

| <p>ご入園、ご進級おめでとうございます</p> <p>新しい環境での生活が始まりました。緊張や不安があると思いますが、</p> <p>野菜やお肉、お魚など、たくさんの食べ物にふれていきましょう！！</p> <p>毎日の食事が元気な体をつくれます。好き嫌いせずたくさん食べて、</p> <p>友達と楽しく過ごせる一年にしましょう！</p>  <p>株式会社 万福</p> | | <p>11日(水) クラブ給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん</td><td>① 白米 発芽玄米</td></tr> <tr><td>② 大根のみそ汁</td><td>② 大根 あげ 人参 だし粉 みそ 味の素</td></tr> <tr><td>③ 鶏の唐揚げ</td><td>③ 鶏肉 小麦 でん粉 大豆油 卵白粉</td></tr> <tr><td>④ 葉菜とピーマンの炒め煮</td><td>脱脂粉乳 全卵粉 菜種油</td></tr> <tr><td>⑤ 里芋の煮付</td><td>④ 小松菜 ピーマン 豚肉 だし粉 砂糖 醤油</td></tr> <tr><td>⑥ フルーツ</td><td>⑤ 里芋 だし粉 醤油 砂糖</td></tr> <tr><td></td><td>⑥ みかん缶</td></tr> <tr><td>エネルギー</td><td>533 kcal</td></tr> <tr><td>たんぱく質</td><td>19.2 g</td></tr> <tr><td>脂質</td><td>17.1 g</td></tr> <tr><td>カルシウム</td><td>144 mg</td></tr> <tr><td>ビタミンC</td><td>13 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん | ① 白米 発芽玄米 | ② 大根のみそ汁 | ② 大根 あげ 人参 だし粉 みそ 味の素 | ③ 鶏の唐揚げ | ③ 鶏肉 小麦 でん粉 大豆油 卵白粉 | ④ 葉菜とピーマンの炒め煮 | 脱脂粉乳 全卵粉 菜種油 | ⑤ 里芋の煮付 | ④ 小松菜 ピーマン 豚肉 だし粉 砂糖 醤油 | ⑥ フルーツ | ⑤ 里芋 だし粉 醤油 砂糖 | | ⑥ みかん缶 | エネルギー | 533 kcal | たんぱく質 | 19.2 g | 脂質 | 17.1 g | カルシウム | 144 mg | ビタミンC | 13 mg |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|-----|---------|-------------|----------|--|----------|---------------------------------|-----------|---|---------------|--------------------------|-----------|---------------------------------------|--------|----------------|-------|--------|-------|----------|-------|--------|-------|--------|---|--------|-------|-------|---|-----------|--------|--|--------------|------------------------------------|---------|---------------------------|------------|-------------------------------------|------------|----------|-------|----------|-------|--------|-------|--------|-------|--------|--|-------|--|-----|---------|-----------|-----------|-----------|------------|-----------------------------|----------|----------------------------------|-----------|--------------------------------------|---------|----------------|--------|--------|-----------|----------|-------|----------|-------|--------|-------|--------|-------|--------|---|-------|-----|-----|-------|-----------|----------|---|-------------|--|--------------|--------------|----------|------------|-------|----------|-------|------|----|--------|-------|--------|-------|-------|---|--|-----|-----|---------|-----------|--------|-----------------------------|-----------|---------------------------|----------|---------|----------|-----------------|-----------------|-----------|-----------|-------|----------|-------|-------|----------|-------|--------|----|-------|-------|--------|-------|------|
| | | 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② 大根のみそ汁 | ② 大根 あげ 人参 だし粉 みそ 味の素 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ 鶏の唐揚げ | ③ 鶏肉 小麦 でん粉 大豆油 卵白粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ 葉菜とピーマンの炒め煮 | 脱脂粉乳 全卵粉 菜種油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ 里芋の煮付 | ④ 小松菜 ピーマン 豚肉 だし粉 砂糖 醤油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ フルーツ | ⑤ 里芋 だし粉 醤油 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ⑥ みかん缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 533 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 19.2 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 17.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 144 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 13 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>23日(月) 全員給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① レースパン</td><td>① 一部に乳成分を含む</td></tr> <tr><td>② コーンスープ</td><td>② コーン 玉葱 スープ(じゃが芋、コーン 大豆成分、乳成分、玉葱、チーズ)</td></tr> <tr><td>③ チキンカツ</td><td>③ 鶏肉 卵白 でん粉 パン粉 小麦 乳成分 大豆成分 菜種油</td></tr> <tr><td>④ ポトフ風</td><td>④ じゃが芋 キャベツ ウィンナー(豚肉 じゃが芋でん粉 玉葱 ガーリックパウダー 大豆たんぱく)</td></tr> <tr><td>⑤ フルーツ</td><td>⑤ 玉葱 人参 コンソメ(牛エキス) 醤油 砂糖</td></tr> <tr><td>⑥ 牛乳</td><td>⑥ フルーツミックス缶 (黄桃、洋なし、ぶどう、パイナップル、さくらんぼ)</td></tr> <tr><td>エネルギー</td><td>428 kcal</td></tr> <tr><td>たんぱく質</td><td>12 g</td></tr> <tr><td>脂質</td><td>9.1 g</td></tr> <tr><td>カルシウム</td><td>91 mg</td></tr> <tr><td>ビタミンC</td><td>17 mg</td></tr> </table> | | 献立名 | 材料名 | ① レースパン | ① 一部に乳成分を含む | ② コーンスープ | ② コーン 玉葱 スープ(じゃが芋、コーン 大豆成分、乳成分、玉葱、チーズ) | ③ チキンカツ | ③ 鶏肉 卵白 でん粉 パン粉 小麦 乳成分 大豆成分 菜種油 | ④ ポトフ風 | ④ じゃが芋 キャベツ ウィンナー(豚肉 じゃが芋でん粉 玉葱 ガーリックパウダー 大豆たんぱく) | ⑤ フルーツ | ⑤ 玉葱 人参 コンソメ(牛エキス) 醤油 砂糖 | ⑥ 牛乳 | ⑥ フルーツミックス缶 (黄桃、洋なし、ぶどう、パイナップル、さくらんぼ) | エネルギー | 428 kcal | たんぱく質 | 12 g | 脂質 | 9.1 g | カルシウム | 91 mg | ビタミンC | 17 mg | <p>24日(火) 全員給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん</td><td>① 白米 発芽玄米</td></tr> <tr><td>② すまし汁</td><td>② わかめ えのき 青ねぎ だし粉 醤油 塩</td></tr> <tr><td>③ 鶏と大根のみそ煮</td><td>③ 大根 鶏肉 インゲン 人参 こんにゃく みそ 砂糖 醤油 だし粉</td></tr> <tr><td>④ ぶりの照焼</td><td>④ ぶり 緑茶エキス タピオカでん粉</td></tr> <tr><td>⑤ しいたけの天ぷら</td><td>⑤ しいたけ だし粉 醤油 砂糖 天ぷら粉(小麦 ベーキングパウダー)</td></tr> <tr><td>⑥ オレンジ(生果)</td><td>⑥ オレンジ</td></tr> <tr><td>エネルギー</td><td>425 kcal</td></tr> <tr><td>たんぱく質</td><td>15.6 g</td></tr> <tr><td>脂質</td><td>11.1 g</td></tr> <tr><td>カルシウム</td><td>106 mg</td></tr> <tr><td>ビタミンC</td><td>25 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん | ① 白米 発芽玄米 | ② すまし汁 | ② わかめ えのき 青ねぎ だし粉 醤油 塩 | ③ 鶏と大根のみそ煮 | ③ 大根 鶏肉 インゲン 人参 こんにゃく みそ 砂糖 醤油 だし粉 | ④ ぶりの照焼 | ④ ぶり 緑茶エキス タピオカでん粉 | ⑤ しいたけの天ぷら | ⑤ しいたけ だし粉 醤油 砂糖 天ぷら粉(小麦 ベーキングパウダー) | ⑥ オレンジ(生果) | ⑥ オレンジ | エネルギー | 425 kcal | たんぱく質 | 15.6 g | 脂質 | 11.1 g | カルシウム | 106 mg | ビタミンC | 25 mg | <p>25日(水) クラブ給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん</td><td>① 白米 発芽玄米</td></tr> <tr><td>② 中華スープ</td><td>② 白菜 干しいたけ 玉葱 中華スープ(鶏・豚エキス)</td></tr> <tr><td>③ やきそば</td><td>③ やきそば キャベツ 人参 玉葱 豚肉 ソース とんかつソース</td></tr> <tr><td>④ イカフライ</td><td>④ イカ 小麦 菜種油</td></tr> <tr><td>⑤ 大根の煮付</td><td>⑤ 大根 だし粉 醤油 砂糖</td></tr> <tr><td>⑥ フルーツ</td><td>⑥ パイン缶</td></tr> <tr><td>エネルギー</td><td>480 kcal</td></tr> <tr><td>たんぱく質</td><td>14.6 g</td></tr> <tr><td>脂質</td><td>9.2 g</td></tr> <tr><td>カルシウム</td><td>113 mg</td></tr> <tr><td>ビタミンC</td><td>11 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん | ① 白米 発芽玄米 | ② 中華スープ | ② 白菜 干しいたけ 玉葱 中華スープ(鶏・豚エキス) | ③ やきそば | ③ やきそば キャベツ 人参 玉葱 豚肉 ソース とんかつソース | ④ イカフライ | ④ イカ 小麦 菜種油 | ⑤ 大根の煮付 | ⑤ 大根 だし粉 醤油 砂糖 | ⑥ フルーツ | ⑥ パイン缶 | エネルギー | 480 kcal | たんぱく質 | 14.6 g | 脂質 | 9.2 g | カルシウム | 113 mg | ビタミンC | 11 mg | <p>26日(木) 全員給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん</td><td>① 白米 発芽玄米</td></tr> <tr><td>② カレーライス</td><td>② 豚肉 玉葱 じゃが芋 人参 カレールー(小麦、豚脂、でん粉、脱脂粉乳 カレーパウダー、トマトパウダー、チーズ、バナナペースト、はちみつ、ミルクカルシウム、ココア、りんごペースト、大豆成分、バターミルクパウダー、昆布だし、ホークエキス) コンソメ(牛エキス) 砂糖</td></tr> <tr><td>③ ブロッコリーサラダ</td><td>③ ブロッコリー 玉葱 ゆで卵 赤ピーマン 塩こしょう マヨネーズ 酢 砂糖</td></tr> <tr><td>④ タコスさんウィンナー</td><td>④ 豚肉 鶏肉 牛エキス</td></tr> <tr><td>⑤ イチゴゼリー</td><td>⑤ いちご果汁 水飴</td></tr> <tr><td>エネルギー</td><td>522 kcal</td></tr> <tr><td>たんぱく質</td><td>14 g</td></tr> <tr><td>脂質</td><td>15.5 g</td></tr> <tr><td>カルシウム</td><td>120 mg</td></tr> <tr><td>ビタミンC</td><td>40 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん | ① 白米 発芽玄米 | ② カレーライス | ② 豚肉 玉葱 じゃが芋 人参 カレールー(小麦、豚脂、でん粉、脱脂粉乳 カレーパウダー、トマトパウダー、チーズ、バナナペースト、はちみつ、ミルクカルシウム、ココア、りんごペースト、大豆成分、バターミルクパウダー、昆布だし、ホークエキス) コンソメ(牛エキス) 砂糖 | ③ ブロッコリーサラダ | ③ ブロッコリー 玉葱 ゆで卵 赤ピーマン 塩こしょう マヨネーズ 酢 砂糖 | ④ タコスさんウィンナー | ④ 豚肉 鶏肉 牛エキス | ⑤ イチゴゼリー | ⑤ いちご果汁 水飴 | エネルギー | 522 kcal | たんぱく質 | 14 g | 脂質 | 15.5 g | カルシウム | 120 mg | ビタミンC | 40 mg | <p>27日(金) 希望給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん・汁</td><td>① 白米 発芽玄米</td></tr> <tr><td>② お好み焼</td><td>② キャベツ 小麦粉 鶏卵 山芋 生姜 ソース 青のり</td></tr> <tr><td>③ トンテキ風炒め</td><td>③ 豚肉 玉ねぎ しめじ 人参 ソース ケチャップ</td></tr> <tr><td>④ がんもの煮付</td><td>④ 豆腐 人参</td></tr> <tr><td>⑤ 花形かまぼこ</td><td>⑤ たら にとり 卵白 乳成分</td></tr> <tr><td>⑥ かぼちゃとレーズンのサラダ</td><td>⑥ 南瓜 レーズン</td></tr> <tr><td>⑦ りんご(生果)</td><td>⑦ りんご</td></tr> <tr><td>⑧ カットコーン</td><td>⑧ コーン</td></tr> <tr><td>エネルギー</td><td>433 kcal</td></tr> <tr><td>たんぱく質</td><td>13.3 g</td></tr> <tr><td>脂質</td><td>9.0 g</td></tr> <tr><td>カルシウム</td><td>125 mg</td></tr> <tr><td>ビタミンC</td><td>4 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん・汁 | ① 白米 発芽玄米 | ② お好み焼 | ② キャベツ 小麦粉 鶏卵 山芋 生姜 ソース 青のり | ③ トンテキ風炒め | ③ 豚肉 玉ねぎ しめじ 人参 ソース ケチャップ | ④ がんもの煮付 | ④ 豆腐 人参 | ⑤ 花形かまぼこ | ⑤ たら にとり 卵白 乳成分 | ⑥ かぼちゃとレーズンのサラダ | ⑥ 南瓜 レーズン | ⑦ りんご(生果) | ⑦ りんご | ⑧ カットコーン | ⑧ コーン | エネルギー | 433 kcal | たんぱく質 | 13.3 g | 脂質 | 9.0 g | カルシウム | 125 mg | ビタミンC | 4 mg |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① レースパン | ① 一部に乳成分を含む | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② コーンスープ | ② コーン 玉葱 スープ(じゃが芋、コーン 大豆成分、乳成分、玉葱、チーズ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ チキンカツ | ③ 鶏肉 卵白 でん粉 パン粉 小麦 乳成分 大豆成分 菜種油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ ポトフ風 | ④ じゃが芋 キャベツ ウィンナー(豚肉 じゃが芋でん粉 玉葱 ガーリックパウダー 大豆たんぱく) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ フルーツ | ⑤ 玉葱 人参 コンソメ(牛エキス) 醤油 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ 牛乳 | ⑥ フルーツミックス缶 (黄桃、洋なし、ぶどう、パイナップル、さくらんぼ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 428 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 12 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 9.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 91 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 17 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② すまし汁 | ② わかめ えのき 青ねぎ だし粉 醤油 塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ 鶏と大根のみそ煮 | ③ 大根 鶏肉 インゲン 人参 こんにゃく みそ 砂糖 醤油 だし粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ ぶりの照焼 | ④ ぶり 緑茶エキス タピオカでん粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ しいたけの天ぷら | ⑤ しいたけ だし粉 醤油 砂糖 天ぷら粉(小麦 ベーキングパウダー) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ オレンジ(生果) | ⑥ オレンジ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 425 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 15.6 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 11.1 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 106 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 25 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② 中華スープ | ② 白菜 干しいたけ 玉葱 中華スープ(鶏・豚エキス) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ やきそば | ③ やきそば キャベツ 人参 玉葱 豚肉 ソース とんかつソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ イカフライ | ④ イカ 小麦 菜種油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ 大根の煮付 | ⑤ 大根 だし粉 醤油 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ フルーツ | ⑥ パイン缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 480 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 14.6 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 9.2 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 113 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 11 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② カレーライス | ② 豚肉 玉葱 じゃが芋 人参 カレールー(小麦、豚脂、でん粉、脱脂粉乳 カレーパウダー、トマトパウダー、チーズ、バナナペースト、はちみつ、ミルクカルシウム、ココア、りんごペースト、大豆成分、バターミルクパウダー、昆布だし、ホークエキス) コンソメ(牛エキス) 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ ブロッコリーサラダ | ③ ブロッコリー 玉葱 ゆで卵 赤ピーマン 塩こしょう マヨネーズ 酢 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ タコスさんウィンナー | ④ 豚肉 鶏肉 牛エキス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ イチゴゼリー | ⑤ いちご果汁 水飴 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 522 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 14 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 15.5 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 120 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 40 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん・汁 | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② お好み焼 | ② キャベツ 小麦粉 鶏卵 山芋 生姜 ソース 青のり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ トンテキ風炒め | ③ 豚肉 玉ねぎ しめじ 人参 ソース ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ がんもの煮付 | ④ 豆腐 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ 花形かまぼこ | ⑤ たら にとり 卵白 乳成分 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ かぼちゃとレーズンのサラダ | ⑥ 南瓜 レーズン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑦ りんご(生果) | ⑦ りんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑧ カットコーン | ⑧ コーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 433 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 13.3 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 9.0 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 125 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 4 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>18日(水) クラブ給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん</td><td>① 白米 発芽玄米</td></tr> <tr><td>② 豚汁</td><td>② ごぼう 豚肉 人参 こんにゃく だし粉 みそ 味の素</td></tr> <tr><td>③ 白身魚フライ</td><td>③ ホキ 小麦 菜種油</td></tr> <tr><td>④ 葉菜のごま和え</td><td>④ チンゲン菜 玉葱 人参 ごま 醤油 砂糖 みりん</td></tr> <tr><td>⑤ カットコーン</td><td>⑤ コーン</td></tr> <tr><td>⑥ りんご(生果)</td><td>⑥ りんご</td></tr> <tr><td>エネルギー</td><td>508 kcal</td></tr> <tr><td>たんぱく質</td><td>18.7 g</td></tr> <tr><td>脂質</td><td>13.5 g</td></tr> <tr><td>カルシウム</td><td>155 mg</td></tr> <tr><td>ビタミンC</td><td>12 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん | ① 白米 発芽玄米 | ② 豚汁 | ② ごぼう 豚肉 人参 こんにゃく だし粉 みそ 味の素 | ③ 白身魚フライ | ③ ホキ 小麦 菜種油 | ④ 葉菜のごま和え | ④ チンゲン菜 玉葱 人参 ごま 醤油 砂糖 みりん | ⑤ カットコーン | ⑤ コーン | ⑥ りんご(生果) | ⑥ りんご | エネルギー | 508 kcal | たんぱく質 | 18.7 g | 脂質 | 13.5 g | カルシウム | 155 mg | ビタミンC | 12 mg | <p>19日(木) 全員給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① みそラーメン</td><td>① 白米 発芽玄米</td></tr> <tr><td>② ハムカツ</td><td>② コーン ほうれん草 みそ 味の素 中華スープ(鶏・豚エキス) ごま油 塩こしょう</td></tr> <tr><td>③ 赤かぶかまぼこの煮付</td><td>② パン粉 豚肉 じゃが芋でん粉 大豆たんぱく 小麦 菜種油</td></tr> <tr><td>④ ももゼリー</td><td>③ たら ほうれん草 大豆成分 だし粉 醤油 砂糖</td></tr> <tr><td></td><td>④ もも果汁 水飴</td></tr> <tr><td>エネルギー</td><td>421 kcal</td></tr> <tr><td>たんぱく質</td><td>24 g</td></tr> <tr><td>脂質</td><td>11.4 g</td></tr> <tr><td>カルシウム</td><td>56 mg</td></tr> <tr><td>ビタミンC</td><td>30 mg</td></tr> </table> | | 献立名 | 材料名 | ① みそラーメン | ① 白米 発芽玄米 | ② ハムカツ | ② コーン ほうれん草 みそ 味の素 中華スープ(鶏・豚エキス) ごま油 塩こしょう | ③ 赤かぶかまぼこの煮付 | ② パン粉 豚肉 じゃが芋でん粉 大豆たんぱく 小麦 菜種油 | ④ ももゼリー | ③ たら ほうれん草 大豆成分 だし粉 醤油 砂糖 | | ④ もも果汁 水飴 | エネルギー | 421 kcal | たんぱく質 | 24 g | 脂質 | 11.4 g | カルシウム | 56 mg | ビタミンC | 30 mg | <p>20日(金) 希望給食</p> <table border="1"> <tr><th>献立名</th><th>材料名</th></tr> <tr><td>① ごはん・汁</td><td>① 白米 発芽玄米</td></tr> <tr><td>② ゴマささみカツ</td><td>② 鶏肉 ごま</td></tr> <tr><td>③ きのこの和風スパ</td><td>③ スパゲティー 玉ねぎ しめじ 鶏肉</td></tr> <tr><td>④ ヤングコーン</td><td>④ ヤングコーン</td></tr> <tr><td>⑤ ミネストローネ</td><td>⑤ じゃが芋 ベーコン キャベツ 人参 玉ねぎ グリンピース ケチャップ</td></tr> <tr><td>⑥ チーズパイ</td><td>⑥ 卵 チーズ 卵白</td></tr> <tr><td>⑦ フルーツ</td><td>⑦ みかん缶</td></tr> <tr><td>⑧ かぼちゃの煮付</td><td>⑧ かぼちゃ</td></tr> <tr><td>エネルギー</td><td>422 kcal</td></tr> <tr><td>たんぱく質</td><td>16.2 g</td></tr> <tr><td>脂質</td><td>5.9 g</td></tr> <tr><td>カルシウム</td><td>141 mg</td></tr> <tr><td>ビタミンC</td><td>11 mg</td></tr> </table> | | 献立名 | 材料名 | ① ごはん・汁 | ① 白米 発芽玄米 | ② ゴマささみカツ | ② 鶏肉 ごま | ③ きのこの和風スパ | ③ スパゲティー 玉ねぎ しめじ 鶏肉 | ④ ヤングコーン | ④ ヤングコーン | ⑤ ミネストローネ | ⑤ じゃが芋 ベーコン キャベツ 人参 玉ねぎ グリンピース ケチャップ | ⑥ チーズパイ | ⑥ 卵 チーズ 卵白 | ⑦ フルーツ | ⑦ みかん缶 | ⑧ かぼちゃの煮付 | ⑧ かぼちゃ | エネルギー | 422 kcal | たんぱく質 | 16.2 g | 脂質 | 5.9 g | カルシウム | 141 mg | ビタミンC | 11 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② 豚汁 | ② ごぼう 豚肉 人参 こんにゃく だし粉 みそ 味の素 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ 白身魚フライ | ③ ホキ 小麦 菜種油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ 葉菜のごま和え | ④ チンゲン菜 玉葱 人参 ごま 醤油 砂糖 みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ カットコーン | ⑤ コーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ りんご(生果) | ⑥ りんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 508 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 18.7 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 13.5 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 155 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 12 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① みそラーメン | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② ハムカツ | ② コーン ほうれん草 みそ 味の素 中華スープ(鶏・豚エキス) ごま油 塩こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ 赤かぶかまぼこの煮付 | ② パン粉 豚肉 じゃが芋でん粉 大豆たんぱく 小麦 菜種油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ ももゼリー | ③ たら ほうれん草 大豆成分 だし粉 醤油 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ④ もも果汁 水飴 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 421 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 24 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 11.4 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 56 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 30 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 献立名 | 材料名 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ① ごはん・汁 | ① 白米 発芽玄米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ② ゴマささみカツ | ② 鶏肉 ごま | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ③ きのこの和風スパ | ③ スパゲティー 玉ねぎ しめじ 鶏肉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ④ ヤングコーン | ④ ヤングコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑤ ミネストローネ | ⑤ じゃが芋 ベーコン キャベツ 人参 玉ねぎ グリンピース ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑥ チーズパイ | ⑥ 卵 チーズ 卵白 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑦ フルーツ | ⑦ みかん缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ⑧ かぼちゃの煮付 | ⑧ かぼちゃ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 422 kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 16.2 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂質 | 5.9 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カルシウム | 141 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ビタミンC | 11 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

※魚に関しましては、噛みくだけの程度の小骨が入っている場合もございますので、ご注意ください。尚、上記献立表は季節により、一部変更することがありますので、ご了承下さい。
 ★万福ではカルシウム強化に取り組んでおり、1食あたり36mgのカルシウム補強がされています。

*4/11(水)・18(水)・25(水)の3日間は、新入園児さんは給食がありません。午前中保育(11:10分終了)になっています。

