

Year 2023 The Menu for the month of August



Matsusaka City
Kodomo-Mirai ka
Kindergarten/Preschool Section

《GOAL》 Let's have a good breakfast!

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
1	Tue	Fruits	Rice	Boiled Sierra Macaroni Salad, Seaweed Soup	Pumpkin Scones	Rice, Mirin, Sugar, Macaroni, Mayonnaise, Flour, Oil	Sierra, Hum, Mehibi Seaweed, Tofu, Milk	Ginger, Cucumber, Cabbage, Onion, Carrot, Enoki mushroom, Green Onion, Pumpkin
2	Wed	Fruits	Rice	Ginger Grilled Pork Eggplant Miso Soup, Water Melon	Rice Cracker	Rice, Mirin, Oil	Pork, Deep-Fried-Tofu, Tofu, Miso, Milk	Ginger, Cabbage, Carrot, Onion, Green Pepper, Eggplant, Green Onion, Watermelon
3	Thu	Arare	Rice	Teryaki Style of Minced Chicken Somen Soup, Molded cheese	Coop Paimin	Rice, Sugar, Mirin, Bread crumbs, Potato Starch, Sesame, Somen, Cornstarch	Chicken, Processed Soy Milk, Molded cheese, Milk, Yogurt	Ginger, Green Onion, Carrot, Enoki mushroom, Onion, Lemon Juice, Canned Pineapple, Canned Orange
4	Fri	Biscuit	Pilaf	Pilaf Soy Milk Soup, Banana	Arare	Rice, Butter, Potato	Chicken, Sausage, Processed Soy Milk, Milk	Onion, Carrot, Green Pepper, Banana
5	Sat	Arare	Udon	Chicken Nanban Udon Yogurt	Rice Cracker	Dried Udon	Chicken, Deep-Fried-Tofu, Kamaboko, Yogurt	Carrot, Green Onion, Onion
7	Mon	Rice Cracker	Green Vegetable Rice	Green Vegetable Rice Eggplant Gratin, Tofu Soup	Soy Milk Mochi	Rice, Macaroni, Butter, Flour, Potato Starch, Sugar	Pork, Melted Cheese, Milk Bacon, Tofu, Processed Soy Milk, Soybean Flour	Green Vegetable Furikake, Eggplant, Onion, Tomato Puree, Ketchup, Carrot, Cabbage
8	Tue	Fruits	Rice	Grilled Salmon with Lemon Soy Sauce Seaweed in Vinegar, Bon Soup	Grape Jelly	Rice, Sugar, Mirin	Salmon, Tuna, Miso, Horn Seaweed, Milk, Deep-Fried-Tofu, Gelatin, Fresh Cream	Lemon Juice, Ginger, Eggplant, Komatsuna, White Green Onion, Cabbage, Pumpkin, Grape Juice, Carrot, Burdock, Powder Agar
9	Wed	Arare	Rice	Meat and Potatoes, Coleslaw Salad Lemon Jelly	Biscuit	Rice, Potato, Oil, Sugar, Mirin, Lemon Jelly, Mayonnaise	Beef, Ham, Milk	Onion, Carrot, Konjak, Cabbage, Cucumbr, Canned Corn
10	Thu	Fruits	Rice	Yulin Chicken, Vege. With Perilla Chinese Style Soup	Rice Cracker	Rice, Potato Starch, Oil, Sugar, Sesame Oil	Chicken, Tofu, Milk	White Green Onion, Ginger, Cabbage, Carrot, Perilla, Onion, Chinese Chive
12	Sat	Biscuit	Udon	Kayaku Udon Yogurt	Arare	Dried Udon	Chicken, Deep-Fried-Tofu, Kamaboko, Yogurt	Carrot, Green Onion, Onion
14 15 16	Mon Tue Wed	Free Menu						
17	Thu	Rice Cracker	Curry Rice	Summer Vegetable Curry Fruit and Jelly	Macaroni Mitarashi	Rice, Oil, Butter, Flour, Sugar, Jelly, Macaroni, Mirin, Potato Starch	Pork, Melted cheese, Milk	Laurier, Ginger, Garlic, Pumpkin, Eggplant, Onion, Carrot, Green Pepper, Ketchup, Oange, Pine
18	Fri	Fruits	Rice	Miso Grilled Pork, Wakame Soup Vegetables with sesame mayonnaise	Biscuit	Rice, Sugar, Sesame, Mirin, Mayonnaise	Pork, Miso, Chikuwa, Wakame Seaweed, Tofu, Milk	Cucumber, Cabbage, Carrot, Onion
19	Sat	Arare	Udon	Wakame Udon Yogurt	Rice Cracker	Dried Udon	Chicken, Naruto, Deep-Fried-Tofu, Wakame, Yogurt	Carrot, Green Onion, Onion
21	Mon	Rice Cracker	Noodles	Fried Noodles Vegetable Soup with Potatoes Yogurt	Jam Sandwich	Chinese Noodles, Oil, Potato, Plain bread, Jam	Pork, Chikuwa, Green Laver, Dried Bonito, Sausage, Tofu, Yogurt, Milk	Green Pepper, Cabbage, Carrot, Onion, Ketchup
22	Tue	Fruits	Rice	Grilled Lemon marinated Chicken Boiled Pumpkin, Wakame Miso Soup	Arare	Rice, Potato Starch, Oil, Mirin, Sugar	Chicken, Tofu, Wakame, Miso, Milk	Lemon Juice, Pumpkin, Enoki Mushroom, Carrot, Onion
23	Wed	Arare	Rice	Hijiki hamburger, Boiled Vegetable Tomato Soup	Biscuit	Rice, Bread crumbs, Sugar, Oil	Minced Meat, Hijiki, Processed Soy Milk, Bacon, Milk	Onion, Carrot, Ketchup, Cabbage, Tomato
24	Thu	Biscuit	Rice	Miso Stew of Pork and Fried Tofu Komatsuna Salad, Banana	Yogurt Cake	Rice, Potato, Oil, Sugar, Mirin, Sesame, Mayonnaise, Cake mix	Pork, Fried Tofu, Miso, Bacon, Milk, Yogurt	Onion, Carrot, Green Onion, Komatsuna, Cabbage, Banana
25	Fri	Yogurt	Rice	Salt-Grilled Salmon Bansan Soo, Cabbage Miso Soup	Rice Cracker	Rice, Vermicelli, Sesame, Sugar, Sesame Oil	Salmon, Ham, Egg, Tofu, Miso, Milk	Cucumber, Carrot, Cabbage, Onion, Green Onion
26	Sat	Rice Cracker	Udon	Kitsune Udon Yogurt	Arare	Dried Udon	Chicken, Deep-Fried-Tofu, Kamaboko, Yogurt	Carrot, Green Onion, Onion
28	Mon	Fruits	Rice	Tonteki Style Pork Bok choy with Lemon Summer Vegetable Miso Soup	Orange Jelly	Rice, Sugar, Oil	Pork, Tuna, Deep-Fried-Tofu, Miso, Milk, Gelatin, Fresh Cream	Garlic, Onion, Bok Choy, Carrot, Cabbage, Cucumber, Lemon Juice, Pumpkin, Eggplant, Agar, Orange Juice
29	Tue	Arare	Rice	Fish with Vegetable Sause Pumpkin Salad, Onion Clear Soup	Wafer Biscuit	Rice, Sugar, Mayonnaise	Sierra, Ham, Tofu, Wakame, Milk	Green Onion, Ginger, Onion, Pumpkin, Carrot, Cucumber, Shimeji mushroom
30	Wed	Rice Cracker	Gaprao Rice	Japanese Style Gaprao Rice Onion Soup, New Summer Orange Jelly	Banana Muffin	Rice, Oil, Mirin, Cake mix, Sugar, New Summer Orange Jelly, Butter	Chicken, Tofu, Milk	Garlic, Green Pepper, Shimeji mushroom, Red Paprika, Onion, Carrot, Cabbage, Banana
31	Thu	Cheese	Rice	Tandoori Chicken, Beans Salad Soup with lots of ingredients	Rice Cracker	Rice, Sugar, Mayonnaise	Chicken, Yogurt, Hijiki, Boiled Soybean, Tuna, Drinking Yogurt	Ketchup, Carrot, Cucumber, Eringi, Cabbage, 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.]

