

《GOAL》 Let's chew well and eat!

Date	Day of Week	years		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
1	Fri	Rice Cracker	Rice	Deep-fried Horse Mackerel with aurora sauce, Boiled Vegetables, Miso soup with Pumpkin	Arare	Rice, mayonnaise, Flour, Oil, Bread Crumbs	Horse Mackerel, Tofu, Miso, Milk	Ketchup, Cabbage, Carrot, Onion, Pumpkin, Green Onion
2	Sat			Kishimen Yogurt		Kishimen	Chicken, Deep-Fried Tofu, Naruto, Yogurt, Milk	Carrot, Green Onion, Onion
4	Mon	Arare	Rice	Miso Grilled Pork Shinoda ae Salad Clear Soup with lots of ingredients	Apple Jelly	Rice, Sugar, Sesame, Mirin	Pork, Miso, Deep-Fried Tofu, Tofu, Seaweed, Milk, Gelatin, Fresh Cream	Komatsuna, Cabbage, Carrot, Onion, Green Onion, Powder Agar, Apple Juice
5	Tue	Fruits	Rice	Sierra Teriyaki, Stir-fried Hijiki Miso Soup with Summer Vegetables	Biscuit	Rice, Mirin, Sugar, Oil	Sierra, Boiled Soybean, Hijiki, Deep-fried Fish Cake, Deep Fried Tofu, Miso, Milk	Ginger, Carrot, Pumpkin, Eggplant, Onion
6	wed	Rice Cracker	Rice	Mapo Eggplant 3 Color Namul, Banana	Arare	Rice, Starch, Sugar, Oil, Sesame, Sesame Oil	Minced Pork, Tofu, Red Miso, Milk	Eggplant, Onion, Leek, Carrot, Ginger, Dried Shiitake, Cucumber, Bean Sprouts, Banana
7	Thu	Biscuit	Mixed Rice with Beef and Burdock	Mixed Rice with Beef and Burdock Vegetables dressed with sesame mayonnaise, Winter Melon Clear Soup	Tofu Cocoa Brownie	Rice, Sugar, Mayonnaise, Sesame, Rice Flour, Starch, Oil	Beef, Chikuwa, Seaweed, Tofu, Milk, Cocoa	Burdock, Ginger, Cucumber, Cabbage, Carrot, Winter Melon, Onion
8	Fri	Fruits	Rice	Grilled Chicken Marmalade Oriental Salad, Eringi mushroom Soup	Rice Cracker	Rice, Oil, Orange Marmalade, Corn Flakes, Sesame Oil, Sugar	Chicken, Canned Tuna, Milk	Orange Juice, Cabbage, Carrot, Cucumber, Onion, Eringi mushroom
9	Sat			Chicken Nanban Udon Yogurt		Dried Udon	Chicken, Deep-Fried Tofu, Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
11	Mon	Rice Cracker	Rice	Pork with BBQ Souce Cabbage and Corn Salad Clear Soup with Enoki mushroom	Wheat Rusk	Rice, Sugar, Oil, Mayonnaise, Butter	Pork, Chikuwa, Tofu, Milk, Soup Gluten	Ketchup, Cabbage, Carrot, Onion, Green Pepper, Corn, Enoki, Green Onion
12	Tue	Cheese	Rice	Chicken Anglaise Vegetable with Perilla Bean Sprouts Soup	Arare	Rice, Starch, Oil, Sugar, Bread Crumbs	Chicken, Vienna Sausage, Milk	Ginger, Cabbage, Carrot, Perilla, Bean Sprouts, Onion, Parsley
13	Wed	Wafer	Rice	Scoop Croquette Vegetables dressed with Dried Bonito Flakes, Tofu Soup	Rice Cracker	Rice, Potato, Mirin, Bread Crumbs, Oil	Minced Meat, Melted Cheese, Soy Milk, Bonito Flacks, Bacon, Tofu, Seaweed, Milk	Onion, Carrot, Cabbage
14	Thu	Fruits	Udon	Meat Miso Kake Udon Sesame Vinegar Salad Japanese Pear Jelly	Jako Toast	Udon, Oil, Sugar, Starch, Sesame Oil, Sesame, Pear Jelly, Bread, Mayonnaise	Pork, Red Miso, Milk, Dried Whitebait	Ginger, Carrot, Shiitake mushroom, Onion, Cucumber, Bean Sprouts, Parsley
15	Fri	Arare	Rice	Grilled Chicken with Ketchup Potato Salad, Cabbage Soup	Biscuit	Rice, Sugar, Mirin, Potato, Mayonnaise	Chicken, Ham, Milk	Ketchup, Garlic, Cucumber, Carrot, Cabbage, Onion, Shimeji mushroom
16	Sat			Kayaku Udon Yogurt		Dried Udon	Chicken, Deep-Fried Tofu, Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
19	Tue	Biscuit	Rice	Pork Curry Rice Fruit Yogurt Salad	Rice Cracker	Rice, Oil, Potato, Butter, Flour, Sugar	Pork, Melted Cheese, Milk, Yogurt	Laurier, Ginger, Garlic, Onion, Carrot, Ketchup, Banana, Canned Pineapple, Apple, Mandarin orange
20	Wed	Arare	Rice	Grilled Chicken with Corn Vegetable with flavored ground chicken, Seaweed Miso Soup	Coup Peach Orange	Rice, mayonnaise, Sugar, Mirin, Corn Starch	Chicken, Canned Tuna, Tofu, Seaweed, Miso, Milk, Yogurt	Canned Cream Corn, Cucumber, Carrot, Cabbage, Onion, Green Onion, Lemon/Peach/Orange J.
21	Thu	Fruits	Rice	Ginger Grilled Pork Japanese Style Salad, Onion Soup	Brown Sugar Steamed Bread	Rice, Mirin, Oil, Sugar, Flour, Brown Sugar	Pork, Seaweed, Bacon, Tofu, Milk	Ginger, Carrot, Onion, Cucumber, Cabbage, Canned Pineapple
22	Fri	Yogurt	Rice	Hokkaido Style Grilled Salmon Soumen Soup, Pear	Biscuit	Rice, Butter, Mirin, Sugar, Soumen	Salmon, Miso, Milk	Onion, Cabbage, Carrot, Green Pepper, Lemon Juice, Enoki mushroom, Green Onion, Pear
25	Mon	Rice Cracker	Rice	Bibimbap Bowl, Onion Soup Yogurt	Kinako Cake	Rice, Sugar, Mirin, Sesame Oil, Oil, Sesame, Cake mix	Minced Pork, Egg, Red Miso, Tofu, Yogurt, Milk, Soy Milk, Soybean Flour, Sugared Beans	Garlic, Ginger, Bean Sprouts, Carrot, Cucumber, Cabbage, Onion
26	Tue	Fruits	Rice	Marinated Salmon Pumpkin Salad, Tofu Miso Soup	Arare	Rice, Starch, Oil, Sugar, Mirin, Mayonnaise	Salmon, Ham, Tofu, Miso, Milk	Onion, Carrot, Green Pepper, Lemon Juice, Pumpkin, Cucumber, Cabbage, Green Onion
27	Wed	Biscuit	Rice	Flavored Hamburger Steak, Vegetable with Konbu, Vegetable Soup	Rice Cracker	Rice, Bread Crumbs	Minced Meat, Processed Soy Milk, Salted Kelp, Bacon, Tofu, Milk	Onion, Ketchup, Cabbage, Carrot
28	Thu	Arare	Rice	Perilla Sprinkled Rice, Banbanji Eggplant Miso Soup	Korean Pancake	Rice, Sugar, Sesame Paste, Sesame Oil, Oil, Flour, Mirin, Sesame	Chicken, Tofu, Deep-Fried Tofu, Miso, Milk, Chikuwa	Perilla, Cucumber, Carrot, Bean Sprouts, Green Onion, Onion, Eggplant, Leek
29	Fri	Fruits	Rice	Miso Grilled Chicken Tofu Clear Soup, Full Moon Jelly	Wafer Biscuit	Rice, Sugar, Mirin, Sesame Oil, Jelly	Chicken, Red Miso, Tofu, Bean Gluten, Drinking Yogurt	Cabbage, Carrot, Leek, Garlic, Onion, Enoki mushroom
30	Sat			Wakame Udon Yogurt		Dried Udon	Chicken, Naruto, Deep-Fried Tofu, Seaweed, Yogurt, Milk	Carrot, Green Onion, 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.】

