





《GOAL》 Let's enjoy eating with friends!

Kindergarten/Preschool Section

These are requested menu from the 5-year-old classes. (★ 4 times)

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	Fri	Cheese	Gomokuzushi	Gomokuzushi(Sushi with various vege.) Clear Soup with Fu(wheat bran) Tricolour Jelly	Arare	Rice, Sugar, Oil, Mirin, Sesame, Jelly	Egg, Tuna, Freeze-dried tofu, Shredded Nori, Tofu, Wheat gluten, Milk	Rape blossoms, Carrot, Dried shiitake mushroom, Enoki mushroom, Onion
2	Sat			Kayaku Udon Probiotic Drink/Yogurt Drink		Dried Udon	Chicken, Fried Tofu, Kamaboko Probiotic Drink	Carrot, Green Onion, Onion
4	Mon	Biscuit	Rice	Chicken Cutlet, Boild Vegetable Wakame Soup	Rice cracker	Rice, Mayonnaise, Wheat flour, Breadcrumbs, Oil, Sugar	Chicken, Wakame, Bacon, Milk	Ketchup, Cabbage, Carrot, Onion
5	Tue	Fruits	Rice	Salmon grilled with salt Bansansu Salad Cabbage Miso Soup	Rice cake with Soy milk	Rice, Harusame, Sesame, Sugar Sesame Oil, Potato starch	Salmon, Ham, Fried Tofu, Wakame, Miso, Milk, Adjusted Soy Milk, Soy Flour	Cucumber, Carrot, Cabbage, Onion
6	Wed	Rice cracker	Curry Rice	Curry and Rice Fruits Yogurt Salad ★	Arare	Rice, Oil, Potato, Butter, Wheat flour, Sugar	Pork, Cheese, Milk, Yogurt, Fresh Cream	Laurier, Ginger, Garlic, Onion, Carrot, Ketchup, Banana, Canned Peach/Pineapple/Mandarin orange
7	Thu	Fruits	Rice	Grilled Pork with Ginger Flavored minced meat flake Salad Miso Soup with Sweet Potato	Sakura-coloured Steamed Bread	Rice, Mirin, Oil, Sugar, Potato, Cake mix, Jam	Pork, Tuna, Fried Tofu, Miso, Milk, Yogurt	Ginger, Onion, Cucumber, Cabbage, Carrot, Green Onion
8	Fri	Arare	Rice	Scoop Croquette Salad with minced bonito Tofu Soup	Wefers Biscuit	Rice, Potato, Mirin, Breadcrumbs, Oil	Minced meat, Cheese, Sliced dried bonito, Bacon, Tofu, Milk	Onion, Carrot, Cabbage
9	Sat			Kitsune Udon Probiotic Drink/Yogurt Drink		Dried Udon	Chicken, Fried Tofu, Kamaboko Probiotic Drink	Carrot, Green Onion, Onion
11	Mon	Fruits	Rice	Teriyaki Chicken Salad with Nori and vinegar★ Tofu Miso Soup	Grape Jelly	Rice, Oil, Mirin, Sugar	Chicken, Tuna, Nori, Tofu, Wakame, Miso, Milk, Gelatine, Fresh Cream	Cabbge, Japanese mustard spinach, Carrot, Onion, Green Onion, Powdered Agar, Grape Juice
12	Tue	Arare	Rice	Simmered yellowtail Lotus root Salad Onion Miso Soup	Rice cracker	Rice, Mirin, Sugar, Mayonnaise	Yellowtail, Ham, Tofu, Wakame, Miso, Milk	Ginger, lotus root, Carrot, Cucumber, Japanese radish, Onion, Green Onion
13	Wed	Fruits	Spaghtti meat sauce	Spaghtti with Meat sauce Japanese-style Salad Die-cut cheese	Jam Sandwich	Spaghtti, Oil, Wheat flour, Sugar, Bread, Jam	Minced meat, Die-cut cheese, Milk	Carrot, Onion, Ketchup, Cucumber, Cabbage
14	Thu	Rice cracker	Rice	Hijiki Hamburger Steak Boiled Vegetable Soy mlk Soup ★	Biscuit	Rice, Breadcrumbs, Oil, Sugar, Potato	Minced meat, Hijiki, Adjusted Soy Milk, Bacon, Milk	Onion, Carrot, ketchup, Cabbage
15	Fri	Biscuit	Sekihan	Sekihan (Steamed Rice with red-beans) Japanese style Fried Chicken Kombu Salad, Onion Clear Soup Celebration Jelly	Arare	Glutinous rice, Rice, Black Sesame, Potato Starch, Oil, Jelly	Red bean, Chicken, Salted kombu kelp, Tofu, Milk	Ginger, Garlic, Cabbage, Carrot, Onion, Green Onion
16	Sat			Wakame Udon Probiotic Drink/Yogurt Drink		Dried Udon	Chicken, Naruto, Fried Tofu, Wakame, Probiotic Drink	Carrot, Green Onion, Onion
18	Mon	Fruits	Rice	Grilled Chicken with Miso Clear Soup with Japanese radish Yogurt	Deep-fried Bread	Rice, Sugar, Mirin, Roll Bread, Oil	Chicken, Red Miso, Yogurt, Milk, Soy Flour	Cabbage, Carrot, Leek, Garlic, Japanese radish, Onion, Enoki mushroom, Green Onion
19	Tue	Wafers	Rice	Horse mackerel Tatsuta-age Potato Salad Eryngis(mushroom) Soup	Rice cracker	Rice, Potato starch, Oil, Potato, Mayonnaise	Horse mackerel, Ham, Milk	Ginger, Cucumber, Carrot, Onion, Eringi mushroom, Cabbage
21	Thu	Arare	Mixed Rice	Mixed Rice with beef and burdock root Macaroni Salad Miso Soup with bean sprouts	Tofu Cocoa Brownies	Rice, Sugar, Macaroni, Mayonnaise, Rice flour, Potato starch, Oil	Beef, Ham, Miso, Milk, Cocoa, Tofu	Burdock, Ginger, Cucumber, Carrot, Cabbage, Chinese cabbage, Bean sprouts, Onion, Green Onion
22	Fri	Yogurt	Rice	Spanish mackerel Saikyo-yaki Japanese radish Salad Somen-noodle Soup	Biscuit	Rice, Mirin, Sugar, Sesame Oil, Sesame, Soumen-noodles	Spanish mackerel, White Miso, Ham, Sliced dried bonito, Tofu, Milk	Japanese radish, Cucumber, Carrot, Onion, Green Onion
23	Sat			Kishimen Probiotic Drink/Yogurt Drink		Kishimen-noodles	Chicken, Fried Tofu, Naruto, Probiotic Drink	Carrot, Onion, Green Onion
25	Mon	Fruits	Wakame Rice	Wakame Rice Chicken Cream Stew Cabbage and Corn Salad	Arare	Rice, Potato, Butter, Wheat flour, Mayonnaise	Wakame, Dried whitebait, Chicken, Milk, Fresh Cream, Chikuwa	Onion, Carrot, Parsley, Cabbage, Corn
26	Tue	Biscuit	Rice	Mapo Tofu Tricolored Namuru, Banana	Rice cracker	Rice, Potato starch, Sugar, Oil, Sesame, Sesame Oil	Minced Pork, Tofu, Red Miso, Milk	Onion, Leek, Carrot, Ginger, Dried shiitake mushroom, Cucumber, Bean sprouts, Banana
27	Wed	Arare	Rice	Refreshing Grilled Pork Tuna Salad, Onion Soup	Biscuit	Rice, Sugar, Mirin, Mayonnaise	Pork, Tuna, Tofu, Yogurt Drink	Ginger, Cucumber, Carrot, Cabbage, Onion
28	Thu	Free Menu						
29	Fri							
30	Sat			Chicken Namban Udon Probiotic Drink/Yogurt Drink		Dried Udon	Chicken, Fried Tofu, Kamaboko, Probiotic Drink	Carrot, Green Onion, Onion

※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 published 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.]