

《GOAL》 Clear the table after eating.


Kindergarten/Preschool Section

Date	Day of Week	Children under 3		Lunch Menu	Afternoon Snack	Ingredient		
		Morning Snack	Staple Food			Foods give you Heat and Strength	Turns into Blood, Flesh and Bones	Foods keep you Fit
1	Thu	Fruits	Rice	Pork with BBQ Sauce Bangsan-soo White Radish Soup	Soymilk Cocoa Pudding	Rice · Sugar · Oil · Glass Noodle · Sesame · Sesame Oil	Pork · Ham · Sausage · Milk · Adjusted Soymilk · Cocoa · Fresh Cream	Ketchup · Garlic · Cabbage · Onion · Cucumber · Carrot · White Radish · Powdered agar
2	Fri	Biscuit	Soybean Rice	Soybean Rice · Chicken Salad Wakame Clear Soup	Arare	Rice · Mirin · Sugar · Potato · Mayonnaise	Hijiki · Boiled Soybeans · Deep Fried Tofu · Chicken · Tofu · Wakame · Milk	Carrot · Cucumber · Onion · Green Onion
3	Sat			Kishimen Probiotic or Yogurt drink		Kishimen	Chicken · Deep Fried Tofu · Naruto · Drinking Yogurt	Carrot · Green Onion · Onion
5	Mon	Fruits	Rice	Scoop Croquette · Shiso ae Salad Tofu Soup	Wafers Biscuit	Rice · Potato · Mirin · Bread crum · Oil	Minced Beef and Pork · Cheese · Bacon · Tofu · Milk	Onion · Carrot · Cabbage · Perilla · Shimeji Mushroom
6	Tue	Rice Cracker	Rice	Simmered mackerel and arame Miso Soup with Pork and Vegetables · Mandarin jelly	Lotus Root Chips	Rice · Mirin · Sugar · Taro · Jelly · Oil	Mackerel · Arame · Pork · Tofu · Miso · Milk	Ginger · Burdock · Carrot · White Radish · Chinese cabbage · Green Onion · Lotus Root
7	Wed	Biscuit	Rice	Yulin Chicken Okaka ae Salad Eringi Mushroom Soup	Rice Cracker	Rice · Potato Starch · Oil · Sugar · Sesame Oil	Chicken · Flower bonito · Milk	White Onion · Ginger · Chinese cabbage · Cabbage · Carrot · Onion · Eringi Mushroom
8	Thu	Arare	Japanese Style Gapao Rice	Japanese Style Gapao Rice Chinese Style Soup · Banana	Soy Flour Cake	Rice · Oil · Mirin · Sugar · Sesame Oil · Cake Mix	Chicken · Wakame · Milk · Adjusted Soymilk · Soybean Flour · Sweetened beans	Garlic · Green Pepper · Paprika · Onion · Shimeji Mushroom · Carrot · White Radish · Leek · Banana
9	Fri	Fruits	Rice	Light tasted Grilled Chicken White Radish Salad Enoki Mushroom Miso Soup	Arare	Rice · Sugar · Mirin · Mayonnaise	Pork · Ham · Miso · Milk	Ginger · White Radish · Cucumber · Carrot · Enoki Mushroom · Cabbage · Onion · Green Onion
10	Sat			Wakame Udon Probiotic or Yogurt drink		Dried Udon	Chicken · Naruto · Deep Fried Tofu · Wakame · Drinking Yogurt	Carrot · Green Onion · Onion
13	Tue	Fruits	Beef Udon	Beef Udon Cabbage salad with sesame Molded Cheese	Tofu Cocoa Brownie	Dried Udon · Sesame · Sugar · Rice Flour · Potato Starch · Oil	Beef · Deep Fried Tofu · Kamaboko · Chikuwa · Molded Cheese · Milk · Cocoa · Tofu	Carrot · Onion · Green Onion · Cabbage · Cucumber
14	Wed	Arare	Rice	Lemon Grilled Chicken and Potato Nabana ae Salad Onion Clear Soup	Biscuit	Rice · Potato Starch · Oil · Potato · Sugar · Mirin · Sesame Oil · Sesame	Chicken · Ham · Tofu · Milk	Lemon juice · Cabbage · Carrot · Nabana · Onion · Green Onion
15	Thu	Biscuit	Rice	Simmered Chicken and Egg · Banana Japanese Style White Radish Salad	Orange Blancmange	Rice · Sugar · Sesame Oil · Sesame · cornstarch	Chicken · Egg · Koya-Tofu · Ham · Flower bonito · Milk · Adjusted Soymilk	Onion · Shitake Mushroom · Carrot · Green Onion · White Radish · Cucumber · Banana · Orange Juice · Canned Mandarin
16	Fri	Yogurt	Rice	Lemon Soy Sauce Grilled Salmon Spinach salad · Taro Miso Soup	Rice Cracker	Rice · Sugar · Mirin · Mayonnaise · Taro	Salmon · Tuna · Tofu · Miso · Milk	Lemon juice · Ginger · White Onion · Spinach · Cabbage · Carrot · Burdock · Green Onion
17	Sat			Kitsune Udon Probiotic or Yogurt drink		Dried Udon	Chicken · Deep Fried Tofu · Kamaboko · Drinking Yogurt	Carrot · Onion · Green Onion
19	Mon	Cheese	Rice	Simmered Root Vegetables Spaghetti Salad Peach Jelly	Azuki Soymilk steamed bread	Rice · Taro · Mirin · Sugar · Oil · Spaghetti · Mayonnaise · Jelly · Flour	Chicken · Fried fish cake · Ham · Milk · Adjusted Soymilk · Boiled Azuki beans	Lotus Root · White Radish · Carrot · Burdock · Konjac · Cucumber · Cabbage
20	Tue	Wafers	Rice	Fried Horse Mackerel with Ketchup Sauce Boiled Vegetables · Shimeji Mushroom Soup	Biscuit	Rice · Mayonnaise · Flour · Bread crum · Oil · Sugar	Horse Mackerel · Bacon · Tofu · Milk	Ketchup · Onion · Carrot · Shimeji Mushroom
21	Wed	Fruits	Rice	Boiled Mizore Pork Coleslaw Salad Clear Soup with Wheat Gluten	Vegetable Cake sacre	Rice · Sugar · Mirin · Oil · Mayonnaise · Cake Mix	Pork · Ham · Mame Wheat Gluten · Milk · Bacon · Cheese	Ginger · White Radish · Cabbage · Cucumber · Carrot · Onion · Chinese cabbage · Green Onion
22	Thu	Biscuit	Hashed Beef with Rice	Hashed Beef with Rice Fruits Yogurt Salad	Rice Cracker	Rice · Potato · Oil · Butter · Flour · Sugar	Beef · Yogurt · Milk	Onion · Carrot · Ketchup · Banana · Canned Peach · Canned Pineapple · Canned Mandarin
24	Sat			Chicken Namban Udon Probiotic or Yogurt drink		Dried Udon	Chicken · Deep Fried Tofu · Kamaboko · Drinking Yogurt	Carrot · Green Onion · Onion
26	Mon	Rice Cracker	Curry Pilaf	Curry Pilaf Soy Milk Soup · Yogurt	Banana Muffin	Rice · Butter · Cake Mix · Sugar	Chicken · Adjusted Soymilk · Yogurt · Milk	Onion · Carrot · Green Pepper · Cabbage · Broccoli · Banana
27	Tue	Biscuit	Rice	Grilled yellowtail with teriyaki sauce · Stir-fried Soy pulp · White Radish Miso Soup	Makaroni Abekawa	Rice · Mirin · Sugar · Oil · Macaroni	Yellowtail · Soy pulp · Deep Fried Tofu · Wakame · Miso · Milk · Soybean Flour	Ginger · Shitake Mushroom · Carrot · Konjac noodle · Green Onion · White Radish · Onion · Cabbage
28	Wed	Fruits	Rice	Miso Grilled Hamburg Steak Konbu ae Salad Soup with various ingredients	Arare	Rice · Oil · Sugar · Bread crum	Minced Beef and Pork · Adjusted Soymilk · Miso · Salted Konbu · Milk	Onion · Cabbage · Carrot · Eringi Mushroom
29	Thu	Rice Cracker	Green Vegetable Rice	Green Vegetable Rice Corn Chowder Komatsuna Salad	Biscuit	Rice · Potato · Butter · Flour · Macaroni · Mayonnaise · Sesame	Chicken · Milk · Bacon · Yogurt drink	Green Vegetable Furikake · Onion · Carrot · Canned Cream Corn · Komatsuna · Cabbage · Bean Sprouts · Parsley

※Infant class drink Milk during Morning and Afternoon Snacks.

Preschooler class at Nursery School drink milk during Afternoon Snack and Preschooler class at Kodomoen drink milk during school Lunch.

(Last Weekday of every month) Infant class drink Yogurt Drink during Afternoon Snack and Preschooler class drink Yogurt Drink instead of Milk.

※There are Hand marks  on the day of handmade snacks at each school.

[Please note that the menu may change depending on the availability to 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.]

