

2022



April Menu



Sasebo Ekimae Nursery Center · Sasebo Day Nursery

Date	Day	Snack at 9 o'clock	Menu	Ingredient			Snack at 3 o'clock	
				For blood, muscle and bone	For body heat and energy	For body conditioning		
1	Fri	Milk, Doughnut	Rice, Japanese Pork and Potato Stew, Vegetables dressed with Sesame, Soybean Paste Soup, Bananas	Milk, Pork, Soybean Paste, Egg	Rice, Potato, Pancake Flour, Sesame	Onion, Carrot, Japanese Mustard Spinach, Soybean Sprout, Green Onion, Wakame-Seaweed, Banana	Milk, Pancake	
2	Sat	Milk, Deep Fried Rice Crackers	Hushed Pork and Rice, Corn Salad, Vegetable Soup, Canned Peaches	Milk, Pork, Dried Young Sardine	Rice, Corn, Potato	Onion, Carrot, Cabbage, Soybean Sprout, Mushroom, Canned Peach	Milk, Biscuits, Dried Young Sardine	
4	Mon	Milk, Vegetables Bar	Rice, Chicken grilled with Sweetened Soy Sauce, Wakame-Seaweed seasoned with Vinegar, Soybean Paste Soup, Oranges	Milk, Chicken, Soybean Paste, Soybean Curd, Red Bean Jam	Rice, Sesame, Wheat Flour	Wakame-Seaweed, Cabbage, Soybean Sprout, Onion, Green Onion, Carrot, Apple	Milk, Steamed Bread stuffed with Red Bean Jam	
5	Tue	Milk, Corn Snacks	Rice, Salmon grilled with Cheese and Tomato Ketchup, French Salad, Vegetable Soup, Apples	Milk, Salmon, Cheese, Soybean Flour	Rice, Potato	Cabbage, Soybean Sprout, Carrot, Mushroom, Spinach, Apple	Milk, Beans coated with Soybean Flour	
6	Wed	Milk, Sweet Potato Bar	Rice, Soybean Curd simmered with Tomato Sauce, Vegetables seasoned Chinese Seasoning, Egg Soup, Bananas	Milk, Pork, Soybean Curd, Egg	Rice, Potato, Sesame, Wheat Flour	Onion, Carrot, Japanese Mustard Spinach, Soybean Sprout, Green Onion, Mushroom, Banana	Milk, Lemon Cake	
7	Thu	Milk, Crackers	Rice, White Fish fried with Sesame, Dried White Radish Stripes seasoned with Vinegar, Soybean Paste Soup, Oranges	Milk, White Fish, Soybean Paste	Rice, Sesame, Sweet Potato	Dried White Radish Stripe, Carrot, Cucumber, Onion, Wakame-Seaweed, Orange	Milk, Sweet Potatoes simmered with Sweet Sauce	
8	Fri	Milk, Doughnut	Rice, Chinese Omelet, Bean Starch Vermicelli, Salad, Clear Soup. Bananas	Milk, Egg, Fish Cake-Crab Meat Flavor, Dried Baby Sardine	Rice, Bean-Starch Vermicelli, Bread, Mayonnaise	Onion, Carrot, Green Pepper, Cabbage, Wakame-Seaweed, Green Onion, Banana	Milk, Dried Baby Sardine Toast	
9	Sat	Milk, Vegetables Bar	Box Lunch Day					Milk, Jerry, Rice Cracker
11	Mon	Milk, Deep Fried Rice Crackers	Rice, Salmon grilled with Salt, Hijiki-Seaweed stirred with Vegetables, Soybean Paste Soup, Bananas	Milk, Salomon, Soybean Curd, Soybean Paste, Soybean Flour	Rice Macaroni	Hijiki-Seaweed, Cabbage, Carrot, Onion, Mushroom, Banana	Milk, Macaroni coated with Soybean Flour	
12	Tue	Milk, Corn Snacks	Noodle stir-fried with Worcestershire Sauce, Vegetables dressed with Japanese White Sauce, Chimes Soup, Apples	Milk, Pork, Soybean Curd	Champon Noodle, Rice	Onion, Carrot, Spinach, Cabbage, Green Onion, Wakame-Seaweed, Apple	Green Tea, Wakame-Seaweed Rice Ball	
13	Wed	Milk, Sweet Potato Bar	Rice, Cheese Omelet, Japanese Salad, Soybean Milk Soup, Oranges	Milk, Egg, Fish Cake-Crab Meat Flavor, Cheese, Soymilk	Rice, Potato, Butter	Onion, Carrot, Wakame-Seaweed, White Radish, Soybean Sprout, Pumpkin, Orange	Milk, Baked Potato with Butter Topping	
14	Thu	Milk, Crackers	Rice, Chicken simmered with Tomato Sauce, Tuna Salad, Vegetable Soup, Bananas	Milk, Chicken, Soybean, Egg	Rice, Potato, Wheat Flour	Onion, Carrot, Cabbage, Soybean Sprout, Mushroom, Banana	Milk, Pineapple Cake	
15	Fri	Milk, Doughnut	Rice, Grilled White Fish-Kyoto Style, Japanese Mustard Spinach dressed with Sesame, Clear Soup, Oranges	Milk, White Fish, Soybean Paste	Rice, Corn, Bread, Sesame, Mayonnaise	Japanese Mustard Spinach, Carrot, Soybean Sprout, Wakame-Seaweed, Green Onion, Orange	Milk, Corn and Mayonnaise Toast	
16	Sat	Milk, Corn Snacks	Bowl of Rice with Chop-Suey Topping, Wakame-Seaweed seasoned with Vinegar, Soybean Paste Soup, Canned Mikan-Oranges	Milk, Pork, Soybean Paste	Rice, Sesame, Sweet Potato	Carrot, Onion, Wakame-Seaweed, Cabbage, White Radish, Canned Mikan-Orange	Milk, Sweet Potatoes simmered with Lemon Slices	
18	Mon	Milk, Vegetables Bar	Rice, Tandoori Chicken, French Salad, Vegetable Soup, Bananas	Milk, Pork, Yogurt, Soybean Curd	Rice, Potato, Wheat Flour	Cabbage, Soybean Sprout, Carrot, Mushroom, Spinach, Banana	Milk, Mashed Potato Doughnuts	
19	Tue	Milk, Deep Fried Rice Crackers	Rice, Deep-Fried White Fish, Vegetables dressed with Dried Bonito Flakes, Soybean Paste Soup, Apples	Milk, White Fish, Soybean Paste, Yogurt	Rice, Sesame	Cabbage, Soybean Sprout, Carrot, Mushroom, Wakame-Seaweed, Apple	Green Tea, Mikan-Orange Yogurt	
20	Wed	Milk, Sweet Potato Bar	Rice, Spicy Sichuan Dish of Minced Pork and Soybean Curd- Curry Flavor, Seasoned Vegetables-Chinese Flavor, Egg Soup, Oranges	Milk, Minced Pork, Soybean Curd, Egg, Soybean Flour	Rice, Wheat Flour	Onion, Carrot, Japanese Mustard Spinach, Soybean Sprout, Green Onion, Mushroom, Orange	Milk, Steamed Bread stuffed with Soybean Flour	
21	Thu	Milk, Crackers	☆Curry Pan Man-shaped Bread Roll ☆Chili Con Carne ☆Bananas ☆Tuna Salad ☆Corn Soup	Milk, Minced Chicken, Soybean, Tuna Flakes, Cheese	Bread Roll, Corn, Pancake Flour	Onion, Carrot, Cabbage, Soybean Sprout, Mushroom, Tomato, Banana	Apple Juice, Bear-Shaped Scone	
22	Fri	Milk, Doughnut	Rice, Simmered White Fish, Spinach dressed with Sesame, Soybean Paste Soup, Bananas	Milk, White Fish, Soybean Paste, Egg	Rice, Sesame, Sweet Potato	Spinach, Carrot, Soybean Sprout, Mushroom, Green Onion, Wakame-Seaweed, Banana	Milk, Sweet Potato Pie	
23	Sat	Milk, Deep Fried Rice Crackers	Chicken and Egg Bowl, Cabbages seasoned with Vinegar, Soybean Paste Soup, Canned Peaches	Milk, Chicken, Egg, Soybean Paste	Rice, Sesame, Starch	Onion, Carrot, Cabbage, Soybean Sprout, Mushroom, Canned Peach	Milk, Rusk made from Starch	
25	Mon	Milk, Vegetables Bar	Rice, Salmon grilled with Sesame and Soybean Paste, Vegetables dressed with Japanese White Sauce, Clear Soup, Apples	Milk, Salmon, Soybean Paste, Soybean Curd	Rice, Sesame, Bracken Starch Flour	Spinach, Carrot, Onion, Mushroom, Green Onion, Wakame-Seaweed, Apple	Milk, Bracken-Starch Dumpling	
26	Tue	Milk, Corn Snacks	Rice, Sweet and Sour Chicken, Japanese Mustard Spinach dressed with Sesame, Soybean Paste Soup, Canned Pineapple	Milk, Chicken, Soybean Paste, Dried Young Sardine	Rice, Sesame, Mayonnaise	Onion, Carrot, Japanese Mustard Spinach, Soybean Sprout, Green Onion, Wakame-Seaweed, Canned Pineapple	Milk, Bananas, Dried Young Sardine and Curry and Mayonnaise Sauce	
27	Wed	Milk, Sweet Potato Bar	Rice, Imitated Soybean Curd, Vegetables dressed with Chinese Seasoning, Soybean Paste Soup, Oranges	Milk, Egg, Soybean Curd, Soybean Paste	Rice, Sesame, Sweet Potato	Mushroom, Carrot, Onion, Japanese Mustard Spinach, Green Onion, Wakame-Seaweed, Orange	Milk, Candied Sweet Potatoes	
28	Thu	Milk, Crackers	Rice, Pork Beans, Salad with Soybean Paste and Mayonnaise Dressing, Vegetable Soup, Bananas	Milk, pork, Soybean	Rice, Potato, Bread, Sesame, Mayonnaise	Onion, Carrot, Cabbage, Soybean Sprout, Mushroom, Banana	Milk, Sesame Toast	
30	Sat	Milk, Doughnut	Box Lunch Day					Milk, Cheese, hear-Shaped Pie

We congratulate you and your child on admission to our nursery center as well as promotion to senior classes.

The new school year begins in April. We anticipate that some children may lose their appetite as their environment, such as class rooms or childcare staff members, changes. But we hope that they will get used to such new environment and will get their appetite back soon. For the new school year, we will do our best to serve safe and tasty meals as the same as before. Your understanding and cooperation on our service would be highly appreciated.



Menu of the day is posted on our Facebook and Instagram accounts.

Instagram→sps.suku2.kitchen

Menu may change depending on the availability of ingredients.

Nutritionist : Kaori Handa