

# Year 2023 The Menu for the month of June

《GOAL》 Let's gargle and brush your teeth after eating!



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

Date	Day of week	old		Lunch Menu	Afternoon Snack	Ingredients		
		Morning Snack	Staple Food			Foods give you Heat and Strength	Turns into Blood, Flesh and Bones	Foods Keep you Fit
1	Thu	Milk Biscuit	Rice	Marinated Pork with sauce Tofu Soup Molded Cheese	Milk Wheat Rusk	Rice, Oil, Sugar, Butter Granulated Sugar	Pork, Sausage, Tofu, Cheese, Soup Gluten, Milk	Onion, Carrot, Eringi(Mushroom) Ketchup, Cabbage
2	Fri	Milk Fruit	Rice	Sierra boild hard with Soy Sause Spaghetti Salad Enoki Clear Soup	Milk Arare	Rice, Mirin, Sugar, Spaghetti, Mayonnaise	Sierra, Ham, Tofu, Milk	Ginger, Cucumber, Carrot, Cabbage, Enoki(mushroom), Onion, Green Onion
3	Sat	Milk Arare	Kayaku Udon	Kayaku Udon Yogurt	Milk Biscuit	Dried Udon	Chicken, Deep-fried Tofu, Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
5	Mon	Milk Rice Cracker	Gomoku Rice	Gomoku Rice Ham Salad Onion Clear Soup	Milk Soy Milk Cake	Rice, Oil, Mirin, Mayonnaise, Flour, Sugar	Chicken, Deep-fried Tofu, Ham, Tofu, Milk, Processed Soy Milk	Burdock, Carrot, Dried Shiitake, Cucumber, Cabbage, Green Onion, Onion
6	Tue	Yogurt	Rice	Grilled salmon with Lemon Soy Sauce, Stir-fried Hijiki Cabbage Miso Soup	Milk Rice Cracker	Rice, Sugar, Mirin, Oil	Salomon, Soybean, Hijiki, Satsumaage, Tofu, Seaweed, White Miso, Milk	Lemon Juice, Ginger, White Onion, Carrot, Cabbage, Onion
7	Wed	Milk Fruit	Rice	Ginger Grilled Pork Rice Vermicelli Salad Seaweed Soup	Milk Korean Pancake	Rice, Milin, Oil, Rice Vermicelli, Mayonnaise, Sesame Oil, Flour, Sesame	Pork, Ham, Seaweed, Bacon, Tofu, Milk, Chikuwa	Ginger, Onion, Cucumber, Cabbage, Carrot, Chinese chive
8	Thu	Milk Arare	Rice	Chicken Cutlet Boiled Vegetables Beansprout Miso Soup	Milk Biscuit	Rice, Mayonnaise, Flour, Bread Crums, Oil, Sugar	Chichen, Tofu, Miso, Milk	Ketchup, Cabbage, Carrot, Beansprout, Onion, Green Onion
9	Fri	Milk Rice Cracker	Rice	Pork Deep-fried Tofu in Miso Vegetables with Sesame Mayonnaise, Banana	Milk Arare	Rice, Taro, Oil, Sugar, Mirin, Mayonnaise, Sesame	Pork, Deep-fried Tofu, Miso, Chikuwa, Milk	Onion, Carrot, Green Onion, Cucumber, Cabbage, Banana
10	Sat	Milk Arare	Chicken Nanban Udon	Chicken Nanban Udon Yogurt	Milk Biscuit	Dried Udon	Chichen, Deep-fried Tofu, Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
12	Mon	Milk Biscuit	Rice	Teriyaki Chichen Japanese style salad Seaweed Miso Soup	Milk Apple Jelly	Rice, Oil, Mirin, Sugar	Chichen, Seaweed, Tofu, Miso, Milk, Gelatin	Cucumber, Cabbage, Carrot, Pineapple, Onion, Green Onion, Powder agar, Apple Juice
13	Tue	Milk Fruit	Bibimbap Mixed Rice	Bibimbap Mixed Rice Eringi mushroom Soup Yogurt	Milk Rice Cracker	Rice, Sugar, Mirin, Sesame Oil, Oil, Sesame	Minched Pork, Egg, Red Miso, Sausage, Tofu, Yogurt, Milk	Garlic, Ginger, Beansprout, Carrot, Cucumber, Eringi(Mashroom), Onion
14	Wed	Milk Fruit	Rice	Tonteki(Pork) Wheat gluten Clear Soup Cabbae and Corn Salad	Milk Baked Potato	Rice, Sugar, Oil, Mayonnaise, Potato	Pork, Chikuwa, Tofu, Soup Gluten, Milk, Green laver	Garlic, Onion, Cabbage, Corn, Carrot
15	Thu	Milk Rice Cracker	Rice	Hawaiian Chicken Vegetables with Sesame Sause Onion Miso Soup	Milk Biscuit	Rice, Mirin, Sasame, Sugar	Chichen, Chikuwa, Tofu, Miso, Milk	Pineapple, Cabbage, Beansprout, Cucumber, Carrot, Onion, Eggplant, Green Onion
16	Fri	Milk Arare	Rice	Boiled Beef Shigure Vegetables with sesame vinegar Tofu Clear Soup	Milk Wafer Biscuit	Rice, Oil, Sugar, Sesame Oil, Sesame	Beef, Tofu, Seaweed, Milk	Thread Konjac, Burdock, Carrot, Ginger, Cucumber, Beansporout, Onion, Green Onion
17	Sat	Milk Biscuit	Kishimen Noodles	Kishimen Noodles Yogurt	Milk Arare	Kishimen Noodles	Chichen, Deep-fried Tofu, Naruto Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
19	Mon	Milk Fruit	Rice	Chicken Salt Lemon Tuna Salad Vegetable Soup	Milk Coup Orange	Rice, Oil, Sugar, Mayonnaise, Cornstarch	Chicken, Salted Kombu, Tuna, Bacon, Tofu, Milk, Yogurt	Lemon Juice, Cucumber, Carrot, Cabbage, Onion, Mandarin Orange
20	Tue	Milk Rice Cracker	Rice	Marinated Deep-fried Horse Mackerel Tofu Miso Soup, Peach Jelly	Milk Biscuit	Rice, Potato Starch, Oil, Sesame, Sugar, Sesame Oil, Peach Jelly	Horse mackerel, Tofu, Miso, Milk	Onion, Carrot, Green Pepper, Beansprout, Green Onion
21	Wed	Milk Arare	Dry Curry	Dry Curry Banana Bok-Choy Soup	Milk Rice Cracker	Rice, Oil	Minched meat, Boiled Soybean Sausage, Tofu, Milk	Onion, Carrot, Green Pepper, Ketchup, Bok-Choy, Banana
22	Thu	Milk Fruit	Rice	Simmered Pork and Koyadofu Tomato Namul Hydrangea Jelly	Milk Whitebait Toast	Rice, Oil, Mirin, Sugar, Sesame, Sesame Oil, Jelly, Bread, Mayonnaise	Pork, Koyadofu, Milk, Dried Whitebait	Onion, Carrot, Green Onion, Tomato, Cucumber, Beansprout, Dried Parsley
23	Fri	Milk Biscuit	Rice	Miso Hamburger Steak Konbu-ae Midakusann Soup	Milk Arare	Rice, Oil, Sugar, Bread Crums	Minched meat, Processed Soy Milk, Miso, Salted Kombu, Bacon, Tofu, Milk	Onion, Cabbage, Carrot
24	Sat	Milk Rice Cracker	Kitsune Udon	Kitsune Udon Yogurt	Milk Biscuit	Dried Udon	Chicken, Deep-fried Tofu, Kamaboko, Yogurt, Milk	Carrot, Green Onion, Onion
26	Mon	Milk Fruit	Rice	Tandoori Chiken Onion Soup Vegetable and Hijiki Salad	Milk Rice Cracker	Rice, Sugar, Sesame	Chichen, Yogurt, Chikuwa, Hijiki, Sausage, Tofu, Milk	Ketchup, Cucumber, Carrot, Cabbage, Beansprout, Onion
27	Tue	Milk Wafer	Rice	Fish with Vegetable Sauce Potato Salad Seaweed Clear Soup	Milk Steamed Apple Bread	Rice, Sugar, Potato, Mayonnaise, Rice Flour, Oil	Sierra, Ham, Seaweed, Tofu, Milk	Geen Onion, Ginger, Onion, Cucumber, Carrot, Apple Juice
28	Wed	Milk Biscuit	Rice	Fried Chichen Mushroom Miso Soup Tossed Vegetable with Perilla leaf	Milk Arare	Rice, Potato Starch, Oil	Chichen, Tofu, Red Miso, Milk	Ginger, Garlic, Cabbage, Carrot, Parilla, Shimeji(Mashroom), Onion, Green Onion
29	Thu	Milk Rice Cracker	Spaghetti	Spagetti with Meat Sause Coleslow Salad Banana	Milk Tofu Cocoa 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	Rice	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, Onion, Shimeji(Mashroom), Green Onion

※ There is a Hand Mark on the day of handmade snacks at each nursery school

【Please note that the menu may change depending on the availability of ingredients.】

【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.】

