant class drink Milk during 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 Milk instead of Milk.

※There is a Hand mark 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.】

