

Year 2023 The Menu for the month of October

《GOAL》 Let's learn about different foods

Saturday halfday childcare


Matsusaka City Kodomo-Mirai ka 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
2	Mon	Arare	Rice	Masago Style Deep-fried Tofu Konbu ae Salad Sweet Potato Miso Soup	Biscuit	Rice · Potato Starch · Sugar · Oil · Sweet Potato	Tofu · Minced Chicken · Dried Whitebait · Hijiki · Aonori · Salted Konbu · Deep-Fried-Tofu · Miso · Milk	Carrot · Ketchup · Cabbage · White Radish · Onion · Green Onion
3	Tue	Rice Cracker	Rice	Boiled Sawara Ham Salad Onion Clear Soup	Arare Karinto	Rice · Mirin · Sugar · Sesame · Mayonnaise · Country-style Arare · Brown Sugar	Spanish Mackerel · Ham · Tofu · Milk	Ginger · Cucumber · Carrot · Cabbage · Onion · Enoki Mushroom · Green Onion
4	Wed	Yogurt	Rice	Pork Beans, Banana Spinach and Hijiki ae salad	Rice Cracker	Rice · Potato · Oil · Sugar · Sesame	Boiled Soybeans · Pork · Hijiki · Milk	Laurier · Carrot · Onion · Ketchup · Spinach · Cabbage · Bean Sprout · Banana
5	Thu	Biscuit	Rice	Tonteki Style Pork Shinoda ae Salad Wakame Clear Soup	Sata Andagi	Rice · Sugar · Oil · Mirin · Cake Mix · Powdered Sugar	Pork · Deep-Fried-Tofu · Tofu · Seaweed · Milk	Garlic · Onion · Komatsuna · Cabbage · Carrot · Enoki Mushroom
6	Fri	Fruits	Curry Pilaf	Curry Pilaf, Grape Jelly Pumpkin Soymilk Soup	Arare	Rice · Butter · Grape Jelly	Chicken · Bacon · Adjusted Soymilk · Milk	Onion · Carrot · Green Pepper · Pumpkin · Shimeji Mushroom · Parsley
7	Sat			Kitsune Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken · Deep-Fried-Tofu · Kamaboko · Fermented milk drink	Carrot · Onion · Green Onion
10	Tue	Arare	Rice	Mizore Style Boiled Pork Spinach Salad Tofu Clear Soup	Apple Steamed Bread	Rice · Sugar · Mirin · Oil · Mayonnaise · Rice Flour	Pork · Bacon · Tofu · Milk	Ginger · White Radish · Spinach · Cabbage · Carrot · Onion · Green Onion · Apple Juice
11	Wed	Fruits	Rice	Grilled Chicken with Ketchup, Japanese Style Salad, Wakame Soup	Rice Cracker	Rice · Sugar · Mirin · Oil	Chicken · Seaweed · Milk	Ketchup · Garlic · Cucumber · Cabbage · Carrot · Canned Pineapple · Onion
12	Thu	Biscuit	Rice with mushrooms	Rice with Mushrooms Harusame Noodle Salad Big Root Clear Soup	Soy Bean Flour Rusk	Rice · Oil · Mayonnaise · Mirin · Bread · Butter · Harusame Noodle · Granulated Sugar	Chicken · Ham · Soup Gluten · Milk · Soybean Flour	Shimeji Mushroom · Dried Shiitake Mushroom · Burdock · Carrot · Maitake Mushroom · Cucumber · Cabbage · Canned Orange · White Radish · Onion · Green Onion
13	Fri	Fruits	Rice	Grilled Salmon with Miso and Sesami, Gomoku Kinpira Komatsuna Clear Soup	Wafer Biscuit	Rice · Sugar · Mirin · Sesame · Sesame Oil	Salmon · Miso · Deep-Fried fish paste · Tofu · Milk	White Green Onion · Burdock · Carrot · Green Pepper · Konjac Noddles · Komatsuna · Onion · Green Onion
14	Sat			Kishimen Fermented milk drink or Yogurt drink		Kishiimen	Chicken · Deep-Fried-Tofu · Naruto · Fermented milk drink	Carrot · Green Onion · Onion
16	Mon	Fruits	Pasta	Japanese style Tuna Pasta Soup with lots of ingredients Yogurt	Pumpkin Soymilk Cake	Pasta · Oil · Butter · Sugar · Cake Mix	Canned Tuna · Chopped Seaweed · Bacon · Yogurt · Milk · Adjusted Soymilk	Cabbage · Eringi Mushroom · Onion · Carrot · Garlic · White Radish · Pumpkin
17	Tue	Arare	Rice	Grilled Saury with Kabayaki Sauce, Sweet Potato Salad, Enoki Mushrooms Clear Soup	Rice Cracker	Rice · Potato Starch · Oil · Sweet Potato · Mayonnaise · Sugar · Mirin	Pacific Saury · Ham · Seaweed · Milk	Cucumber · Carrot · Enoki Mushroom · Onion · Green Onion
18	Wed	Cheese	Rice	Pork Marinated with Sauce Vegetables Mayonnaise Salad Tofu Soup	Baked Sweet Potato	Rice · Oil · Sugar · Mayonnaise · Sweet Potato · Butter	Pork · Chikuwa · Tofu · Milk	Onion · Green Pepper · Ketchup · Cucumber · Cabbage · Carrot
19	Thu	Biscuit	Rice	Teriyaki Stlye Minced Chicken Carrot cooked with Egg and Tuna, White Green Onion Soup	Arare	Rice · Sugar · Mirin · Bread crumbs · Potato Starch · Sesame · Sesame Oil	Minced Chicken · Adjusted Soymilk · Egg · Canned Tuna · Seaweed · Deep-Fried-Tofu · Miso · Milk	Ginger · Green Onion · Carrot · Bean Sprout · Cabbage · Onion · White Green Onion
20	Fri	Arare	Rice	Miso Hamburg Steak Cabbage and Corn Salad Chinese Style Soup	Rice Cracker	Rice · Oil · Sugar · Bread crumbs · Mayonnaise · Sesame Oil	Minced Meat · Adjusted Soymilk · Miso · Milk	Onion · Cabbage · Canned Corn · Carrot · White Radish · Leek
21	Sat			Chicken Nanban Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken · Deep-Fried-Tofu · Kamaboko · Fermented milk drink	Carrot · Green Onion · Onion
23	Mon	Arare	with sweet potatoes	Rice with Sweet Potatoes, Grilled Chicken with Vinegar, Shiso ae Salad, Chinese Cabbage Miso Soup	Biscuit	Rice · Sweet Potato · Black Sesame · Sugar · Mirin	Chicken · Tofu · Deep-Fried-Tofu · White Miso · Milk	Ginger · Cabbage · Carrot · Perilla · Chinese Cabbage · Onion · Green Onion
24	Tue	Fruits	Rice	Miso Grilled Pork Macaroni Salad Wheat Gluten Clear Soup	Oni Manju	Rice · Sugar · Mirin · Oil · Macaroni · Sweet Potato · Mayonnaise · Wheat Flour	Pork · Red Miso · Ham · Tofu · Soup Gluten · Milk	Ginger · Cabbage · Carrot · Onion · Green Pepper · Cucumber · Green Onion
25	Wed	Wafer	Rice	Chicken Anglaise, Okaka ae Salad, Onion Soup	Arare	Rice · Potato Starch · Oil · Sugar · Bread crumbs	Chicken · Katsuoibushi · Tofu · Milk	Ginger · Carrot · Cabbage · Onion
26	Thu	Rice Cracker	Rice	Sukiyaki Style Beef Sesami Vinegar ae Salad Molded cheese	Cocoa cream sand	Rice · Sugar · Oil · Sesame · Sesame Oil · Bread Roll · Potato Starch	Beef · Grilled Tofu · Molded Cheese · Milk · Grilled Wheat Gluten or Mochi Gluten · Cocoa · Adjusted Soymilk	Carrot · Onion · Konjac Noodles · Enoki Mushroom · Chinese Cabbage · Green Onion · White Radish · Cucumber
27	Fri	Fruits	Rice	Salt-Grilled Salmon Beans Salad, Nameko Miso Soup	Rice Cracker	Rice · Sugar · Mayonnaise	Salmon · Hijiki · Milk · Red Miso · Boiled Beans · Canned Tuna · Tofu · Deep-Fried-Tofu	Carrot · Cucumber · Nameko Mushroom · Onion · Green Onion
28	Sat			Kayaku Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken · Deep-Fried-Tofu · Kamaboko · Fermented milk drink	Carrot · Green Onion · Onion
30	Mon	Arare	Rice	Thick Fried Tofu and Vegetables with Minced Pork, Bok choy and Lemon ae Salad, Grated Apple Jelly	Korean Pancake	Rice · Oil · Sugar · Mirin · Potato Starch · Grated Apple Jelly · Sesame Oil · Wheat Flour · Sesame	Thick Deep-Fried-Tofu · Minced Pork · Canned Tuna · Milk · Chikuwa	Onion · Carrot · White Radish · Bok Choy · Cabbage · Cucumber · Lemon · Leek
31	Tue	Fruits	Rice	Hawaiian Chicken Pumpkin Salad, Cabbage Soup	Biscuit	Rice · Mirin · Mayonnaise	Chicken · Ham · Bacon · Yogurt Drink	Canned Pineapple · Pumpkin · Carrot · Cucumber · Cabbage · Onion · Shimeji Mushroom

※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.】

