

July Menu

July, 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--|---|---|--|--|---|
| Date | 1 | 2 Picnic Menu | 3 | 4 | 5 | 6 |
| Morning Snack | Milk Rice cracker | Milk Corn flakes | Milk Banana | Milk Bicuit | Milk Cracker | Milk Wafers |
| Lunch | Pork ocury Boiled cabbage with shirasu Orange | Seaweed rice ball Fried Chicken / tomato Boiled broccoli with bonito * Joa (yogurt beverage) | Wheat rice Miso soup with pork and vegetables Grilled mackerel with ginger / cucumber with mayonnaise * Namul (bean sprouts and enoki mushrooms) * Yogurt | Wheat rice Miso soup (spinach and enoki mushroom) Tsukune with plenty of vegetables / tomato * Cucumber with Tuna * | Wheat rice Miso soup (tofu and leek) * Sweet and spicy chicken and potato butter * Spinach with deep-fried tofu | Miso ramen Banana |
| Afternoon Snack | Milk Cracker sandwich (strawberry jam) | Milk Steamed brown sugar bun | Milk Carrot orange jelly * | Milk Sweet pumpkin * | Milk Maple Pancake | Milk Bean bread * |
| Date | 8 | 9 | 10 | 11 | 12 Bread Day | 13 |
| Morning Snack | Milk Cheese | Milk Rice cracker | Milk Corn flakes | Milk Orange | Milk Biscuit | Milk Wafers |
| Lunch | Wheat rice Miso soup (spinach and enoki mushroom) Chicken with Green Onion Sauce Boiled Chinese cabbage with nori | Wheat rice Miso soup (tofu and leek) * Grilled pork with miso Carrot with Tuna | Wheat rice Miso soup (bean sprouts and egg) * Fried salmon / tomato * Coleslaw-style salad Yogurt | Wheat rice Miso soup (radish and wakame seaweed) Fried eggs with various ingredients Green pepper with chicken and miso | Bread roll * Pumpkin Potage Baked Chicken with Barbecue Sauce Broccoli with sesame dressing | Japanese pasta with mushrooms Barley tea Yogurt |
| Afternoon Snack | Milk Sweet Potato Yokan | Milk Scone with jam | Milk Pies and biscuits * | Milk Steamed bun with carrot and pea * | Barley tea Rice ball containing calcium | Milk Melon bread |
| Date | 15 Marine Day | 16 | 17 | 18 | 19 | 20 |
| Morning Snack |  | Milk Cheese | Milk Rice cracker | Milk Corn flakes | Milk Orange | Milk Wafers |
| Lunch | | Wheat rice Miso soup (onion and fu) * <small>Baked chicken with miso mayonnaise and boiled broccoli with bonito</small> Carrot with sesame paste | Wheat rice Miso soup (cabbage) * Grilled cod with butter and soy sauce Spinach with bonito Yogurt | Chicken Curry Burdock Salad Banana | Wheat rice Miso soup (spinach and deep-fried tofu) * Grilled pork with spices * Potato salad * | Gomoku Udon Pudding |
| Afternoon Snack | | Milk Steamed bun | Milk Cookie | Milk Candied sweet potato | Milk Ogura pancake * | Milk Bean bread |
| Date | 22 | 23 Happy Menu | 24 | 25 | 26 | 27 |
| Morning Snack | Milk Cracker | Milk Cheese | Milk Rice cracker | Milk Corn flakes | Milk Orange | Milk Wafers |
| Lunch | Wheat rice Miso soup (cabbage) * <small>Potato hamburger steak/carrot mayonnaise</small> Braized Kiriboshi-daikon | Chicken Teriyaki Bowl Wakame seaweed soup Broccoli with Chinese dressing Banana | Wheat rice Miso soup (spinach and egg) * Grilled mackerel with sesame / tomato Bansansu Yogurt | Wheat rice Miso soup (potato and onion) * Grilled chicken / broccoli with bonito <small>Boiled Chinese cabbage with nameko mushroom</small> | Wheat rice Mushroom miso soup Fried natto Simmered chicken and radish | Yakisoba Barley tea Banana |
| Afternoon Snack | Milk Pancake | Milk Karinto and biscuit | Milk Potato tuna bread roll | Milk Carrot cake | Milk Apple jelly | Milk Melon bread |
| Date | 29 | 30 | 31 | | | |
| Morning Snack | Milk Bicuit | Milk Cracker | Milk Cheese | | | |
| Lunch | Wheat rice Miso soup (Enoki mushroom and egg) Grilled pork with ginger Spinach with baby sardines | Wheat rice Miso soup (onion and deep-fried tofu) Grilled chicken with nori / carrot mayonnaise Cucumber with salted kelp | Wheat rice Miso soup (radish and wakame seaweed) Grilled salmon with miso and cheese / tomato * Broccoli with soy sauce mayonnaise Yogurt | | | |
| Afternoon Snack | Milo Rice cracker | Milk Banana cake | Milk Steamed pumpkin bun | 3-5 year olds Energy 560kcal Protein 23.5g Fat 18.6g Salt equivalent 1.5g 1-2 year olds Energy 503kcal Protein 20.9g Fat 17.4g Salt equivalent 1.3g | | |