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

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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	~	T 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	\$\$ • \$ \$ •	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 ^M 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.]

