

Year 2023 The menu for the month of July



Matsusaka City
Kodomo-Mirai ka

《GOAL》 Let's wash your hands clean!

Kindergarten/Pre-school Section

Date	Day of Week	Children under 3 years		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	Sat			Wakame Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken, Naruto, Deep-Fried Tofu, Seaweed, Fermented milk drink	Carrot, Green Onion, Onion
3	Mon	Arare	Rice	Grilled Chicken with Marmalade Cabbage with Sesame Dressing Summer vegetables Miso Soup		Rice, Oil, Orange Marmalade, Sesame, Sugar	Chicken, Chikuwa, Deep-Fried Tofu, Tofu, Miso, Milk, Gelatin	Orange Juice, Cabbage, Carrot, Pumpkin, Eggplant, Onion, Poeder agar, Apple Juice
4	Tue	Fruit	Rice	Horse mackerel pickled in Lemon Macaroni Salad, Vegetables Soup	Rice Cracker	Rice, Potato Starch, Oil, Sugar, Mirin, Macaroni, Mayonnaise	Horse mackerel, Ham, Sausage, Tofu, Milk	Lemon Juice, Cucumber, Cabbage, Carrot, Onion
5	Wed	Rice Cracker	Rice	Chicken with Sesame seeds Japanese Style Salad Tofu Miso Soup	Biscuit	Rice, Potato Starch, Oil, Sugar, Mirin, Sesame	Chicken, Deep-Fried Tofu, Tofu, Red Miso, Milk	Ginger, Cucumber, Cabbage, Carrot, Canned Pineapple, Eggplant, Onion, Green Onion
6	Thu	Biscuit	Rice	Pork and Beans Vegetable and Hijiki Salad Banana	soy milk Steamed Bread	Rice, Potato, Sugar, Flour	Boiled Soybeans, Pork, Hijiki, Milk, Processed Soy Milk, Sweetened Beans with Sugar	Carrot, Onion, Tomato, Ketchup Cucumber, Cabbage, Banana, Laurier
7	Fri	Cheese	Gomoku Sushi	Gomoku Sushi Tanabata Star Soup Amanogawa (Milky Way) Jelly	Arare	Rice, Sugar, Mirin, Thin wheat noodles Amanogawa Jelly	Egg, Canned Tuna, Freeze-dried Tofu, Shredded Toasted Seaweed, Milk	Cucumber, Carrot, Dried Shiitake, Okura, Onion, Enoki mushroom
8	Sat			Chiken Nanban Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken, Deep-Fried Tofu, Kamaboko, Fermented milk drink	Carrot, Green Onion, Onion
10	Mon	Fruit	Rice	Fried Chicken Salad with Perilla Dressing Tofu Clear Soup	Biscuit	Rice, Potato Starch, Oil	Chicken, Bacon, Tofu, Milk	Ginger, Garlic, Cabbage, Carrot, Perilla, Onion, Dried Parsley
11	Tue	Rice Cracker	Rice	Grilled Salmon with mayonnaise Cucumber and Seaweed in Vinegar Cabbage Miso Soup	Arare	Rice, Mayonnaise, Sugar	Salmon, Miso, Seaweed, Chikuwa, Tofu, Milk	Onion, Dried Parsley, Cucumber, Canned mandarin orange, Cabbage, Carrot, Green Onion
12	Wed	Fruit	Rice	Tonteki Style Pork Japanese Mustard Spinach Salad Wheat Bran Clear Soup		Rice, Sugar, Oil, Mayonnaise, Sesame	Pork, Bacon, Soup Gluten, Tofu, Milk	Onion, Japanese mustard Spinach Cabbage, Carrot, Green Onion, Corn, Garlic
13	Thu	Biscuit	Meat Miso Udon	Meat Miso Kake Udon Salad with Sesame Vinegar Molded Cheese		Dried Udon, Oil, Sugar, Potato Starch, Sesame Oil, Sesame, Cornstarch	Pork, Red Miso, Milk, Yogurt Molded Cheese	Ginger, Carrot, Raw Shiitake, Onion, Cucumber, Cabbage, Lemon Juice, Canned mandarin orange
14	Fri	Arare	Rice	Stew Style Hamburger Steak with Summer Vegetable Sause Lettuce Soup, Banana	Rice Cracker	Rice, Bread Crumbs, Oil, Sugar	Minched Meat, Processed Soy Milk, Tofu, Bacon, Milk	Onion, Carrot, Green pepper, Eggplant, Ketchup, Lettuce, Banana
15	Sat			Kayaku Udon Fermented milk drink or Yogurt drink		Dried Udon	Chicken, Deep-Fried Tofu, Kamaboko, Fermented milk drink	Carrot, Green Onion, Onion
18	Tue	Fruit	Rice	Scoop Croquette Salad with Bonito Flakes Dressing Onion Soup	Wafer Biscuit	Rice, Potato, Mirin, Bread Crumbs, Oil	Minched Meat, Melted Cheese, Processed Soy Milk, Bonito Flakes, Bacon, Tofu, Milk	Onion, Carrot, Cabbage, Eggplant
19	Wed	Biscuit	Rice	Mapo Eggplant Tomato & Cucumber in Sweet Vinegar Yogurt	Vegetable Cake Sale	Rice, Potato Starch, Sugar, Oil, Flour	Minched Pork, Tofu, Red Miso, Yogurt, Milk, Bacon, Shredded Cheese	Eggplant, Onion, Leek, Carrot, Ginger, Dried Shiitake, Tomato, Cucumber
20	Thu	Fruit	Wakame Rice	Wakame Rice Cold Pork Shabu-Shabu Salad Eggplant Miso Soup	Yogurt Steamed Bread	Rice, Sugar, Sesame Paste, Sesame Oil, Cake mix	Wakame(seaweed), Pork, Tofu, Miso, Milk, Yogurt	Cabbage, Cucumber, Carrot, Green Onion, Eggplant, Onion
21	Fri	Arare	Rice	Nikujiyaga (Simmered Beef & Potato) Cabbage and Corn Salad Green Apple Jelly	Rice Cracker	Rice, Potato, Oil, Sugar, Mirin, Mayonnaise, Green Apple Jelly	Beef, Chikuwa, Milk	Onion, Carrot, Thread Konjac, Cabbage, Canned Corn
22	Sat			Kishimen (Noodle) Fermented milk drink or Yogurt drink		Kishimen	Chicken, Deep-Fried Tofu, Naruto, Fermented milk drink	Carrot, Green Onion, Onion
24	Mon	Yogurt	Rice	Grilled Chicken with Ketchup Boiled Dried Radish Molokhiya Soup	Macaroni Abekawa	Rice, Sugar, Mirin, Macaroni	Chicken, Satsuma-age, Bacon, Tofu Milk, Soybean Flour	Ketchup, Garlic, Dried radish, Carrot, Molokheya, Cabbage, Onion
25	Tue	Rice Cracker	Rice	Grilled Sierra with Miso Bansan Soo, White Gourd Soup	Biscuit	Rice, Mirin, Glass Noodles, Sesame, Sugar, Sesame Oil	Sierra, White Miso, Ham, Egg, Soup Gluten, Milk	Cucumber, Carrot, White Gourd, Onion, Green Onion
26	Wed	Arare	Summer Vege. Curry	Summer Vegetable Curry and Rice Fruit Mousse	Rice Cracker	Rice, Oil, Butter, Flour, Sugar, Mousse Base	Pork, Melted Cheese, Milk	Laurier, Ginger, Garlic, Pumpkin, Eggplant, Onion, Carrot, Green Pepper, ketchup, Banana, Canned Pineapple/Orange/Peach
27	Thu	Wafer	Rice	Grilled Chicken with Miso Seaweed Soup, Coleslaw Salad		Rice, Sugar, Mirin, Sesame Oil, Mayonnaise	Chicken, Red Miso, seaweed, Tofu, Bacon, Milk, Gelatin, Fresh Cream	Cabbage, Carrot, Leek, Garlic, Cucumber, Onion, Powder Agar, Orange Juice
28	Fri	Fruit	Rice	Glaze-Grilled Pacific Saury Tomato Namul Enoki mushrooms Clear Soup	Arare	Rice, Potato Starch, Oil, Sugar, Mirin, Sesame, Sesame Oil	Pacific Saury, Tofu, Milk	Tomato, Cucumber, Carrot, Enoki mushroom, Green Onion, Onion
29	Sat			Kitsune Udon with Deep-Fried Tofu Fermented milk drink or Yogurt drink		Dried Udon	Chicken, Deep-Fried Tofu, Kamaboko, Fermented milk drink	Carrot, Onion, Green Onion
31	Mon	Arare	Rice	Refreshing Grilled Pork Potato Salad Seaweed Miso Soup	Biscuit	Rice, Sugar, Mirin, Potato, Mayonnaise	Pork, Ham, Tofu, Seaweed, Miso, Yogurt Drink	Ginger, Cucumber, Carrot, Onion, Green Onion

※Infant classes drink milk during Morning and Afternoon Snack.

Toddler classes at nursery school drink milk during Afternoon Snack and Toddler classes at Kodomoen drink milk during School Lunch.

【Last Weekday of Every Month】Infant class drink Yogurt Drink during Afternoon Snack and Toddler 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 of 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.】

