









# Year 2024 The Menu for the month of April

Saturday oneday childcare

Matsusaka City  
Kodomo-Mirai ka

《GOAL》 Let's get used to school lunches and snacks.


Kindergarten/Preschool Section

Date	Day of Week	Children under 3 yrs		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	Mon	Milk Rice cracker	Rice	Pork Stew Oriental salad	Milk Arare	Rice · Oil · Potato · Butter · Wheat Flour · Corn Flakes · Sesame Oil · Sugar	Pork · Tuna · Milk	Laurier · Carrot · Onion · Ketchup · Tomato puree · Cabbage · Cucumber
2	Tue	Milk Biscuit	Rice	Mayonnaise Grilled Salmon Konbu ae Salad Clear Soup with Wheat Gluten	Milk  Macaroni Abekawa	Rice · Baked Mayonnaise · Macaroni · Sugar	Salmon · Miso · Salted Konbu · Wheat bran · Milk · Soybean flour	Onion · Canned Corn · Dried Parsley · Cabbage · Carrot · Chinese Cabbage · Green Onion
3	Wed	Milk Fruits	Rice	Teriyaki Grilled Chicken Vegetables with Sesame Bean Sprout Miso Soup	Milk Rice cracker	Rice · Oil · Mirin · Sesame · Sugar	Chicken · Fish Cake · Tofu · Miso · Milk	Cabbage · Cucumber · Carrot · Bean Sprout · Onion · Green Onion
4	Thu	Apple Juice Arare	Rice	Miso Fried Pork and Cabbage Somen noodle soup · Peach Jelly	Milk Biscuit	Rice · Oil · Sugar · Mirin · Somen noodle · Jelly	Pork · Red Miso · Wakame · Milk	Ginger · Cabbage · Green Pepper · Carrot · Onion · Green Onion
5	Fri	Apple Juice Rice cracker	Rice	Hawaiian Chicken Hijiki Salad · Onion Soup	Milk Arare	Rice · Mirin · Sugar · Mayonnaise	Chicken · Hijiki · Tuna · Milk	Canned Pineapple · Carrot · Cucumber · Cabbage · Onion
6	Sat	Milk Biscuit	Udon	Chicken Namban Udon Yogurt	Milk Rice cracker	Dried Udon	Chicken · Deep Fried Tofu · Fish Paste · Yogurt	Carrot · Green Onion · Onion
8	Mon	Milk Arare	Curry Rice	Pork Curry Rice Fruits with Jelly	Milk  Arare Karinto	Rice · Potato · Oil · Curry Mix · Jelly · Countryside Arare · Sugar	Pork · Milk	Onion · Carrot · Ketchup · Laurier · Canned Mandarine Orange · Canned Pineapple · Canned Peach
9	Tue	Milk Rice cracker	Rice	Mapo Tofu Three Colors Namul · Banana	Milk Biscuit	Rice · Potato Starch · Sugar · Oil · Sesame · Sesame Oil	Minced Pork · Tofu · Red Miso · Milk	Onion · Leek · Carrot · Ginger · Dried Shitake Mushroom · Cucumber · Bean Sprout · Banana
10	Wed	Milk Biscuit	Rice	Japanese Fried Chicken · Sesame Vinegar ae Salad · Mushroom Soup	Milk Arare	Rice · Potato Starch · Oil · Sesame Oil · Sugar · Sesame	Chicken · Tofu · Milk	Ginger · Garlic · Cucumber · Cabbage · Carrot · Onion · Enoki Mushroom
11	Thu	Milk Fruits	Rice	Marinated Pork with Sauce Tofu Clear Soup · Celebration Jelly	Milk  Muffin	Rice · Oil · Sugar · Jelly · Cake Mix · Butter	Pork · Tofu · Milk	Onion · Carrot · Eringi Mushroom · Ketchup · Green Onion
12	Fri	Yogurt	Rice	Salt Grilled Salmon · Spagetti Salad Spring Vegetable Miso Soup	Milk Rice cracker	Rice · Spagetti · Mayonnaise · Potato	Salmon · Ham · Deep Fried Tofu · Miso · Milk	Cucumber · Carrot · Cabbage · Onion · Field peas
13	Sat	Milk Arare	Udon	Kitsune Udon Yogurt	Milk Biscuit	Dried Udon	Chicken · Deep Fried Tofu · Fish Paste · Yogurt	Carrot · Green Onion · Onion
15	Mon	Milk Rice cracker	Udon	Kayaku Udon · Flavored ground meat ae Salad · Molded Cheese	Milk  Soy Milk Cocoa Pudding	Dried Udon · Sugar · Mirin	Chicken · Deep Fried Tofu · Fish Paste · Tuna · Molded Cheese · Milk · Adjusted Soymilk · Cocoa · Fresh Cream	Chinese Cabbage · Carrot · Onion · Green Onion · Cucumber · Cabbage · Powdered agar
16	Tue	Milk Fruits	Rice	Simmered Spanish mackerel Enoki Mushroom Miso Soup Vegetables with Mayonnaise	Milk Arare	Rice · Mirin · Sugar · Mayonnaise	Spanish mackerel · Fish Cake · Deep Fried Tofu · Miso · Milk	Ginger · Cucumber · Cabbage · Carrot · Enoki Mushroom · Onion · Green Onion
17	Wed	Milk Biscuit	Rice	Miso Hamburger Steak · Shiso ae Salad · Wakame Soup	Milk Wafers Biscuit	Rice · Oil · Sugar · Breadcrumbs	Minced Beef and Pork · Adjusted Soymilk · Miso · Wakame · Bacon · Tofu · Milk	Onion · Cabbage · Carrot · Perilla
18	Thu	Milk Arare	Wakame Rice	Wakame Rice · Simmered Chicken and Bamboo shoots · Clear Soup with Various Ingredients	Milk  Wheat Gluten Rusk	Rice · Oil · Sugar · Mirin · Butter	Cooked Wakame · Chicken · Deep-Fried Fish Paste · Tofu · Milk · Soup Gluten	Bamboo Shoot · Carrot · Plate Konjac · field peas · Enoki Mushroom · Onion
19	Fri	Milk Fruits	Rice	Ginger Grilled Pork · Tofu Miso Soup Coleslaw Salad	Milk Biscuit	Rice · Mirin · Oil · Mayonnaise · Sugar	Pork · Ham · Tofu · Miso · Milk	Ginger · Cabbage · Onion · Cucumber · Carrot · Green Onion
20	Sat	Milk Rice cracker	Udon	Wakame Udon Yogurt	Milk Arare	Dried Udon	Chicken · Naruto · Deep Fried Tofu · Wakame · Probiotic	Carrot · Green Onion · Onion
22	Mon	Milk Biscuit	Rice	Minced Chicken Teriyaki Style Komatsuna Salad Shimeji Mushroom Miso Soup	Milk Rice cracker	Rice · Sugar · Mirin · Breadcrumbs · Potato Starch · Sesame · Mayonnaise	Minced Chicken · Adjusted Soymilk · Bacon · Tofu · Wakame · Miso · Milk	Ginger · Onion · Green Onion · Komatsuna · Cabbage · Bean Sprout · Canned Corn · Shimeji Mushroom · Carrot · Green Onion
23	Tue	Milk Cheese	Rice	Miso Grilled Pork · Nori Vinegar ae Salad · Onion Clear Soup	Milk  Orange Jelly	Rice · Sugar · Sesame · Mirin	Pork · Miso · Tuna · Nori Seaweed · Tofu · Milk · Gelatine · Fresh Cream	Cabbage · Cucumber · Carrot · Onion · Green Onion · Powdered agar · Orange Juice
24	Wed	Milk Fruits	Rice	Meat and Potatoes Japanese Style Salad · Yogurt	Milk Biscuit 	Rice · Potato · Oil · Sugar · Mirin	Beef · Yogurt · Milk	Onion · Carrot · Konjac Noodle · Cucumber · Cabbage · Canned Pineapple
25	Thu	Milk Arare	Bamboo Shoot Rice	Bamboo Shoot Rice Tuna Salad · Wakame Clear Soup	Milk  Yogurt Steamed Bread	Rice · Oil · Mirin · Sesame · Wheat Flour · Sugar	Chicken · Deep Fried Tofu · Tuna · Wakame · Tofu · Milk · Yogurt	Bamboo Shoot · Carrot · Cucumber · Cabbage · Onion · Green Onion
26	Fri	Milk Wafers	Rice	Horse Mackerel Tatsuta-age Bansan Soo · Tofu Soup	Milk Arare	Rice · Potato Starch · Oil · Harusame Noodle · Sesame · Sugar · Sesame Oil	Horse Mackerel · Ham · Tofu · Milk	Ginger · Cucumber · Carrot · Onion · Cabbage
27	Sat	Milk Biscuit	Kishimen	Kishimen Yogurt	Milk Rice cracker	Kishimen	Chicken · Deep Fried Tofu · Naruto · Yogurt	Carrot · Green Onion · Onion
30	Tue	Milk Arare	Rice	Marmalade Grilled Chicken Macedoan salad · Bean Sprout Soup	Yogurt drink Biscuit	Rice · Oil · Orange Marmalade · Potato · Mayonnaise	Chicken · Ham · Yogurt drink	Orange Juice · Cucumber · Carrot · Bean Sprout · Onion · Cabbage

※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

※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 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.】

