

Year 2023 The Menu for the month of November Saturday oneday childcare 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	Wed	Fruits	Rice	Mizore Style Boiled Pork Okaka ae Salad Wakame Miso Soup	Yogurt Steamed Bread	Rice · Sugar · Mirin · Oil · Cake Mix	Pork · Chikuwa · Dried Bonito · Wakame · Tofu · Miso · Milk · Yogurt	White Radish · Spinach · Chinese Cabbage · Carrot · Onion · Green Onion
2	Thu	Biscuit	Rice	Meat Gratin Onion Soup · Banana	Rice Cracker	Rice · Macaroni · Potato · Butter · Wheat Flour	Minced Pork · Melty Cheese · Milk	Onion · Tomato Puree · Tomato Ketchup · Cabbage · Carrot · Banana
4	Sat	Rice Cracker	Wakame Udon	Wakame Udon Yogurt	Arare	Dried Udon	Chicken · Naruto · Deep- Fried-Tofu · Wakame · Yogurt	Carrot · Green Onion · Onion
6	Mon	Arare	Rice	Japanese style Fried Chicken Sesame Vinegar ae Salad Vegetable Soup	Biscuit	Rice · Potato Starch · Oil · Sugar · Sesame	Chicken · Milk	Ginger · Garlic · Cucumber · Bean Sprouts · Carrot · Onion · White Radish
7	Tue	Cheese	Rice	Light Tasted Grilled Pork Ham Salad Wheat gluten Clear Soup	Soymilk Rice Cake	Rice · Sugar · Mirin · Mayonnaise · Potato Starch	Pork · Ham · Soup Gluten · Milk · Adjusted Soymilk · Soybean flour	Onion · Ginger · Cucumber · Carrot · Cabbage · Onion · Chinese Cabbage · Green Onion
8	Wed	Biscuit	Rice	Ketchup braised Deep-fried Tofu Minced Pork ae Salad · Banana	Arare	Rice · Oil · Sugar · Potato Starch · Mirin	Think Deep-Fried Tofu · Pork · Canned Tuna · Milk	Onion · Carrot · Ketchup · Cucumber · Cabbage · Banana
9	Thu	Rice Cracker	Rice	Japanese style Gapao Rice Cabbage Soup · Yogurt	Sweet Potato	Rice · Oil · Mirin · Sugar · Sweet Potato · Butter	Minced Chicken · Tofu · Yogurt · Milk · Whipped Cream	Garlic · Green Pepper · Sweet Pepper · Onion · Shimeji Mushroom · Carrot · Cabbage
10	Fri	Fruits	Rice	Boiled Yellowtail Spinach Salad · Tofu Miso Soup	Rice Cracker	Rice · Mirin · Sugar · Mayonnaise	Yellowtail · Canned Tuna · Tofu · Miso · Milk	Ginger · Spinach · Cabbage · Carrot · Onion · Green Onion
11	Sat	Arare	Udon	Chiken Namban Udon Yogurt	Biscuit	Dried Udon	Chicken · Deep-Fried Tofu · Fish Cake · Yogurt	Carrot · Green Onion · Onion
13	Mon	Biscuit	Hijiki Rice	Hijiki Rice · Chicken Salad White Radish Clear Soup	Muffin	Rice · Oil · Mirin · Sugar · Potato · Butter · Mayonnaise · Cake Mix	Canned Tuna · Deep-Fried Tofu · Hijiki · Chicken · Tofu · Milk	Burdock · Carrot · Konjac · Cucumber · White Radish · Onion · Green Onion
14	Tue	Yogurt	Rice	Salt-grilled Salmon Boiled Dried White Radish Cabbage Miso Soup	Wafer	Rice · Sugar · Mirin	Salmon · Deep-Fried Ball of Fish Paste · Deep-Fried Tofu · Tofu · Miso · Milk	Dried White Radish · Carrot · Cabbage · Onion
15	Wed	Rice Cracker	Rice	Sweet Potato Scoop Croquette Shiso ae Salad · Bok choy Soup	Arare	Rice · Sweet Potato · Mirin · Bread crumbs · Oil	Minced Meat · Melty Cheese · Bacon · Tofu · Milk	Onion · Carrot · Cabbage · Shiso · Bok choy
16	Thu	Arare	Rice	Miso-grilled Pork and Cabbage Mimosa salad Wakame Clear Soup	Macaroni Abekawa	Rice · Sugar · Mirin · Oil · Macaroni	Pork · Red Miso · Tofu · Wakame · Milk · Soybean flour	Ginger · Cabbage · Onion · Cucumber · Carrot · Canned Corn · Enoki Mushroom
17	Fri	Fruits	Rice	Beef Stew Coleslaw Salad	Rice Cracker	Rice · Oil · Potato · Butter · Wheat Flour · Sugar · Mayonnaise	Beef · Whipped Cream · Ham · Milk	Bay Leaf · Carrot · Onion · Ketchup · Tomato Puree · Parsley · Cabbage · Cucumber
18	Sat	Biscuit	Kishimen	Kishimen Noodle Yogurt	Arare	Kishimen Noodle	Chicken · Deep-Fried Tofu · Naruto · Yogurt	Carrot · Green Onion · Onion
20	Mon	Wafer	Rice	Gomoku Style Boiled Chicken and White Radish · Bansan Soo Molded Rare Cheese	Biscuit	Rice · Taro · Sugar · Oil · Mirin · Harusame Noodle · Sesame · SesameOil	Chicken · Think Deep-Fried Tofu · Ham · Molded Rare Cheese · Milk	White Radish · Carrot · Konjac · Cucumber
21	Tue	Arare	Rice	Lemon Soy Sauce-Grilled Salmon · Komatsuna Salad White Radish Miso Soup	Sweet Potato Chips	Rice · Sugar · Mirin · Mayonnaise · Sesame · Sweet Potato · Oil	Salmon · Bacon · Deep-Fried Tofu · Tofu · Miso · Milk	Lemon Juice · Ginger · White Green Onion · Komatsuna · Onion · Cabbage · Bean Sprouts · White Radish · Carrot · Green Onion
22	Wed	Fruits	Rice	Stewed Hamburger with Mushroom Sauce · Wakame Soup Lemon Jelly	Arare	Rice · Bread crumbs · Oil · Sugar · Lemon Jelly	Minced Meat · Adjusted Soymilk · Wakame · Bacon · Milk	Onion · Carrot · King Trumpet Mushroom · Shimeji Mushroom · Ketchup · Cabbage · Parsley
24	Fri	Fruits	Curry Udon	Curry Udon Seaweed Vinegar ae Salad	Tofu Cocoa Brownie	Dried Udon · Oil · Sugar · Rice flour · Potato Starch · Curry Mix	Pork · Naruto · Deep-Fried Tofu · Canned Tuna · Tofu · Seasoned Nori Seaweed · Milk · Cocoa	Carrot · Onion · Green Onion · Cabbage
25	Sat	Rice Cracker	Kitsune Udon	Kitsune Udon Yogurt	Biscuit	Dried Udon	Chicken · Deep-Fried Tofu · Fish Cake · Yogurt	Carrot · Onion · Green Onion
27	Mon	Fruits	Rice	Pork Marinated with Sauce Hearty Soup	Sausage and Cheese Steamed Bread	Rice · Oil · Sugar · Wheat Flour	Pork · Tofu · Milk · Sausage · Cheese	Onion · Carrot · King Trumpet Mushroom · Ketchup · Cabbage · Parsley
28	Tue	Arare	Rice	Horse Mackerel Tastuta-age Sweet Potato Salad Onion Clear Soup	Arare	Rice · Potato Starch · Oil · Sweet Potato · Mayonnaise	Horse Mackerel · Ham · Tofu · Wakame · Milk	Ginger · Cucumber · Carrot · Onion · Green Onion
29	Wed	Biscuit	Rice	Chinese Style Rice Bowl Persimmon Namasu Soymilk Pudding	Jam Sandwich	Rice · Oil · Sugar · Potato Starch · SesameOil · Sesame · Soymilk Pudding · Bread · Jam	Pork · Naruto · Milk	Carrot · Chinese Cabbage · Onion · Dried Shitake Mushroom · Garlic · Ginger · Persimmon · White Radish
30	Thu	Fruits	Rice	Salty Lemon-Grilled Chicken White Radish Sesame ae Salad Enoki Mushroom Miso Soup	Biscuit	Rice · Oil · Sugar · Sesame	Chicken · Salted Konbu · Deep-Fried Tofu · Tofu · Wakame · Miso · Yogurt drink	Lemon Juice · White Radish · Carrot · Cucumber · Enoki Mushroom · Onion · 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 Yogurt Drink 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.】

