

Year 2023 Menu for the Month of May

《Goal》 Get used to the lunches and snacks that you eat together in the classroom!!



Matsusaka City Kodomo Mirai-ka Kindergarten/Pre-school Section

Day	Day of the week	Children under 3 years old		Lunch Menu	Afternoon snack	Ingredients		
		Morning snack	Staple food			Energy food	Foods to produce blood, muscles and bones	Foods to keep you healthy
1	Mon.	milk cheese	rice	Ground chicken mixed with thick fried tofu and vegetable Ham salad, Banana	milk rice cracker (arare)	rice, potato, oil, sugar, mirin, potato starch, sesame, mayonnaise	thick fried tofu, ground chicken, ham, milk	onion, carrot, cucumber, cabbage, banana
2	Tue.	milk senbei	green peas rice	Green peas rice, Chicken salad Clear soup with onion	milk cocoa cream sand	rice, sugar, mirin, potato, mayonnaise, bread roll, potato starch	chicken, tofu, milk, cocoa, adjusted soy milk	green peas, cucumber, carrot, canned corn, onion, green onion
6	Sat.			Chicken nanban udon Fermented milk drink or Yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, green onion, onion
8	Mon.	milk arare	rice	Stir-fried pork with barbecue sauce Bean sprouts soup, Soy milk pudding	milk tea flavor pancake	rice, sugar, soy milk pudding, cake mix, butter	pork, bacon, tofu, milk, fresh cream	ketchup, garlic, cabbage, carrot, onion, green pepper, bean sprouts, powdered green tea
9	Tue.	milk fruit	rice	Grilled salmon with sesame miso Simmered strips of radish Clear soup with Japanese mastered spinach	milk fried arare with sugar	rice, sugar, mirin, sesame, arare	salmon, miso, fried fish cake, tofu, milk	white onion, dried radish, carrot, onion, Japanese mastered spinach
10	Wed.	milk senbei	rice	Chicken cutlet, Boiled vegetable Wakame soup	milk biscuit	rice, mayonnaise, flour, bread crumbs, oil, sugar	chicken, wakame, sausage, tofu, milk	ketchup, cabbage, carrot, onion
11	Thu.	milk wafer	udon noodle with flavored minced	Udon noodle with flavored minced miso, Coleslaw salad, Cut-out cheese	milk rice cracker (arare)	dried udon noodle, oil, sugar, potato starch, mayonnaise	ground pork, red miso, ham, cut-out cheese, milk	ginger, carrot, shiitake mushroom, onion, cabbage, cucumber, canned corn
12	Fri.	milk fruit	rice	Ginger fried pork Bok choy tossed with lemon sauce Miso soup with bean sprouts	milk rice cracker (senbei)	rice, mirin, oil, sugar	pork, canned tuna, tofu, miso, milk	ginger, onion, bok choy, cucumber, carrot, lemon juice, bean sprouts, green onion
13	Sat.			Kishimen noodle Fermented milk drink or Yogurt drink		Kishimen noodle	chicken, fried tofu, naruto, fermented milk drink	carrot, green onion, onion
15	Mon.	milk senbei	rice	Grilled chicken with miso sauce Tofu clear soup, Yogurt	milk baked potato	rice, sugar, mirin, sesame oil, potato, oil	chicken, red miso, tofu, yogurt, milk, green laver	cabbage, carrot, leek, garlic, onion, green onion
16	Tue.	milk fruit	rice	Horse mackerel socked with lemon, Vegetables seasoned with sesame mayonnaise paste Onion miso soup	milk rice cracker (arare)	rice, potato starch, oil, sugar, mirin, mayonnaise, sesame	horse mackerel, chikuwa, tofu, white miso, milk	lemon juice, cucumber, cabbage, carrot, onion
17	Wed.	milk biscuit	rice	Seasoned hamburger steak, Boiled vegetables tossed with shredded shiso leaf, eryngii mushroom soup	milk rice cracker (senbei)	rice, bread crumbs	ground pork and beef, adjusted soy milk, bacon, tofu, milk	onion, ketchup, cabbage, carrot, shiso leaf, eryngii
18	Thu.	milk arare	chicken rice	Chicken rice, Soy milk soup Peach jerry	milk muffin	rice, oil, potato, peach jerry, cake mix, sugar, butter	chicken, bacon, adjusted soy milk, milk	carrot, onion, green pepper, ketchup, parsley
19	Fri.	milk fruit	rice	Light taste stir-fried pork Hijiki seaweed tossed with vegetables, Miso soup with podded peas	milk biscuit	rice, sugar, mirin, sesame	pork, hijiki seaweed, tofu, fried tofu, miso, milk	ginger, cabbage, carrot, bean sprouts, onion, podded peas
20	Sat.			Kitsune udon (udon with deep-fried tofu) Fermented milk drink or Yogurt drink		dried udon noodle	chicken, fried tofu, kamaboko, fermented milk drink	carrot, onion, green onion
22	Mon.	milk biscuit	rice	Mapo Tofu with ground pork 3-color vegetable Namul, Banana	milk rice cracker (senbei)	rice, potato starch, sugar, oil, sesame, sesame oil	pork, tofu, red miso, milk	onion, leek, carrot, ginger, dried shiitake mushroom, cucumber, bean sprouts, banana
23	Tue.	yogurt	rice	Spanish mackerel grilled with salt Grass noodle salad Tofu miso soup	milk, soy milk flavored rice cake	rice, grass noodle, mayonnaise, potato starch, sugar	spanish mackerel, ham, tofu, miso, milk, adjusted soy milk, kinako	cucumber, cabbage, carrot, canned orange, bean sprouts, onion, green onion
24	Wed.	milk arare	rice	Chicken coated with sesame sauce, Tossed vegetable and laver seasoned with vinegar Bok choy soup	milk biscuit	rice, potato starch, oil, sugar, mirin, sesame	chicken, canned tuna, square shaped laver, bacon, tofu, milk	ginger, cabbage, carrot, bok choy, onion
25	Thu.	milk senbei	rice	Pork steak, Japanese mastered spinach salad Enoki mushroom clear soup	milk orange jerry	rice, sugar, oil, mayonnaise, sesame	pork, bacon, tofu, milk, gelatin, fresh cream	garlic, onion, Japanese mastered spinach, cabbage, bean sprouts, enoki mushroom, carrot, podded peas, powder agar, orange juice
26	Fri.	milk fruit	rice mixed with beef and burdock	Rice mixed with beef and burdock Oriental salad, Cabbage miso soup	milk wafer biscuit	rice, sugar, corn flakes, oil, sesame oil	beef, canned tuna, tofu, fried tofu, wakame, miso, milk	burdock, ginger, cabbage, carrot, cucumber, onion
27	Sat.			Wakame udon Fermented milk drink or Yogurt drink		dried udon noodle	chicken, naruto, fried tofu, wakame, fermented milk drink	carrot, green onion, onion
29	Mon.	milk arare	curry and rice	Curry and rice Fruit yogurt salad	milk rice cracker (senbei)	rice, oil, potato, butter, flour, sugar	chicken, cheese, milk, yogurt	bay leaf, ginger, garlic, onion, carrot, ketchup, banana, canned pineapple/ peach/ orange
30	Tue.	milk senbei	rice	Salmon Meuniere Japanese style salad, Vegetable soup	milk jam sandwich	rice, flour, butter, oil, sugar, bread, jam	salmon, bacon, tofu, milk	parsley, cucumber, cabbage, carrot, canned pineapple, onion
31	Wed.	milk fruit	rice	Grilled chicken with marmalade sauce, Cabbage and corn salad Clear soup with wheat bran	yogurt drink biscuit	rice, oil, orange marmalade, mayonnaise	chicken, chikuwa, tofu, wheat bran, yogurt drink	orange juice, cabbage, canned corn, carrot, onion, green onion

※ On days marked with a hand icon, we provide original and healthy homemade snacks from each nursery school.

【The menu may change depending on the delivery date of goods and climatic conditions. Thank you for your understanding.】

【On the bulletin board of each nursery school, the country/origin of the main ingredients used for lunch is shown.】

You can see the lunch menu on the "Kodomo Mirai Ka/ Matsusaka city website" at the end of each month.

