

October 2023

Menu and Ingredients

Sasebo Ekimae Nursery Center
Sasebo DayNursery,

Date	10/ 2(Mon)	10/ 3(Tue)	10/ 4(Wed)	10/ 5(Thu)	10/ 6(Fri)	10/ 7(Sat)	10/ 9(Mon)	10/ 10(Tue)	10/ 11(Wed)	10/ 12(Thu)	10/ 13(Fri)	10/ 14(Sat)	10/ 16(Mon)	10/ 17(Tue)
Menu	Milk Vegetables Bar Rice Simmered Pork and Vegetables Vinegared Wakame-Seaweed Soybean Paste Soup Apples	Milk Fried Crackers Rice Salmon grilled with Cheese Potato Salad Vegetable Soup Bananas	Milk Corn Snack Rice Grilled Chicken White Radish Salad Soybean Paste Soup Oranges	Milk Black Sesame Bar Rice Simmered White Fish Dressed Vegetables Egg Soup Apples	Milk Crackers Rice Sweet and Soup Pork Dressed Chinese Cabbage Chinese Soup Bananas			Milk Vegetables Bar Rice Japanese Hijiki Omelet Dressed Mustard Spinach Soybean Paste Soup Oranges	Milk Fried Crackers Rice Grilled White Fish Cabbage Salad Consommé Soup Pear	Milk Corn Snack Rice Fried Chicken White Radish Salad Wakame-Seaweed Soup Bananas	Milk Black Sesame Bar Rice Simmered White Fish Seasoned White Radish Canned Mikan-Orange	Milk Crackers Rice Champon Noodles Sesame Rice Balls Seasoned White Radish Canned Mikan-Orange	Milk Rice Crackers Rice Grilled Chicken Egg Salad Soymilk Soup Bananas	Milk Vegetables Bar Rice Fried White Fish Simmered Hijiki-Seaweed Soybean Paste Soup Apples
Ingredient	Rice Pork Onion Chinese Cabbage Konjac Noodles Baked Soybean Curd Cooking Oil Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Wakame-Seaweed Cabbage Soybean Sprout Tubular Fish Cake Vinegar Sugar Onion Squash Carrot Dried Young Sardine Soybean Paste Apple	Rice Salmon Salt Mixed Cheese Potato Cucumber Carrot Tuna Flakes Mayonnaise Sugar Salt Japanese Mustard Spinach Onion Shimeji-Mushroom Consommé Banana	Rice Chicken Salt Soy Sauce Sweet Rice Wine White Sesame White Radish Carrot Corn Green Soybean Vinegar Soy Sauce Sugar Cooking Oil Salt Wakame-Seaweed Onion Soybean Curd Dried Young Sardine Soybean Paste Orange	Rice Codfish Ginger Sugar Lotus Root Japanese Rice Wine Sweet Rice Wine Soybean Paste Cabbage Spinach Carrot Fermented Soybean White Sesame Vinegar Cooking Oil Soy Sauce Sugar Salt Egg Carrot Enoki-Mushroom Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Starch Apple	Rice Pork Fried Soybean Curd Lotus Root Onion Green Pepper Soy Sauce Sugar Vinegar Cooking Oil Chinese Cabbage Soybean Sprout Carrot Dried Bonito Flakes Soy Sauce Sugar Onion Carrot Wakame-Seaweed Chinese Stock Banana	Box Lunch Day	Public Holiday (Sports Day)	Rice Egg Hijiki-Seaweed Carrot Onion Shitake-Mushroom Soy Sauce Sugar Salt Soybean Curd Japanese Mustard Spinach Carrot White Sesame Soy Sauce Sugar Onion Wakame-Seaweed Dried Young Sardine Soybean Paste Orange	Rice Codfish Salt Japanese Rice Wine Carrot Mayonnaise Parmesan Cheese Sugar Parsley Cabbage Soybean Sprout Corn Vinegar Soy Sauce Cooking Oil Sugar Salt White Sesame Onion Wakame-Seaweed Dried Young Sardine Soybean Paste Orange	Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Parsley Starch Cooking Oil Dried White Radish Spinach Carrot Sesame Oil Soy Sauce Sugar Vinegar Salt Wakame-Seaweed Onion Enoki-Mushroom Carrot Chinese Stock Banana	Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Soybean Cucumber Carrot Loin Ham Corn Vinegar Soy Sauce Sugar Cooking Oil Salt Wakame-Seaweed White Radish Carrot Fish Cake Vinegar Sugar Canned Mikan-Orange	Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Carrot Starch Rice White Sesame Salt Wakame-Seaweed White Radish Carrot Fish Cake Vinegar Sugar Canned Mikan-Orange	Rice Chicken Salt Butter Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Wakame-Seaweed Onion Shimeji-Mushroom Soymilk Consommé Banana	Rice Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Hijiki-Seaweed Soybean Fried Soybean Curd Carrot Kidney Bean Sesame Oil Natural Stock Soy Sauce Sweet Rice Wine Japanese Rice Wine
Snack	Milk Cocoa Steamed Bread Wheat Flour Cocoa Sugar Baking Powder	Milk Lemon Cake Pancake Powder Egg Unsalted Butter Granulated Sugar Lemon Juice	Milk Pizza Toast Bread Onion, Corn Vienna Sausage Ketchup Mixed Cheese	Milk Potato Cake Potato Starch, Butter Cooking Oil Soy Sauce, Sugar Sweet Rice Wine	Milk Dried Sardine, Oranges Dried Young Sardine Light Brown Sugar Mayonnaise Curry Powder Orange	Cheese Heart-Shaped Pie Cheese Heart-Shaped Pie		Milk Boiled Macaroni Macaroni Soybean Flour Sugar Salt	Milk Soybean Curd Doughnuts Soybean Curd Wheat Flour Sugar, Cooking Oil Baking Powder Granulated Sugar	Milk French Toast Bread Milk Egg Sugar	Milk Rice Cracker, Bananas Rice Cracker Banana	Milk Candied Sweet Potatoes Sweet Potato Cooking Oil Sugar Black Sesame	Milk Toast topped with Sardines Bread Dried Baby Sardine Mayonnaise Soy Sauce Aosa-Seaweed	Milk Bracken Starch Dumpling Bracken Starch Flour Brown Sugar Soybean Flour Sugar
Date	10/ 18(Wed)	10/ 19(Thu)	10/ 20(Fri)	10/ 21(Sat)	10/ 23(Mon)	10/ 24(Tue)	10/ 25(Wed)	10/ 26(Thu)	10/ 27(Fri)	10/ 28(Sat)	10/ 30(Mon)	10/ 31(Tue)		
Menu	Milk Fried Crackers Rice Stir-Fried Pork and Soybean Curd Soybean Sprout Salad Soybean Paste Soup Oranges	Milk Corn Snack Bread Roll Grilled Chicken Crepe Stew Pear	Milk Black Sesame Bar Rice Grilled Salmon Dressed Mustard Spinach Clear Soup Bananas		Milk Crackers Rice Chinese Omelet Seasoned Soybean Sprout Bean-Starch Vermicelli Soup Apples	Milk Rice Crackers Rice Grilled White Fish French Salad Vegetable Soup Persimmon		Milk Vegetables Bar Rice Stir-Fried Liver Tuna Salad Soybean Paste Soup Bananas	Milk Fried Crackers Rice mixed with Hijiki Seaweed Grilled Salmon Simmered Soybean Curd Soybean Paste Soup Apples	Milk Corn Snack Rice Simmered Soybean Curd Korean-Style Salad Chinese Soup Oranges	Milk Black Sesame Bar Chicken and Egg Bowl Dressed Mustard Spinach Soybean Paste Soup Canned Peach	Milk Crackers Rice Grilled Chicken Chinese Cabbage Salad Clear Soup Bananas	Milk Rice Crackers Rice Halloween Curry & Rice Cabbage Salad Vegetable Soup Apples	
Ingredient	Rice Fried Soybean Curd Pork Onion Green Pepper Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Soybean Sprout Japanese Mustard Spinach Fish Cake Sesame Oil Soy Sauce Vinegar Sugar Salt White Sesame Wakame-Seaweed Onion Squash Dried Young Sardine Soybean Paste Orange	Bread Roll Chicken Marmalade Garlick Soy Sauce Sugar Japanese Rice Wine Chinese Cabbage Potato Carrot Bacon Green Pea Milk cream Stew Roux Cooking Oil Pear	Rice Salmon White Soybean Paste Sweet Rice Wine Sugar Soybean Curd Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar White Radish Enoki-Mushroom Carrot Green Onion Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Banana	Family Sports Festival	Rice Egg Soy Sauce Carrot Onion Green Pepper Fish Cake Sesame Oil Salt Chinese Stock Soybean Sprout Spinach Carrot Sesame Oil Soy Sauce Sugar Bean-Starch Vermicelli Shimeji- Mushroom Wakame-Seaweed Chinese Stock Apple	Codfish Salt Mayonnaise Bread Crumbs Parsley Cabbage Cucumber Soy Sauce Sugar Vinegar Salt Onion Carrot Corn Consommé Persimmon	Pork Liver Ginger Garlic Japanese Rice Wine Starch Potato Cooking Oil Soy Sauce Sugar Japanese Rice Wine White Sesame Tuna Japanese Mustard Spinach Soybean Sprout Carrot Vinegar Soy Sauce Sugar Salt Onion Fried Soybean Curd Carrot Dried Young Sardine Soybean Paste Banana	Rice Hijiki-Seaweed Carrot Fried Soybean Curd Kelp Broth Soy Sauce Sweet Rice Wine Japanese Rice Wine Salt Freeze-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Salt White Radish Squash Green Onion Dried Young Sardine Soybean Paste Apple	Rice Soybean Curd Pork Ginger Shiitake-Mushroom Onion Carrot Potato Green Pepper Tomato Sesame Oil Sugar, Salt Soy Sauce Cabbage Cucumber Carrot Dried Seaweed Sesame Oil Soy Sauce, Sugar Chinese Stock Garlic White Sesame Canned Peach	Rice Chicken Egg Carrot Onion Green Onion Natural Stock Soy Sauce Sugar Japanese Rice Wine Dried Seaweed Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar Green Onion Carrot Wakame-Seaweed Dried Young Sardine Soybean Paste Canned Peach	Rice Pork Onion Squash Carrot Curry Roux Cooking Oil Cabbage Soybean Sprout Cucumber Mayonnaise Onion Carrot Corn Consommé Apple	Rice Pork Onion Squash Carrot Curry Roux Cooking Oil Cabbage Soybean Sprout Cucumber Mayonnaise Onion Carrot Corn Consommé Apple		
Snack	Barley Tea Apple Yogurt Plain Yogurt Apple Sugar	Barley Tea Seasoned Rice Rice Fried Soybean Curd Mushroom, Carrot Soy Sauce, Sweet Rice Wine Salt	Milk Boiled Potatoes Potato Butter		Milk Cocoa Pudding Milk Cocoa Sugar Agar Sugar	Milk Dried Young Sardine, Orange Dried Young Sardine Sugar Soy Sauce White Sesame Orange	Milk Brown Sugar Rusk Bread Brown Sugar	Milk Sweet Potato Pie Sweet Potato Butter Sugar Milk Black Sesame	Milk Pancake Pancake Powder Milk Egg	Milk Boiled Soybeans Soybean Soybean Flour Sugar Salt	Milk Bread Pudding Bread Egg Milk Sugar	Milk Cookie Wheat Flour Butter Sugar		

※Menu may change depending on the availability of ingredients.

