## ear 2023 The Menu for the month of June «GOAL» Let's gargle and brush your teeth after eating! Year 2023



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

Internal         Morring         Stepsing         Lunch         Menu         Provide         Provide         Found and During         Found and Durin	T			d				noradiante	1
unice         Stack         Foud         Childh         Heat and Stormth         First and Stormsh         First and Stormsh         Could Responder           1         The Milk         Marting of Pork strengt         Marting of Pork         Mark         Marting of Pork         Mark         Marting of Pork         Mark         Mark </td <td>Date</td> <td></td> <td></td> <td></td> <td>Lunch Menu</td> <td></td> <td colspan="3">Ingredients</td>	Date				Lunch Menu		Ingredients		
1         Thu         Make         Make         PRO         Result         Prof.         Make         Make         Prof.         Prof.         Make         Make         Prof.         Make         Make         Prof.         Make         Make        <			-			Snack		-	Foods Keep you Fit
No.         No. <td></td> <td></td> <td>Milk</td> <td></td> <td></td> <td>Milk M</td> <td></td> <td></td> <td>Onion, Carrot, Eringi(Mushroom)</td>			Milk			Milk M			Onion, Carrot, Eringi(Mushroom)
2         Fri         Max         Serial bold mark with Soy Susses         Mix         Pers, Bus, Teh, Mix         Beer, Bus, Teh, Mix         Bee	1	Thu		Dies			Granulated Sugar	Soup Giuten, Milk	Ketchup, Cabbage
2         Find         Non- Find         Spacing III Stald         Non- Find         Spacing III Stald         Non- Find         Spacing III Stald         Spacing IIII Stald         Spacing I				RICE			Rice Mirin Suger	Sierra, Ham Tofu Milk	Ginger, Cucumber, Carrot, Cabhage
Indit         Note         Prain	2	Fri	Milk			Milk		oloria, riani, rora, Willin	Enoki(mushroom), Onion, Green Onion
Sign         Bit         Construct Term         Marker         Construct Term         Marker	-		Fruit	Rice		Arare			
Description         Description <thdescription< th=""> <thdescription< th=""></thdescription<></thdescription<>	2	Cat		0	Kavaku Udon, Fermented milk drink	1000 mm 0	Dried Udon		Carrot, Green Onion, Onion
Sin         Mark         Country         Mark and the second se	3	Sat		¢- <u>uu</u> /@	-	· * J ~			
Ome         Direction         Opening Statute         Sympt Mit Bold         Proceed 69 Mit Mit Statute         Opening Statute <td></td> <td></td> <td>Milk</td> <td>Gomoku</td> <td></td> <td>Milk M</td> <td></td> <td></td> <td>Burdock, Carrot, Dried Shiitake,</td>			Milk	Gomoku		Milk M			Burdock, Carrot, Dried Shiitake,
Biol         Cold Calcular         Cold Calcular <td>5</td> <td>Mon</td> <td></td> <td></td> <td></td> <td></td> <td>Mayonnaise, Flour, Sugar</td> <td></td> <td></td>	5	Mon					Mayonnaise, Flour, Sugar		
G Tua         Sauce, Sir- fried Hijki         NMR.         Statemasser, Tok, Seewed, Aur.         Statewasser, Tok, Seewed, Source, Cabbase, Source, Ca			Rice Gracker	Rice			Rice Sugar Mirin Oil	-	Lemon Juice Ginger White Onion
Yogurt         Rice         Cabbage Mao Soup         Rice Variable         With Mao, Mk         With Mao, Mk           7         Wed         Milk         Riger Grilled Park Brewerd Soup         Milk         Riger Grilled Park Brewerd Soup         Milk         Riger Mill, DR Ree Variable, Mark Brewerd Soup         Riger, Mill, DR Ree Variable, Milk         Riger, Mill, Riger, Mill, M	6	Tue				Milk	Nice, Sugar, Mirin, On	Satsumaage, Tofu, Seaweed,	
T         West Fruit         Milk Rouge         Ginger Origited Pork. Fruit         Milk Rouge Fruit         Pork. Him, Suscept Busco, Fruit, Chines autor, Chines Other, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines, Catholas, Chines,	Ŭ	140	Yogurt	Rice	-	Rice Cracker		White Miso, Milk	
Y         West         Price Vermicelli Stadd						Mille M			Ginger, Onion, Cucomber, Cabbage,
Full         Fluid         Rice         Stewered Soup         Grann Praceate Bind         Grann Praceatee Bind	7	Wed	IVIIIK		Rice Vermicelli Salad	MIIK C		Tofu, Milk, Chikuwa	Carrot, Chinese chive
B         Tm         Mile         Boiled Vegetables         Mile         Bread Diamo, Ol Sage         Bearagrout, Drin, Green Dalen, Mile, Mayonas, Barana           9         Fri         Mile         Park Deer-Inted Tofu In Miso Vegetables with Seame Mile, Mayonas, Barana         Mile, Mayonas, Barana         Mile, Mile, Mayonas, Barana         Direl Ubon         Direl Ubon         Direl, Mayonas, Barana         Oarot, Freen Orion, Diron           10         Sat         Sat         Sat         Saturat, Mile, Mayonas, Barana         Direl Ubon         Direls, Mayonas, Barana         Oarot, Freen Orion, Diron           11         Mile, Mile, Biscult         Rice, Mile, Mile, Vegetables, Wilh, Or Oygurt, Mile, Nice Oracker, Mile, Biscult         Mile, M			Fruit	Rice	· · · · · · · · · · · · · · · · · · ·	Korean Pancake	, ,		
Image         Arare         Rice         Bolied Veget (alles) seamport. Mills         Discuti	~	<b>T</b> 1	Milk			Milk		Chichen, Tofu, Miso, Milk	
9         Fri         Milk         Port. Deep-fried Tofu In Milo         Milk         Port. Deep-fried Tofu, Milo         Direct Ordinate, Barana         Port. Deep-fried Tofu, Milo         Direct Ordinate, Barana         Direct Ordinate, Direct Ordinate, Bar	8	Ihu		Diee			Dreau Gruins, Oil, Sugar		Beansprout, onion, Green onion
Procent Procession         Vergetables with Seame         Mith.         Mith. Mayonales, Seame         Outcomer.				Rice			Rice Taro Oil Sugar	Pork Deen-fried Tofu Miso	Onion Carrot Green Onion
Rec Cracker         Rive         May onnaise, Banana         Arare         Oriel USon         Chicken Nachon Udon, Fermented mik         Ourse, Termined mik	9	Fri	Milk			Milk			
10     Sat     Sat <td>0</td> <td></td> <td>Rice Cracker</td> <td>Rice</td> <td></td> <td>Arare</td> <td></td> <td></td> <td></td>	0		Rice Cracker	Rice		Arare			
10     User Seg 20	10	Co+					Dried Udon		Carrot, Green Onion, Onion
12     Mon     Mik     Isrcuit     Isrc	10	Sat	\$\$ • \$ <b>\$</b> •	1. job • (1) "		·@•@•@			
Image: Second			Mile			NUL MA	Rice, Oil, Mirin, Sugar	Chichen, Seaweed, Tofu, Miso,	
Discult         Problem         Problem <t< td=""><td>12</td><td>Mon</td><td></td><td></td><td></td><td>1.0</td><td></td><td>Milk, Gelatin</td><td></td></t<>	12	Mon				1.0		Milk, Gelatin	
13     Tue     Milk     Mixed     Fruit     Rice     Yogurt     Nik     Oucumer, Fing(Maahroon), Or       14     Wed     Milk     Tontok(/Pork)     Need grade     Need grade     Pork, Ohluwe, Tofu, Soog       15     Thu     Rice     Cabbae and Corn Salad     Baked Potato     Pork, Ohluwe, Tofu, Soog       15     Thu     Milk     Vegetables with Sesame Saue     Milk     Pork, Ohluwe, Tofu, Soog       16     Fri     Milk     Baked Potato     Non, Mirk, Sasame, Sugar     Milk       16     Fri     Milk     Baked Potato     Non, Mirk, Sasame, Sugar     Milk       17     Sat     Sate Cabbae     Sate Potato     Non, Mirk, Sasame, Sugar     Milk       17     Sat     Sate Sate Sate Sate Sate Sate Sate Sate			Biscuit			Apple Jelly			
10       10       Fruit       Rice       Cracker       Rice Cracke	10	Тис	Milk			Milk			
14         Wed         Milk         Tortek (/Fork)         Milk         Pork, Olikuwa, Tofu, Soup         Garlie, Onion, Cabbage, Corn, Ci           15         Thu         Rice         Cabbage and Corn Solad         Baked Potato         Baked Potato         Pork, Olikuwa, Tofu, Soup         Garlie, Onion, Cabbage, Corn, Ci           15         Thu         Milk         Vegetables with Seame Sause         Milk         Pork, Mirin, Sasame, Sugar         Point, Olikuwa, Tofu, Milao, Olico, Egol, Green, Onion, Green, Doino, Green, Onion, Green,	13	Tue	Fruit			Rice Cracker		oudougo, rora, rogart, mint	edealiber, Eingkmach conty, enter
14       Werd Wilk       Werd gluten Olear Soup       Maryomailes, Potato       Gluten, Mik, Green laver         15       Thu       Milk       Cabbas and Corn Salad       Baked Potato       Milk       Dinben, Chikuwe, Tofu, Mieo, User, Grant, Gran				1100			Rice, Sugar, Oil.	Pork, Chikuwa, Tofu, Soup	Garlic, Onion, Cabbage, Corn, Carrot
15         Thu         Milk Rice Cracker Arare         Hawaiian Chicken Vegetables with Sesame Suse Onion Miso Soup         Milk Biscuit         Rice, Mirr, Sasame, Sugar Biscuit         Ohichen, Ohikuwe, Tofu, Mic, Wegetables with Sesame Suse Tofu Cierz Soup         Phrapping Cabbage, Beansprout, Onion, Eget Wafer           16         Fri Arare         Milk Rice         Milk Wagetables with Sesame vinegar Tofu Cierz Soup         Milk Wafer         Rice, Oil, Sugar, Seame         Beef, Tofu, Seawed, Milk Wafer         Diele Beef, Singure, Wafer         Oilohen, Des-risel Tofu, Geren Onion, Onion           17         Sat         Sat         Kishimen Noodles, Fernented milk Chicken Satt Lernon Tuna Salad         Kishimen Noodles, Carrot Warn to Kanabolo, Fernanted Dioker, Satt Kombu, Tuna Salad         Carct Green Onion, Onion Milk         Carct Green Onion, Onion Milk Wagetable Soup         Coup Orange Biscuit         Rice, Pata Starch, Oil, Bean, Tofu, Milk, Yegett         Carct Green Paper, Cabbase, Orion, Carct, Green Paper, Katchup, BeAr-Choy, Banana Oil, Carct, Green Paper, Katchup, BeAr-Choy, Banana Arare         Milk Milk         Milk Warented Desp-rised Horse Milk         Nilk Watebalt         Nilk, Wagett Biscuit         Nilk Watebalt         Milk Milk         Nilk Watebalt         Nilk, Wagett Basana Oil, Carct, Green Paper, Katchup, BeAr-Choy, Banana Oil, Carct, Green Onion, Tor Gueanber, Beansprout, Dried Watebalt         Nilk Watebalt         Nilk Watebalt         Nilk Watebalt         Nilk Milk Milk         Nilk Milk Milk         Nilk Milk Milk         Nilk Milk	14	Wed	Milk			Milk 2005			
15     Thu     Milk     Wagetables with Sesame Sause Rice Cracker     Milk     Milk     Milk     Curumber, Carrot, Onion, Egepti Green Onion       16     Fri     Milk     Wagetables with sesame vinegar Tofu Clear Soup     Milk     Rice, OI, Sugar, Sesame     Beef, Tofu, Seaweed, Milk     These Konico, Green Onion       17     Sat     Sat     Kishimen Noodles, Fermented milk     Scatt     Scatt     Othoken Salt Lemon     Othoken Salt Carrot, Green Onion     Othoken Oacer, Toru, Milk, Yogurt     Tabasad       20     Tue     Milk     Milk     Milk     Milk     Rice, OI Sugar, Sesame     Othoken Salte Kombu, Tun, Salted Kombu, Tun, Salt			Fruit	Rice		Baked Potato			
15       True       Rice       Vegetables With Sesame Sause       Biscuit       Milk       Orten Milks       Orten Milk         16       Fri       Milk       Nilk       Boiled Beef Shigure       Milk       Nilk       Rice, Old, Sugar, Seame       Beef, Tofu, Seawed, Milk       Drinn, Green Onion         17       Sat       Sat       Sat       Sat       Sat       Sat       Sat       Sat       Coundor, Green Onion       Drinn, Green Oni			Milk			Milk	Rice, Mirin, Sasame, Sugar		Pineapple, Cabbage, Beansprout,
16     Fri     Milk     Bolled Bert Snigure     Milk     Rice, 01, Sugar, Sesame     Beef, Tofu, Seaweed, Milk     Thread Konjac, Burdok, Carrot, Onion, Carrot, Green Onion, Onion       17     Sat     Sat     Kishimen Noodles, Fermented milk     Kishimen Noodles, Fermented milk     Kishimen Noodles, Fermented milk     Kishimen Noodles, Fermented     Carrot, Green Onion, Onion       19     Mon     Milk     Chicken Salt Lemon     Milk     Kishimen Noodles, Fermented     Carrot, Green Onion, Onion       19     Mon     Milk     Chicken Salt Lemon     Milk     Milk     Coup Orange     Coup Orange     Chicken, Salted Kombu, Tuna, Lemon Juice, Cuumber, Garot, Green Pepper, Bason, Tofu, Milk, Yegurt     Cababas, Onion, Carrot, Green Pepper, Bason, Sugar, Seame, Milk     Chicken, Salted Kombu, Tuna, Lemon Juice, Cuumber, Garot, Green Pepper, Bason, Sugar, Seame, Milk     Chicken, Salted Kombu, Tuna, Lemon Juice, Cuumber, Garot, Green Pepper, Bason, Sugar, Seame, Sugar, Seame, Milk     Chicken, Salted Kombu, Tuna, Lemon Juice, Cuumber, Garot, Green Pepper, Salted Kombu, Tuna, Lemon Juice, Cuumber, Bason, Tofu, Milk, Seame, Sugar, Seame, Ol, Jean, Park, Kotaub, Bok-Choy, Banana       21     Wed     Milk     Dry     Dry Curry     Milk     Rice, Ol, Mink, Sugar, Seame Ol, Jean, Sugar, Seame	15	Thu		D'				MIIK	
16       Fri       Milk       Vegetables with sesame vinegar       Wafer       Oil, Sesame       Oil, Sesame       Ginger, Cucumber, Beansporut, Oinon, Green Onion, Green Onion, Green Onion, Green Onion, Green Onion, Green Onion, Green Onion         17       Sat       Sat       Kishimen Noodles, Fermented milk       Kishimen Noodles, Fermented milk       Kishimen Noodles, Fermented milk       Carot, Green Onion, Onion         19       Mon       Milk       Chicken, Satt Lemon       Milk       Milk       Carot, Green Onion, Onion         20       Tue       Milk       Milk       Milk       Milk       Milk       Gio, Sugar, Mayonaise, Cornatarch, Oil, Sesame, Sugar, Sesame       Biscuit       Carot, Green Onion, Carot, Green Pepper, Beansprout, Green, Chicken, Satten, Oil, Milk       Beansprout, Green Onion, Carot, Green Pepper, Beansprout, Green Onion, Carot, Green Onion, Carot, Green Onion, Tor Curvy         22       Thu       Milk       Dry Curvy       Milk       Rice, Oil Sugar, Beans, Sesame       Milk, Milk, Sesated Kombu, Beansprout, Green Onion, Tor Curve, Green Onion, Tor Curve, Green Onion, Tor Curve, Beansprout, Green Onion, Tor Curve, Beansprout, Green Onion, Tor Curve, Beansprout, Green Onion, Tor Curve, Milk, Konbu, Carot, Green Onion, Tor Curv				Rice			Pice Oil Sugar Secame	Beef Tofu Seeweed Milk	
Arare         Rice         Tofu Clear Soup         Biscuit         Count	16	Fri	Milk					Deer, Toru, Seaweeu, Milk	Ginger, Cucumber, Beansporout,
17       Satt       Satt       Kishimen Noodles, Fermented milk drink or Yogurt drink       Kishimen Noodles, Fermented milk drink or Yogurt drink       Kishimen Noodles, Fermented milk drink or Yogurt drink       Nartu Kamaboko, Fermented Tofu, mik drink, Satted Kombu, Tuna, Baon, Tofu, Mik, Yogurt       Carot, Green Onion, Onion         19       Mon       Milk       Chicken Satt Lemon Tuna Salad       Milk       Baon, Tofu, Mik, Yogurt       Dinon, Carrot, Green Pepper, Banaprout, Green Onion, Carrot, Green Pepper, Seame, Sugar, Seame       Milk       Dinon, Carrot, Green Pepper, Seame, Sugar, Seame       Dinon, Carrot, Green Pepper, Seame, Sugar, Potato, Staroh, Dink       Din	10		Arare	Rice					Onion, Green Onion
17       Sat       drink or Yogurt drink       Sat       drink or Yogurt drink       Sat       Sat       Sat       Sat       Sat       Chicken Salt Lemon       Milk       Sat       Markerel       Milk       Milk       Milk       Milk       Sat       Sat <t< td=""><td></td><td>0.1</td><td></td><td>3.OO</td><td>Kishimen Noodles Fermented milk</td><td></td><td>Kishimen Noodles</td><td></td><td>Carrot, Green Onion, Onion</td></t<>		0.1		3.OO	Kishimen Noodles Fermented milk		Kishimen Noodles		Carrot, Green Onion, Onion
19       Mon       Milk       Chicken Salta Lemon       Milk       Mayonnise, Construction       Chicken, Salta Lemon       Tune Salad       Coup Orange       Coup Orange       Coup Orange       Chicken, Salta Kombu, Tuna.       Lemon Julice, Courner, Carrot, Grad       Cabbage, Chick, Yogurt       Chic	17	Sat							
Total       Non       Fruit       Rice       Vegetable Soup       Coup Orange         20       Tue       Milk       Marinated Deep-fried Horse       Maik       Mainated Deep-fried Horse       Milk       Seame, Sugar, Seame, Sugar			Milk					Chicken, Salted Kombu, Tuna,	Lemon Juice, Cucumber, Carrot,
Order       Object Vision       Rice, Potato Starch, Qil, Seame, Sugar, Seame       Noise mackerel, Tofu, Miso, Milk       Onion, Carrot, Green Pepper, Beangrout, Green Pepper, Seame, Sugar, Seame         21       Wed       Milk       Dry       Dry Curry Banana       Dry Curry Banana       Milk       Nice Cracker       Milk       Milk       Milk       Milk       Milk       Milk       Milk       Dry Curry Banana       Milk       Nice Cracker       Milk	19	Mon		Dies			Mayonnaise, Cornstarch	Bacon, Totu, Milk, Yogurt	Cabbage, Onion, Mandarin Orange
20       Tue       Milk Rice Cracker       Rice       Mackerel Tofu Miso Soup, Peach Jelly       Milk Biscuit       Beamsprout, Green Onion       Beamsprout, Green Onion         21       Wed       Milk       Dry       Dry Ourry Banana       Milk Arare       Dry       Milk Banana       Milk Arare       Milk Arare       Dry       Bok-Choy Soup       Rice Cracker       Nink       Minched meat, Boiled Soybean Susage, Fotu, Mik       Onion, Carrot, Green Pepper, Susage, Fotu, Mik         22       Thu       Milk       Simmered Pork and Koyadofu Tomato Namul       Milk Moyadofu Tomato Namul       Milk Whitebait       Milk       Pork, Koyadofu, Milk, Dried       Onion, Carrot, Green Onion, Tor Onion, Carrot, Green Onion, Carrot, Green Onion, Tor Onion, Carrot, Green Onion, Onion Yogurt drink         24       Sat       Sat       Kitsune Udon, Fermented milk drink Onion Soup       Simmered Paretable       Milk       Bread Crums       Minched meat, Processed Soy Mink, Miso, Sated Kombu, Bason, Tot, Milk       Carrot, Green Onion, Cau Carrot, Onion         26       Mon       Milk       Tandoori Chiken Onion Soup       Milk drink       Simmered Crums			Fruit	Rice			Dine Detete Otersk Oil	llanaa maalaanal Tafu Miss	Onion Connet Orean Desper
20       Tute       Rice       Cracker       Rice       Tofu Miss Soup, Peach Jelly       Biscuit       Oil, Peach Jelly         21       Wed       Milk       Dry       Dry Curry       Bianana       Rice Cracker       Rice, Oil       Minched meat, Boiled Soyben       Onion, Carcot, Green Pepper, Ketchup, Bok-Choy, Banana         22       Thu       Milk       Dry       Biscuit       Milk       Rice Cracker       Pork, Koyadofu, Milk, Dried       Onion, Carcot, Green Pepper, Ketchup, Bok-Choy, Banana         22       Thu       Milk       Simmered Pork and Koyadofu Tomato Namul       Milk       Milk       Pork, Koyadofu, Milk, Dried       Onion, Carcot, Green Onion, Tom Cucumber, Beansprout, Dried Pa         23       Fri       Milk       Milk       Miso Hamburger Steak Miso Hamburger Steak Midakusann Soup       Milk       Rice, Oil, Sugar, Bread Crums       Minched meat, Processed Soy Milk, Miso, Salted Kombu, Beacon, Tofu, Milk       Onion, Cabbage, Carrot         24       Sat       Sat       Sat       Sate       Nisus       Sate State       Sate State       Onion, Carcot, Green Onion, Onion         24       Sat       Sat       Sate       Sate       Sate State       Milk       Sate State       Carcot, Green Onion, Onion         26       Mon       Milk       Tardoori Chiken       Milk	20	Tuo	Milk			Milk			
21     Wed Arare     Milk Curry     Dry Banana     Dry Banana     Dry Banana     Dry Banana     Milk Banana     Rice Oll     Minched meat, Boiled Sybean     Onion, Carrot, Green Pepper, Kethup, Bok-Choy, Banana       22     Thu     Milk     Simmered Pork and Koyadofu Tomato Namul     Milk     Nik     Pork, Koyadofu, Milk, Dried     Onion, Carrot, Green Onion, Tor Cuumber, Beansprout, Dried Pa       23     Fri     Milk     Milk     Milk     Milk     Nik     Nik     Nik     Nik     Onion, Carrot, Green Onion, Tor Cuumber, Beansprout, Dried Pa       24     Sat     Social     Rice     Milk     Milk     Milk     Biscuit     Milk     Milk     Biscuit     Carrot, Green Onion, Tor Cuumber, Beansprout, Dried Pa       24     Sat     Social     A 2 Social     Kitsune Udon, Fermented milk drink or Yogurt drink     Arare     Dried Udon     Chicken, Deep-fried Tofu, Kamaboko, Fermented milk drink     Carrot, Green Onion, Onion       26     Mon     Milk     Tandoori Chiken Orion Soup     Milk     Rice Cracker     Nik     Rice, Sugar, Potato, Milk     Sierra, Ham, Seaweed, Tofu, Milk     Geen Onion, Ginger, Onion, Cue Carot, Apple Juice     Carrot, Apple Juice       27     Tue     Milk     Fried     Fried     Milk     Rice Cracker     Nikk     Rice, Potato, Staeamed, Tofu Coccoa     Sierra, Ham, Seaweed, To	20	Tue	Rice Cracker	Rice		Biscuit			
21       Wed       Arare       Curry       Banana       Rice Cracker       Note of the max       Note of the max       Note of the max         22       Thu       Milk       Simmered Pork and Koyadofu Tomato Namul       Milk Mik       Simmered Pork and Koyadofu Tomato Namul       Milk Mik       Pork. Koyadofu, Milk, Dried       Onion, Carrot, Green Onion, Tor Cucumber, Beansprout, Dried Pa         23       Fri       Milk       Milk       Miso Hamburger Steak Konbu-ae       Milk Mik       Rice, Oil, Sugar, Bread Grums       Pork. Koyadofu, Milk, Dried       Onion, Carrot, Green Onion, Tor Cucumber, Beansprout, Dried Pa         24       Sat       Sat       Kitsune Udon, Fermented milk drink or Yogurt drink       Milk Arrare       Dried Udon       Chicken, Deep-fried Tofu, Kamaboko, Fermented milk drink       Carrot, Green Onion, Onion         26       Mon       Milk       Tandoori Chiken Onion Soup       Milk Pruit Pruit       Tandoori Chiken Onion Soup       Milk Pruit Pruit       Sated Soup, Carrot, Green Onion, Ginger, Onion, Cucu Green Onion, Ginger, Onion, Cucu Green Onion, Ginger, Onion, Cucu Green Chicken, Yogurt, Chikuwa, Hijiki, Sausage, Tofu, Milk       Seenerout, Onio         27       Tue       Milk       Fried Chichen Milk       Milk       Rice, Sugar, Potato, Steamed Milk       Siere, Han, Seaweed, Tofu, Milk       Siere, Han, Seaweed, Tofu, Milk       Geen Onion, Ginger, Onion, Cucu Carrot, Apple Juice				Duri			Rice, Oil	Minched meat, Boiled Soybean	Onion, Carrot, Green Pepper,
22       Thu       Milk       Simmered Pork and Koyadofu Tomato Namul       Milk       Rice, Oil, Mirn, Sugar, Bread, Mayonnaise       Pork, Koyadofu, Mik, Dried       Onion, Carrot, Green Onion, Tor Cucumber, Beansprout, Dried Pa         23       Fri       Milk       Milk       Miso Hamburger Steak Konbu-ae       Milk       Rice, Oil, Sugar, Bread, Mayonnaise       Minched meat, Processed Soy Milk, Miso, Safted Kombu, Bacon, Toru, Milk       Onion, Cabbage, Carrot         24       Sat       Sat       Sat       Sat       Sat       Carrot, Green Onion, Onion         24       Sat       Sat       Sat       Sat       Carrot, Green Onion, Onion       Satted Kombu, Arare         26       Mon       Milk       Tandoori Chiken Onion Soup       Milk       Satted Kombu, Arare       Dried Udon       Chicken, Desp-fried Toru, Kamaboko, Fermented milk drink       Carrot, Green Onion, Onion         27       Tue       Milk       Tandoori Chiken Onion Soup       Milk       Rice Cracker       Sierra, Ham, Seaweed, Tofu, Milk       Seamerout, Onion         27       Tue       Milk       Fried Chichen Onion Miso Soup       Milk       Rice, Potato Starch, Oil       Sierra, Ham, Seaweed, Tofu, Milk       Ginger, Gario, Cabbage, Carrot, Milk         28       Wed       Milk       Fried Chichen Milk       Spagetti with Meat Sause Coleslow Slad       M	21	Wed	MIIK	Dry		MIIK		Sausage, Tofu, Milk	Ketchup, Bok-Choy, Banana
22     Thu     Milk     Milk     Milk to an to be to be of a mile to mile			Arare	Curry					
22       Intuition       Fruit       Rice       Intuition       Fruit       Rice       Milk       Bread, Mayonnaise         23       Fri       Milk       Milk       Miso Hamburger Steak       Milk       Biscuit       Rice, Oil, Sugar, Milk, Miso, Saited Kombu, Bason, Tofu, Milk       Onion, Cabbage, Carrot         24       Sat       Sate       <			Milk			Milk M			
And the second secon	22	Thu						Whitoball	Sucumber, Deansprout, Dried I arsiey
23       Fri       Milk       Konbu-ae       Milk       Bread Crums       Milk, Miso. Sated Kombu, Bacon, Tofu, Milk       Carrot, Green Onion, Onion         24       Sat       Carrot, Green Onion, Onion         26       Mon       Milk       Tandoori Chiken       Milk       Milk       Sierra, Ham, Seaweed, Tofu, Milk       Ketchup, Cucumber, Carrot, Cab       Beansprout, Onion       Beansprout, Onion       Beansprout, Onion       Carrot, Apple Juice       Sierra, Ham, Seaweed, Tofu, Milk       Beansprout, Onion       Carrot, Apple Juice       Carrot, Apple Juice       Sierra, Ham, Seaweed, Tofu, Milk       Beansprout, Onion       Carrot, Apple Juice       Carrot, Sierra, Aam, Seaweed, Tofu, Milk       Geen Onion, Ginger, Onion, Cucu       Carrot, Apple Juice			Fruit	Rice		Whitebait Toast			
23       Fri       Rice       Kondu-age Midakusann Soup       Arare       Dried Udon       Bacon, Tofu, Milk       Carrot, Green Onion, Onion         24       Sat	00	E:	Milk		-	Milk			Onion, Cabbage, Carrot
24       Sat       Sa	23	Fri		Rice					
24       Sat       Sa				<u>^</u>		Aldie	Dried Udon	Chicken. Deep-fried Tofu.	Carrot, Green Onion, Onion
26MonMilkTandoori Chikan Onion SoupMilkRice, Sugar, SesameChichen, Yogurt, Chikuwa, Hijiki, Sausage, Tofu, MilkKetchup, Cucumber, Carrot, Cab Beansprout, Onion27TueMilkFish with Vegetable Sauce Potato SaladMilkRice, Sugar, Potato, Mayonnaise, Rice Flour, OilSierra, Ham, Seaweed, Tofu, MilkGeen Onion, Ginger, Onion, Cucu Carrot, Apple Juice28WedMilkFried Chichen Mushroom Miso Soup BiscuitFried Chichen Mushroom Miso Soup Coleslow SaladMilkRice, Potato Starch, Oil ArareChichen, Tofu, Red Miso, MilkGeen Onion, Ginger, Onion, Cucu Carrot, Apple Juice29ThuMilk Rice CrackerSpagetti with Meat Sause Coleslow SaladMilk Portato SaladMilk ArareSpagetti, Oil, Flour, Sugar, Tofu Cocoa BrownieMilk MilkCarrot, Onion, Ketchup, Cabbage, Carrot, Parila, Shimeji(Mashroom), Onio Green Onion29ThuMilk Milk Rice CrackerSpagetti with Meat Sause Coleslow SaladMilk Portio Cocoa BrownieSpagetti, Oil, Flour, Sugar, Portato StarchMinched meat, Milk, Cocoa, TofuCarrot, Onion, Ketchup, Cabbage, Carrot, Cucumber, Banana30FriMilk Milk CheeseMilk RiceMile Oriental Salad Substantial Clear SoupYogurt Drink BiscuitRice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame OilPork, Tuna, Tofu, Yogurt DrinkCabbage, Carrot, Cucumber, Onion	24	Sat	Q 4 2 4	A & A	,	5 **** 6 7		Kamaboko, Fermented milk	
26     Mon     Milk     Onion Soup     Milk     Hijki, Sausage, Tofu, Milk     Beansprout, Onion       27     Tue     Milk     Rice     Vegetable and Hijki Salad     Rice Cracker     Sierra, Ham, Seaweed, Tofu, Milk     Beansprout, Onion       27     Tue     Milk     Fish with Vegetable Sauce Potato Salad     Milk     Steamed     Milk     Sierra, Ham, Seaweed, Tofu, Milk     Geen Onion, Ginger, Onion, Cucu Carrot, Apple Juice       28     Wed     Milk     Fried Chichen Mushroom Miso Soup     Milk     Milk     Rice, Potato Starch, Oil Arare     Chichen, Tofu, Red Miso, Milk     Ginger, Garlic, Cabbage, Carrot, Parilla, Shimeji(Mashroom), Onio Green Onion       29     Thu     Milk     Spagetti with Meat Sause Coleslow Salad     Milk     Milk     Spagetti, Oil, Flour, Sugar, Potato Starch     Minched meat, Milk, Cocoa, Brownie     Carrot, Onion, Ketchup, Cabbage, Cucumber, Banana     Carrot, Onion, Ketchup, Cabbage, Cucumber, Banana       30     Fri     Milk Cheese     Rice     Rice     Yogurt Drink Biscuit     Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil     Pork, Tuna, Tofu, Yogurt Drink     Cabbage, Carrot, Cucumber, Onion			-	Q. VI			Rice Sugar Sesame		Ketchup Cucumber Carrot Cabbage
Image: constraint of the sector of the sec	26	Mon	Milk			Milk			
27TueMilkFish with Vegetable Sauce Potato SaladMilk SteamedRice, Sugar, Potato, Mayonnaise, Rice Flour, OilSierra, Ham, Seaweed, Tofu, MilkGeen Onion, Ginger, Onion, Cucu Carrot, Apple Juice28WedMilk BiscuitFried Chichen Mushroom Miso Soup Tossed Vegetable with Perilla leafMilk ArareRice, Potato Starch, Oil ArareChichen, Tofu, Red Miso, Milk ArareGinger, Garic, Cabbage, Carrot, Parilla, Shimeji(Mashroom), Onion Green Onion29ThuMilk Rice CrackerSpagettiSpagetti with Meat Sause Coleslow SaladMilk ArareSpagetti, Oil, Flour, Sugar, Tofu Cocca BrownieMinched meat, Milk, Cocca, Tofu Cocca BrownieCarrot, Onion, Ketchup, Cabbage, Carrot, Cucumber, Onion30FriMilk CheeseRice RiceMilk Substantial Clear SoupYogurt Drink BiscuitRice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame OilPork, Tuna, Tofu, Yogurt DrinkCabbage, Carrot, Cucumber, Onion			Fruit	Rice		Rice Cracker			
Wafer       Rice       Seaweed Clear Soup       Apple Bread       Arare       Apple Bread       Arare       Apple Bread       Arare       Apple Bread       Apple Bread       Apple Bread <tha< td=""><td></td><td rowspan="2">Tue</td><td>Milk</td><td></td><td>Fish with Vegetable Sauce</td><td>A 4'11</td><td></td><td></td><td>Geen Onion, Ginger, Onion, Cucumber,</td></tha<>		Tue	Milk		Fish with Vegetable Sauce	A 4'11			Geen Onion, Ginger, Onion, Cucumber,
28       Wed       Milk       Fried Chichen       Milk       Milk       Rice, Potato Starch, Oil       Chichen, Tofu, Red Miso, Milk       Ginger, Garlic, Cabbage, Carrot, Parilla, Shimeji(Mashroom), Onio Green Onion         29       Thu       Milk       Spagetti with Meat Sause Coleslow Salad       Milk       Milk       Milk       Milk       Milk       Carrot, Onion, Ketchup, Cabbage, Carrot, Onion       Carrot, Onion, Ketchup, Cabbage, Carrot, Onion         29       Thu       Milk       Spagetti with Meat Sause Coleslow Salad       Milk       Milk       Mayonnaise, Rice Flour, Potato Starch       Minched meat, Milk, Cocca, Tofu       Carrot, Onion, Ketchup, Cabbage, Carrot, Cucumber, Onion, Milk, Cocca, Brownie         30       Fri       Milk       Milk       Yogurt Drink       Seame Oil       Pork, Tuna, Tofu, Yogurt Shimeji(Mashroom), Green Onior       Shimeji(Mash	27			D:		Steamed 7	mayonnaise, Rice Flour, Oil	MIIK	Garrot, Apple Juice
28     Wed     Mulk Biscuit     Rice     Mushroom Miso Soup Tossed Vegetable with Perilla leaf     Mulk Arare     Parilla, Shimeji(Mashroom), Onion Green Onion       29     Thu     Milk Rice Cracker     Spagetti with Meat Sause Coleslow Salad Banana     Milk Coleslow Salad Banana     Milk Milk Nogurt Drink Biscuit     Spagetti, Oil, Flour, Sugar, Mayonnaise, Rice Flour, Potato Starch     Minched meat, Milk, Cocoa, Tofu     Carrot, Onion, Ketchup, Cabbage Cucumber, Banana       30     Fri     Milk Cheese     Rice     Biscuit     Miso Grilled Pork Oriental Salad Substantial Clear Soup     Yogurt Drink Biscuit     Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil     Pork, Tuna, Tofu, Yogurt Drink     Cabbage, Carrot, Cucumber, Onio Shimeji(Mashroom), Green Onior				RICE			Rice Potato Starch Oil	Chichen Tofu Ped Mice Mills	Ginger Garlie Cabhaga Corret
Image: Spagetti Nilk     Milk     Spagetti Nilk     Milk     Milk </td <td>28</td> <td rowspan="2">Wed</td> <td>Milk</td> <td></td> <td></td> <td>Milk</td> <td rowspan="2">Rice, Potato Starch, Oli</td> <td>omonen, roru, rea miso, Milk</td> <td>Parilla, Shimeji(Mashroom), Onion,</td>	28	Wed	Milk			Milk	Rice, Potato Starch, Oli	omonen, roru, rea miso, Milk	Parilla, Shimeji(Mashroom), Onion,
29       Thu       Milk Rice Cracker       Spagetti with Meat Sause Coleslow Salad Banana       Milk Tofu Coca Brownie       Spagetti, Oil, Flour, Sugar, Mayonnaise, Rice Flour, Potato Starch       Minched meat, Milk, Cocoa, Tofu       Carrot, Onion, Ketchup, Cabbage Cucumber, Banana         30       Fri       Milk Cheese       Milk Rice       Miso Grilled Pork Oriental Salad       Yogurt Drink Biscuit       Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil       Pork, Tuna, Tofu, Yogurt Drink       Cabbage, Carrot, Cucumber, Onion, Ketchup, Cabbage	20		Biscuit	Rice		Arare			
29     Thu     Milk     Colesiow Salad     Tofu Cocia     Mayonnaise, Rice Flour, Potato Starch     Tofu     Cucumber, Banana       30     Fri     Milk     Miso Grilled Pork Oriental Salad     Yogurt Drink Biscuit     Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil     Pork, Tuna, Tofu, Yogurt Drink     Cabbage, Carrot, Cucumber, Oni Shimeji(Mashroom), Green Onior						Milk NM-		Minched meat, Milk, Cocoa,	Carrot, Onion, Ketchup, Cabbage,
Rice Cracker     Spaghetti     Banana     Brownie     Pola Staren       30     Fri     Milk Cheese     Mise Grilled Pork Oriental Salad     Yogurt Drink Biscuit     Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil     Pork, Tuna, Tofu, Yogurt Drink     Cabbage, Carrot, Cucumber, Oni Shimeji(Mashroom), Green Onior	29		Milk				Mayonnaise, Rice Flour,	Tofu	
30 Fri Milk Miso Grilled Pork Oriental Salad Oriental Salad Substantial Clear Soup Biscuit Biscuit Rice, Sugar, Sesame, Mirin, Corn flakes, Oil, Sesame Oil			Rice Cracker	Spaghetti			i otato otarch		
Cheese Rice Substantial Clear Soup Biscuit						Yogurt Drink			Cabbage, Carrot, Cucumber, Onion,
Cheese Rice Substantial Clear Soup Biscuit	30	Fri						Drink	Shimeji(Mashroom), Green Onion
* There is a Hand Mar N <sup>M</sup> on the day of handmade snackes at each nursery school					Substantial Clear Soup	Biscuit			

X There is a Hand Mar on the day of handmade snackes at each nursery school

[Please note that the menu may change depending on the availability of ingregients.] [Each nursery 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.]

