

| 【栄養三色】 | |
|--------|----------------------------|
| 赤 (あ) | たんぱく質・無糖質 魚・肉・卵・豆・牛乳・海藻 |
| 黄 (き) | 炭水化物・脂質 穀類・芋・油・砂糖 |
| 緑 (み) | ビタミン・無糖質 野菜・果物 |

※太字は地産地消の食材です。
※食材 入荷の都合により、内容を多少変更することがありますのでご了承下さい。

※ちりめんじゃこ・小魚・海藻類には、えび・かにが混入している場合があります。

※魚には「骨」があります。気をつけて食べましょう。



※給食はよく噛んでゆっくり食べましょう！



【3月分平均栄養量】

| | エネルギー kcal | たんぱく質 % | 脂質 % | カルシウム mg | 鉄 mg | ビタミン | | | |
|-----------|------------|----------|----------|----------|------|---------|-------|-------|------|
| | | | | | | A μgRAE | B1 mg | B2 mg | C mg |
| 学校給食摂取基準 | 650 | 13~20 ※1 | 20~30 ※2 | 350 | 3.0 | 200 | 0.40 | 0.40 | 20 |
| 3月分 平均栄養量 | 649 | 16.8 | 28.5 | 386 | 2.7 | 243 | 0.43 | 0.55 | 26 |

※1摂取エネルギー全体のたんぱく質の割合13%~20%

※2摂取エネルギー全体の脂質の割合20%~30%

※新型コロナウイルス感染症拡大に伴い、やむを得なく献立が変更となる場合があります。

| 1(月) | 2(火) | 3(水) | 4(木) | 5(金) |
|--|--|---|--|--|
| <p>みそしる</p> <p>とうふ 25 (あ)</p> <p>ほしわかめ 0.3 (あ)</p> <p>たまねぎ 15 (み)</p> <p>にんじん 10 (み)</p> <p>キャベツ 10 (み)</p> <p>あおねぎ 5 (み)</p> <p>けずりぶし 2 (き)</p> <p>あかみそ 8 (あ)</p> <p>しろみそ 3 (あ)</p> <p>とりにく</p> <p>とりにく 30 (あ)</p> <p>でんぶん 6.3 (き)</p> <p>あげあぶら 2 (き)</p> <p>こいくちしょうゆ 2.2 (き)</p> <p>さとう 1.2 (き)</p> <p>みりん 0.6 (き)</p> <p>しょうが 0.24 (み)</p> <p>ポテトサラダ</p> <p>じゃがいも 35 (き)</p> <p>きゅうり 10 (み)</p> <p>にんじん 3 (み)</p> <p>ホールコーン 5 (み)</p> <p>しお 0.2 (き)</p> <p>こしょう 0.02 (き)</p> <p>マヨネーズ クラス1ぼん (き)</p> | <p>クリームに</p> <p>ベーコン 8 (あ)</p> <p>マカロニ(エルボ) 5 (き)</p> <p>さつまいも 40 (き)</p> <p>たまねぎ 30 (み)</p> <p>にんじん 15 (み)</p> <p>しめじ 5 (み)</p> <p>むきえだまめ 5 (み)</p> <p>とりがらスープ 8 (き)</p> <p>ポークパイオン 4 (き)</p> <p>ぎゅうにゅう 20 (あ)</p> <p>こなチーズ 2 (あ)</p> <p>だっしふんにゅう 2 (あ)</p> <p>バター 3 (き)</p> <p>ばいせんこむぎこ 4 (き)</p> <p>あぶら 1.2 (き)</p> <p>しお 0.35 (き)</p> <p>こしょう 0.03 (き)</p> <p>しろワイン 1 (き)</p> <p>とりにく</p> <p>とりにく 1 (あ)</p> <p>しょうが 0.3 (み)</p> <p>さけ 1.2 (き)</p> <p>こいくちしょうゆ 3.4 (き)</p> <p>さとう 1.4 (き)</p> <p>みりん 1.4 (き)</p> <p>でんぶん 0.3 (き)</p> <p>ツナとこまつなのサラダ</p> <p>ツナ 10 (あ)</p> <p>こまつな 30 (み)</p> <p>ホールコーン 10 (み)</p> <p>ドレッシング クラス1ぼん (き)</p> <p>やさいいっぱいわふう</p> | <p>なのはなじる</p> <p>とうふ 20 (あ)</p> <p>ちんちま(ちんちま) 10 (あ)</p> <p>にんじん 7 (み)</p> <p>えのきたけ 5 (み)</p> <p>なのはな 7 (み)</p> <p>けずりぶし 2 (き)</p> <p>だしこんぶ 0.3 (き)</p> <p>うすくちしょうゆ 2.5 (き)</p> <p>こいくちしょうゆ 1 (き)</p> <p>しお 0.15 (き)</p> <p>みりん 1 (き)</p> <p>すしごはん</p> <p>こめ 65 (き)</p> <p>す 11 (き)</p> <p>さとう 6.5 (き)</p> <p>しお 0.65 (き)</p> <p>ちらしずし</p> <p>こうやどらふ 2 (あ)</p> <p>あぶらあげ 3 (あ)</p> <p>にんじん 10 (み)</p> <p>ごぼう 5 (み)</p> <p>ほししいたけ 0.3 (み)</p> <p>ちりめんじゃこ 2 (あ)</p> <p>けずりぶし 1 (き)</p> <p>だしこんぶ 0.2 (き)</p> <p>さとう 1.6 (き)</p> <p>うすくちしょうゆ 2.5 (き)</p> <p>みりん 2 (き)</p> <p>きんしたまご 15 (あ)</p> <p>しお 0.02 (き)</p> <p>あげあぶら 3 (き)</p> <p>ひなデザート</p> <p>ひなあられ 14.6 (き)</p> | <p>カレーライス</p> <p>ぶたにく 25 (あ)</p> <p>じゃがいも 40 (き)</p> <p>たまねぎ 40 (み)</p> <p>にんじん 20 (み)</p> <p>グリーンピース 5 (み)</p> <p>りんごピューレ 5 (み)</p> <p>はちみつ 0.4 (き)</p> <p>しょうが 0.1 (み)</p> <p>とりがらスープ 6 (き)</p> <p>にんにく 0.05 (み)</p> <p>ポークパイオン 2 (き)</p> <p>あかワイン 1 (き)</p> <p>ウスターソース 1 (き)</p> <p>のうこうソース 1 (き)</p> <p>こいくちしょうゆ 1 (き)</p> <p>ケチャップ 3 (き)</p> <p>しお 0.1 (き)</p> <p>あぶら 0.2 (き)</p> <p>こめカレーウ① 8 (き)</p> <p>こめカレーウ② 8 (き)</p> <p>でんぶん 0.5 (き)</p> <p>ドレッシングあえ</p> <p>ツナ 7 (あ)</p> <p>キャベツ 20 (み)</p> <p>にんじん 5 (み)</p> <p>きゅうり 5 (み)</p> <p>こいくちしょうゆ 1.4 (き)</p> <p>さとう 1.2 (き)</p> <p>みりん 0.3 (き)</p> <p>す 1 (き)</p> <p>キャンディチーズ</p> <p>キャンディチーズ 2 (あ)</p> | <p>やさいスープ</p> <p>ウインナ 10 (あ)</p> <p>キャベツ 20 (み)</p> <p>じゃがいも 30 (き)</p> <p>たまねぎ 20 (み)</p> <p>むきえだまめ 5 (み)</p> <p>にんじん 7 (み)</p> <p>とりがらスープ 8 (き)</p> <p>ポークパイオン 3 (き)</p> <p>しろワイン 1 (き)</p> <p>しお 0.2 (き)</p> <p>こしょう 0.02 (き)</p> <p>うすくちしょうゆ 3 (き)</p> <p>あぶら 0.2 (き)</p> <p>パプリカ</p> <p>パプリカ 0.4 (き)</p> <p>しお 0.15 (き)</p> <p>クリーミーポテト</p> <p>さつまいも 40 (き)</p> <p>ぎゅうにゅう 10 (あ)</p> <p>バター 2 (き)</p> <p>さとう 3 (き)</p> <p>しろみざかなの</p> <p>パプリカあげ</p> <p>ホキ(かくぎり) 50 (あ)</p> <p>さけ 1 (き)</p> <p>でんぶん 10 (き)</p> <p>あげあぶら 5 (き)</p> <p>パプリカ 0.4 (き)</p> <p>しお 0.15 (き)</p> |
| <p>652 21.2 20.6</p> <p>ポテトサラダ</p> <p>とりにく</p> <p>あまからあん</p> <p>ごはん</p> <p>みそしる</p> | <p>663 29.7 20.4</p> <p>ツナとこまつなの</p> <p>サラダ</p> <p>はっこうにゅう</p> <p>とりにく</p> <p>のりやき</p> <p>コッペパン</p> <p>クリームに</p> | <p>608 23.5 15.7</p> <p>ひなデザート</p> <p>ちらしずし</p> <p>ちくわの</p> <p>いそべあげ</p> <p>すしごはん</p> <p>なのはなじる</p> | <p>654 23.5 17.8</p> <p>キャンディチーズ</p> <p>2こ</p> <p>カレーライス</p> <p>ドレッシングあえ</p> <p>ごはん</p> | <p>657 27.3 22.1</p> <p>クリーミーポテト</p> <p>しろみざかなの</p> <p>パプリカあげ</p> <p>コッペパン</p> <p>やさいスープ</p> |
| <p>8(月)</p> <p>とんじる</p> <p>ぶたにく 20 (あ)</p> <p>あぶらあげ 5 (あ)</p> <p>はくさい 15 (み)</p> <p>さつまいも 20 (き)</p> <p>だいこん 10 (み)</p> <p>にんじん 10 (み)</p> <p>あおねぎ 5 (み)</p> <p>つきごんにやく 10 (き)</p> <p>あかみそ 8 (あ)</p> <p>しろみそ 3 (あ)</p> <p>けずりぶし 2 (き)</p> <p>いかリングあげ</p> <p>しょうが 0.3 (み)</p> <p>カレーこ 0.1 (き)</p> <p>こいくちしょうゆ 1.7 (き)</p> <p>さけ 1 (き)</p> <p>でんぶん 10 (き)</p> <p>あげあぶら 10 (き)</p> <p>うみのサラダ</p> <p>ツナ 8 (あ)</p> <p>ほしわかめ 0.4 (あ)</p> <p>きゅうり 20 (み)</p> <p>にんじん 5 (み)</p> <p>むきえだまめ 5 (み)</p> <p>ドレッシング クラス1ぼん (こうみじお)</p> | <p>スープに</p> <p>とりにく 20 (あ)</p> <p>ベーコン 10 (あ)</p> <p>じゃがいも 50 (き)</p> <p>たまねぎ 30 (み)</p> <p>キャベツ 20 (み)</p> <p>にんじん 15 (み)</p> <p>あぶら 0.2 (き)</p> <p>とりがらスープ 6 (き)</p> <p>ポークパイオン 3 (き)</p> <p>しお 0.2 (き)</p> <p>こしょう 0.03 (き)</p> <p>うすくちしょうゆ 2.5 (き)</p> <p>こいくちしょうゆ 1 (き)</p> <p>しろワイン 1 (き)</p> <p>とうふハンバーグの</p> <p>ケチャップあん</p> <p>とうふハンバーグ 1こ (あ)</p> <p>たまねぎ 10 (み)</p> <p>あぶら 0.14 (き)</p> <p>す 1.4 (き)</p> <p>こいくちしょうゆ 1.75 (き)</p> <p>ケチャップ 1.4 (き)</p> <p>さとう 1.75 (き)</p> <p>でんぶん 0.5 (き)</p> <p>フルーツミックス</p> <p>みかん(かん) 30 (み)</p> <p>アロエデザート 15 (み)</p> <p>おうとう(かん) 15 (み)</p> | <p>かやくうどん</p> <p>あぶらあげ 10 (あ)</p> <p>かまぼこ 5 (あ)</p> <p>うどん 60 (き)</p> <p>はくさい 15 (み)</p> <p>にんじん 10 (み)</p> <p>あおねぎ 5 (み)</p> <p>えのきたけ 3 (み)</p> <p>けずりぶし 3 (き)</p> <p>だしこんぶ 0.3 (き)</p> <p>うすくちしょうゆ 4 (き)</p> <p>さけ 1 (き)</p> <p>しお 0.1 (き)</p> <p>みりん 1 (き)</p> <p>さわらの</p> <p>ゆうあんやき</p> <p>さわら 10 (あ)</p> <p>こいくちしょうゆ 2 (き)</p> <p>さけ 0.5 (き)</p> <p>みりん 1.5 (き)</p> <p>ゆずかじゅう 0.5 (み)</p> <p>ごまずあえ</p> <p>ささみフレーク 5 (あ)</p> <p>きりぼしだいこん 1.2 (み)</p> <p>キャベツ 15 (み)</p> <p>にんじん 3 (み)</p> <p>ごまつな 5 (み)</p> <p>しろごま 0.6 (き)</p> <p>ごまあぶら 0.1 (き)</p> <p>うすくちしょうゆ 1.8 (き)</p> <p>さとう 1.3 (き)</p> <p>す 1.4 (き)</p> <p>みりん 0.7 (き)</p> | <p>とうふのみそしる</p> <p>とうふ 25 (あ)</p> <p>ほしわかめ 0.3 (あ)</p> <p>たまねぎ 15 (み)</p> <p>にんじん 10 (み)</p> <p>しめじ 5 (み)</p> <p>あおねぎ 5 (み)</p> <p>けずりぶし 2 (き)</p> <p>あかみそ 8 (あ)</p> <p>しろみそ 3 (あ)</p> <p>せきはん</p> <p>せきはん 75 (き)</p> <p>ごましお</p> <p>くろごま 1 (き)</p> <p>しお 0.1 (き)</p> <p>とりのからあげ</p> <p>とりにく 50 (あ)</p> <p>しょうが 0.8 (み)</p> <p>にんにく 0.02 (み)</p> <p>こいくちしょうゆ 2.2 (き)</p> <p>さとう 0.8 (き)</p> <p>さけ 0.8 (き)</p> <p>でんぶん 10 (き)</p> <p>あげあぶら 5 (き)</p> <p>みりん 1 (き)</p> <p>はなかつお クラス1ふくろ</p> <p>おひたし</p> <p>ほうれんそう 30 (み)</p> <p>えのきたけ 7 (み)</p> <p>けずりぶし 0.5 (き)</p> <p>うすくちしょうゆ 1.3 (き)</p> <p>さとう 0.2 (き)</p> <p>みりん 1 (き)</p> | <p>コーンクリーム</p> <p>スープ</p> <p>ベーコン 10 (あ)</p> <p>クリームコーン 30 (み)</p> <p>たまねぎ 30 (み)</p> <p>にんじん 10 (み)</p> <p>むきえだまめ 5 (み)</p> <p>だっしふんにゅう 2 (あ)</p> <p>なまクリーム 2 (き)</p> <p>ぎゅうにゅう 20 (あ)</p> <p>バター 3 (き)</p> <p>ばいせんこむぎこ 3 (き)</p> <p>あぶら 0.5 (き)</p> <p>とりがらスープ 8 (き)</p> <p>ポークパイオン 3 (き)</p> <p>しろワイン 1.8 (き)</p> <p>しお 0.18 (き)</p> <p>こしょう 0.03 (き)</p> <p>でんぶん 0.3 (き)</p> <p>ポテトオムレツ</p> <p>たまご 25 (あ)</p> <p>チキンハム 10 (あ)</p> <p>じゃがいも 25 (き)</p> <p>たまねぎ 10 (み)</p> <p>グリーンピース 3 (み)</p> <p>あぶら 0.2 (き)</p> <p>ケチャップ クラス1ぼん (き)</p> <p>さんしよくサラダ</p> <p>にんじん 5 (み)</p> <p>もやし 20 (み)</p> <p>ごまつな 10 (み)</p> <p>ドレッシング クラス1ぼん (かおりごま)</p> |
| <p>715 29.3 23.9</p> <p>うみのサラダ</p> <p>いかリングあげ</p> <p>2~3こ</p> <p>ごはん</p> <p>とんじる</p> | <p>624 26.5 18.0</p> <p>フルーツミックス</p> <p>とうふハンバーグ</p> <p>のケチャップあん</p> <p>こくとうパン</p> <p>スープに</p> | <p>607 29.1 15.9</p> <p>ごまずあえ</p> <p>さわらの</p> <p>ゆうあんやき</p> <p>ごはん</p> <p>かやくうどん</p> | <p>672 26.7 22.9</p> <p>おひたし</p> <p>ごましおを</p> <p>ふって</p> <p>たべてね!</p> <p>せきはん</p> <p>とりのからあげ</p> <p>2~3こ</p> <p>とうふのみそしる</p> | <p>628 25.6 23.8</p> <p>さんしよくサラダ</p> <p>ポテトオムレツ</p> <p>コッペパン</p> <p>コーンクリームスープ</p> |

リクエストきゅうしよく
機長小学校6年3組
さんが
かながえた
こんだてです。

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------|-------------------------|---------------|---------|-----|--------|----|---|------|--------|----------------|--|------|--------|------|--------|------|-------|-------|---|------|--------|----------|-----|-----|-------|----------|-----|----------------|-----------|-----|---|----------|-----|--|--|-----|---------|--|--|----|-----|-------------|--|---------|-------|------|--------|---------|-------|---------------|---------------|------|-------|------|-------|------|---------|------|---------|------|---------|----------|-----|-----|---------|-----|---------|--|--|-----|---|--|--|-------------------------|--|--|--|---------------|--|---|------|--------|------|---------|-------|--------|-------|-----|------|--------|-----|---------|------|--------|---------|-----|--------|--------|---------|-----|-------|-------|------|---------|--------|-------|--|--|----------|-------|----------------|--|---------|---|-------|-------|---------|---|------|--------|-----|-------|------|-------|----------|---------|-----|---------|-----|---------|------|------|----|-----|-----|------|------|------|----|------|-------|---|------|------|--|--------|--------|----|--------|------|--------|----|---|-------|--------|------|-------|------|--------|------|---------|------|--------|------|----------|--------|-------|-------|---------|-------|---|----------|-----|-----|---------|---------|---------|-----|---|-----|---------|----------|-----|----|------|------|------|------|------|-----|---------|--|--|---------|-------|----|-------|-----|-------|-----|---|----------|---|------|---------|---|------|--------|----|--------|-------|--------|--------|--------|------|--------|--------|--------|------|--------|---------------|--|-----|-------|--------|-------|--------|-------|-------------|--|---------|---|--|--|---------|---|-----------------------|--|-------|-------|-------|-------|-----|-------|-------|---------|----------|-------|------|---------|-----|---------|--|--|-------|----|--|--|---------|-------|--|--|---------|---|--|--|---------|---|--|--|----|------|--|--|------|------|--|--|
| <p>15(月) ごはん ぎゅうにゅう</p> <p>かんこくふうすきやき</p> <table border="1"> <tr><td>ぶたにく</td><td>30 (あ)</td><td>さば</td><td>1 (きれあ)</td></tr> <tr><td>とうふ</td><td>30 (あ)</td><td>さけ</td><td>1</td></tr> <tr><td>はくさい</td><td>30 (み)</td><td>だいこんおろし</td><td></td></tr> <tr><td>たまねぎ</td><td>20 (み)</td><td>だいこん</td><td>25 (み)</td></tr> <tr><td>にんじん</td><td>5 (み)</td><td>けずりぶし</td><td>1</td></tr> <tr><td>あおねぎ</td><td>10 (み)</td><td>うすくちしょうゆ</td><td>1.3</td></tr> <tr><td>しめじ</td><td>5 (み)</td><td>こいくちしょうゆ</td><td>0.8</td></tr> <tr><td>いとこんにやく</td><td>30</td><td>みりん</td><td>1</td></tr> <tr><td>こいくちしょうゆ</td><td>5.6</td><td></td><td></td></tr> <tr><td>さとう</td><td>2.4 (き)</td><td></td><td></td></tr> <tr><td>さけ</td><td>0.9</td><td>ごまあえ</td><td></td></tr> <tr><td>りんごピューレ</td><td>3 (み)</td><td>はくさい</td><td>20 (み)</td></tr> <tr><td>はくさいキムチ</td><td>5 (み)</td><td>ほうれんそう</td><td>20 (み)</td></tr> <tr><td>すりごま</td><td>1 (き)</td><td>にんじん</td><td>7 (み)</td></tr> <tr><td>しょうが</td><td>0.2 (み)</td><td>しろごま</td><td>0.5 (き)</td></tr> <tr><td>にんにく</td><td>0.1 (み)</td><td>うすくちしょうゆ</td><td>1.4</td></tr> <tr><td>あぶら</td><td>0.2 (き)</td><td>さとう</td><td>0.3 (き)</td></tr> <tr><td></td><td></td><td>みりん</td><td>1</td></tr> <tr><td></td><td></td><td>エネルギー たんぱく質 塩分 kcal g g</td><td></td></tr> <tr><td></td><td></td><td>671 33.0 21.1</td><td></td></tr> </table> | ぶたにく | 30 (あ) | さば | 1 (きれあ) | とうふ | 30 (あ) | さけ | 1 | はくさい | 30 (み) | だいこんおろし | | たまねぎ | 20 (み) | だいこん | 25 (み) | にんじん | 5 (み) | けずりぶし | 1 | あおねぎ | 10 (み) | うすくちしょうゆ | 1.3 | しめじ | 5 (み) | こいくちしょうゆ | 0.8 | いとこんにやく | 30 | みりん | 1 | こいくちしょうゆ | 5.6 | | | さとう | 2.4 (き) | | | さけ | 0.9 | ごまあえ | | りんごピューレ | 3 (み) | はくさい | 20 (み) | はくさいキムチ | 5 (み) | ほうれんそう | 20 (み) | すりごま | 1 (き) | にんじん | 7 (み) | しょうが | 0.2 (み) | しろごま | 0.5 (き) | にんにく | 0.1 (み) | うすくちしょうゆ | 1.4 | あぶら | 0.2 (き) | さとう | 0.3 (き) | | | みりん | 1 | | | エネルギー たんぱく質 塩分 kcal g g | | | | 671 33.0 21.1 | | <p>16(火) コッペパン (きりめいり) ぎゅうにゅう</p> <p>にんじんのポタージュ</p> <table border="1"> <tr><td>とりにく</td><td>15 (あ)</td><td>ウインナ</td><td>2 (ほんあ)</td></tr> <tr><td>じゃがいも</td><td>40 (き)</td><td>ケチャップ</td><td>4.8</td></tr> <tr><td>たまねぎ</td><td>20 (み)</td><td>さとう</td><td>0.8 (き)</td></tr> <tr><td>にんじん</td><td>20 (み)</td><td>ウスターソース</td><td>0.8</td></tr> <tr><td>ぎゅうにゅう</td><td>20 (あ)</td><td>のうこうソース</td><td>0.8</td></tr> <tr><td>ごなチーズ</td><td>2 (あ)</td><td>でんぷん</td><td>0.2 (き)</td></tr> <tr><td>なまクリーム</td><td>1 (き)</td><td></td><td></td></tr> <tr><td>だっしふんにゅう</td><td>2 (あ)</td><td>キャベツソテー</td><td></td></tr> <tr><td>とりがらスープ</td><td>8</td><td>チキンハム</td><td>5 (あ)</td></tr> <tr><td>ポークパイオン</td><td>4</td><td>キャベツ</td><td>15 (み)</td></tr> <tr><td>バター</td><td>3 (き)</td><td>にんじん</td><td>3 (み)</td></tr> <tr><td>ばいせんこむぎこ</td><td>3.5 (き)</td><td>あぶら</td><td>0.1 (き)</td></tr> <tr><td>あぶら</td><td>0.7 (き)</td><td>カレーコ</td><td>0.07</td></tr> <tr><td>しお</td><td>0.3</td><td>クミン</td><td>0.01</td></tr> <tr><td>こしょう</td><td>0.03</td><td>しお</td><td>0.15</td></tr> <tr><td>しろワイン</td><td>2</td><td>こしょう</td><td>0.01</td></tr> </table> <p>そつぎょうしき 卒業式</p> <p>パンにウインナとやさいをはさんでたべよう!</p> <p>631 26.5 25.5</p> | とりにく | 15 (あ) | ウインナ | 2 (ほんあ) | じゃがいも | 40 (き) | ケチャップ | 4.8 | たまねぎ | 20 (み) | さとう | 0.8 (き) | にんじん | 20 (み) | ウスターソース | 0.8 | ぎゅうにゅう | 20 (あ) | のうこうソース | 0.8 | ごなチーズ | 2 (あ) | でんぷん | 0.2 (き) | なまクリーム | 1 (き) | | | だっしふんにゅう | 2 (あ) | キャベツソテー | | とりがらスープ | 8 | チキンハム | 5 (あ) | ポークパイオン | 4 | キャベツ | 15 (み) | バター | 3 (き) | にんじん | 3 (み) | ばいせんこむぎこ | 3.5 (き) | あぶら | 0.1 (き) | あぶら | 0.7 (き) | カレーコ | 0.07 | しお | 0.3 | クミン | 0.01 | こしょう | 0.03 | しお | 0.15 | しろワイン | 2 | こしょう | 0.01 | <p>17(水)</p> <p>そぼろに</p> <table border="1"> <tr><td>ぎゅうミンチ</td><td>20 (あ)</td><td>いか</td><td>45 (あ)</td></tr> <tr><td>ひらてん</td><td>10 (あ)</td><td>さけ</td><td>1</td></tr> <tr><td>じゃがいも</td><td>60 (き)</td><td>しろねぎ</td><td>5 (み)</td></tr> <tr><td>たまねぎ</td><td>30 (み)</td><td>にんにく</td><td>0.1 (み)</td></tr> <tr><td>にんじん</td><td>15 (み)</td><td>しょうが</td><td>0.05 (み)</td></tr> <tr><td>むきえだまめ</td><td>5 (み)</td><td>ごまあぶら</td><td>0.5 (き)</td></tr> <tr><td>けずりぶし</td><td>2</td><td>こいくちしょうゆ</td><td>1.2</td></tr> <tr><td>さとう</td><td>1.4 (き)</td><td>レモンかじゅう</td><td>0.5 (み)</td></tr> <tr><td>みりん</td><td>1</td><td>さとう</td><td>0.7 (き)</td></tr> <tr><td>こいくちしょうゆ</td><td>3.7</td><td>しお</td><td>0.15</td></tr> <tr><td>こしょう</td><td>0.03</td><td>こしょう</td><td>0.01</td></tr> <tr><td>あぶら</td><td>0.2 (き)</td><td></td><td></td></tr> </table> <p>じゃことふきのつくだに</p> <table border="1"> <tr><td>ちりめんじゃこ</td><td>5 (あ)</td></tr> <tr><td>ふき</td><td>5 (み)</td></tr> <tr><td>さとう</td><td>1 (き)</td></tr> <tr><td>みりん</td><td>2</td></tr> <tr><td>こいくちしょうゆ</td><td>1</td></tr> <tr><td>しろごま</td><td>0.3 (き)</td></tr> </table> <p>638 30.3 15.5</p> | ぎゅうミンチ | 20 (あ) | いか | 45 (あ) | ひらてん | 10 (あ) | さけ | 1 | じゃがいも | 60 (き) | しろねぎ | 5 (み) | たまねぎ | 30 (み) | にんにく | 0.1 (み) | にんじん | 15 (み) | しょうが | 0.05 (み) | むきえだまめ | 5 (み) | ごまあぶら | 0.5 (き) | けずりぶし | 2 | こいくちしょうゆ | 1.2 | さとう | 1.4 (き) | レモンかじゅう | 0.5 (み) | みりん | 1 | さとう | 0.7 (き) | こいくちしょうゆ | 3.7 | しお | 0.15 | こしょう | 0.03 | こしょう | 0.01 | あぶら | 0.2 (き) | | | ちりめんじゃこ | 5 (あ) | ふき | 5 (み) | さとう | 1 (き) | みりん | 2 | こいくちしょうゆ | 1 | しろごま | 0.3 (き) | <p>18(木) ごはん ぎゅうにゅう</p> <p>ポークシチュー</p> <table border="1"> <tr><td>ぶたにく</td><td>20 (あ)</td><td>ツナ</td><td>10 (あ)</td></tr> <tr><td>じゃがいも</td><td>40 (き)</td><td>ブロッコリー</td><td>20 (み)</td></tr> <tr><td>たまねぎ</td><td>30 (み)</td><td>ホールコーン</td><td>10 (み)</td></tr> <tr><td>にんじん</td><td>20 (み)</td><td>ドレッシング クラス1ぼん</td><td></td></tr> <tr><td>しめじ</td><td>5 (み)</td><td>むきえだまめ</td><td>5 (み)</td></tr> <tr><td>むきえだまめ</td><td>5 (み)</td><td>(サウザンアイランド)</td><td></td></tr> <tr><td>とりがらスープ</td><td>6</td><td></td><td></td></tr> <tr><td>ポークパイオン</td><td>2</td><td>いりだいずのくろざとうがらめ</td><td></td></tr> <tr><td>ごなチーズ</td><td>2 (あ)</td><td>いりだいず</td><td>5 (あ)</td></tr> <tr><td>バター</td><td>3 (き)</td><td>くろざとう</td><td>1.7 (き)</td></tr> <tr><td>ばいせんこむぎこ</td><td>5 (き)</td><td>でんぷん</td><td>0.2 (き)</td></tr> <tr><td>あぶら</td><td>2.2 (き)</td><td></td><td></td></tr> <tr><td>ケチャップ</td><td>10</td><td></td><td></td></tr> <tr><td>トマトピューレ</td><td>3 (み)</td><td></td><td></td></tr> <tr><td>ウスターソース</td><td>3</td><td></td><td></td></tr> <tr><td>のうこうソース</td><td>2</td><td></td><td></td></tr> <tr><td>しお</td><td>0.05</td><td></td><td></td></tr> <tr><td>こしょう</td><td>0.02</td><td></td><td></td></tr> </table> <p>634 27.0 23.1</p> | ぶたにく | 20 (あ) | ツナ | 10 (あ) | じゃがいも | 40 (き) | ブロッコリー | 20 (み) | たまねぎ | 30 (み) | ホールコーン | 10 (み) | にんじん | 20 (み) | ドレッシング クラス1ぼん | | しめじ | 5 (み) | むきえだまめ | 5 (み) | むきえだまめ | 5 (み) | (サウザンアイランド) | | とりがらスープ | 6 | | | ポークパイオン | 2 | いりだいずのくろざとうがらめ | | ごなチーズ | 2 (あ) | いりだいず | 5 (あ) | バター | 3 (き) | くろざとう | 1.7 (き) | ばいせんこむぎこ | 5 (き) | でんぷん | 0.2 (き) | あぶら | 2.2 (き) | | | ケチャップ | 10 | | | トマトピューレ | 3 (み) | | | ウスターソース | 3 | | | のうこうソース | 2 | | | しお | 0.05 | | | こしょう | 0.02 | | |
| ぶたにく | 30 (あ) | さば | 1 (きれあ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とうふ | 30 (あ) | さけ | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| はくさい | 30 (み) | だいこんおろし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たまねぎ | 20 (み) | だいこん | 25 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 (み) | けずりぶし | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あおねぎ | 10 (み) | うすくちしょうゆ | 1.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しめじ | 5 (み) | こいくちしょうゆ | 0.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| いとこんにやく | 30 | みりん | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こいくちしょうゆ | 5.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さとう | 2.4 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さけ | 0.9 | ごまあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| りんごピューレ | 3 (み) | はくさい | 20 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| はくさいキムチ | 5 (み) | ほうれんそう | 20 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| すりごま | 1 (き) | にんじん | 7 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.2 (み) | しろごま | 0.5 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.1 (み) | うすくちしょうゆ | 1.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あぶら | 0.2 (き) | さとう | 0.3 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みりん | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | エネルギー たんぱく質 塩分 kcal g g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 671 33.0 21.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とりにく | 15 (あ) | ウインナ | 2 (ほんあ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 40 (き) | ケチャップ | 4.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たまねぎ | 20 (み) | さとう | 0.8 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 20 (み) | ウスターソース | 0.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ぎゅうにゅう | 20 (あ) | のうこうソース | 0.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごなチーズ | 2 (あ) | でんぷん | 0.2 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| なまクリーム | 1 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| だっしふんにゅう | 2 (あ) | キャベツソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とりがらスープ | 8 | チキンハム | 5 (あ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポークパイオン | 4 | キャベツ | 15 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バター | 3 (き) | にんじん | 3 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ばいせんこむぎこ | 3.5 (き) | あぶら | 0.1 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あぶら | 0.7 (き) | カレーコ | 0.07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しお | 0.3 | クミン | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こしょう | 0.03 | しお | 0.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しろワイン | 2 | こしょう | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ぎゅうミンチ | 20 (あ) | いか | 45 (あ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ひらてん | 10 (あ) | さけ | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 60 (き) | しろねぎ | 5 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たまねぎ | 30 (み) | にんにく | 0.1 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 15 (み) | しょうが | 0.05 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| むきえだまめ | 5 (み) | ごまあぶら | 0.5 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| けずりぶし | 2 | こいくちしょうゆ | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さとう | 1.4 (き) | レモンかじゅう | 0.5 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みりん | 1 | さとう | 0.7 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こいくちしょうゆ | 3.7 | しお | 0.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こしょう | 0.03 | こしょう | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あぶら | 0.2 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ちりめんじゃこ | 5 (あ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふき | 5 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さとう | 1 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みりん | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こいくちしょうゆ | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しろごま | 0.3 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ぶたにく | 20 (あ) | ツナ | 10 (あ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 40 (き) | ブロッコリー | 20 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たまねぎ | 30 (み) | ホールコーン | 10 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 20 (み) | ドレッシング クラス1ぼん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しめじ | 5 (み) | むきえだまめ | 5 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| むきえだまめ | 5 (み) | (サウザンアイランド) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とりがらスープ | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポークパイオン | 2 | いりだいずのくろざとうがらめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごなチーズ | 2 (あ) | いりだいず | 5 (あ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バター | 3 (き) | くろざとう | 1.7 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ばいせんこむぎこ | 5 (き) | でんぷん | 0.2 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あぶら | 2.2 (き) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ケチャップ | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トマトピューレ | 3 (み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ウスターソース | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| のうこうソース | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しお | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こしょう | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

22(月) ごはん ぎゅうにゅう

こうやどうふのたまごとし

| | | | |
|---------------|---------------|---------------|---------------|
| たまご | 25 (あ) | あじ | 1 (きれあ) |
| とりにく | 10 (あ) | こむぎこ | 4 (き) |
| こうやどうふ (サイコロ) | 5 (あ) | しお | 0.07 |
| たまねぎ | 30 (み) | こしょう | 0.02 |
| こまつな | 10 (み) | パンこ | 6 (き) |
| にんじん | 10 (み) | あげあぶら | 6 (き) |
| なましいたけ | 2 (み) | | |
| しょうが | 0.15 (み) | ゆずあえ | |
| けずりぶし | 2 | はくさい | 20 (み) |
| さけ | 1 | ほうれんそう | 15 (み) |
| あぶら | 0.2 (き) | ゆずかじゅう | 0.3 (み) |
| さとう | 1 (き) | うすくちしょうゆ | 1.2 |
| こいくちしょうゆ | 2.4 | さとう | 0.3 (き) |
| うすくちしょうゆ | 2 | みりん | 1 |
| みりん | 1 | | |

ミニデザート

ミニゼリー 1 (き) (ぶどう)

688 28.9 21.7

ミニデザート(ぶどう)

ゆずあえ

さかなフライ

こうやどうふのたまごとし

ごはん

令和3年3月 太子町学校給食だより

こんげつ こんだてしょうかい

～今月の献立紹介～

リクエスト給食

ねんせい かんが こんだて

6年生が考えた献立!

しながししょうがっこう ねん ぐみ

8日 磯長小学校6年3組

さん

給食の献立を考えよう

6年 3組 名前

| 献立 | おむね | たんぱく質 | 脂質 | 糖質 | 塩分 |
|--------|------|-------|-----|-----|----|
| ごはん | 200g | 10g | 1g | 45g | 1g |
| いかりんく | 100g | 10g | 10g | 10g | 1g |
| うまのサラダ | 100g | 5g | 5g | 5g | 1g |
| とんじり | 100g | 15g | 10g | 10g | 1g |

意見を書いて改善したところ
感想
献立を考えたときの思い出

ねんせい きゅうしよく こんねん

6年生のリクエスト給食、そして今年度の給食も最後の月となりました。

リクエスト給食では食べたい給食というだけではなく、栄養のバランスについて考えてもらいました。

まいにち しょくじ えいよう

毎日の食事の栄養バランスを

ふりかえてみましょう。

きゅうしよく にち ひつよう えいよう

給食ではみなさんが1日に必要な栄養のおよそ3分の1、カルシウムやビタミンはおよそ2分の1がとれるように計算して献立を作っています。1年間の締めくくりに今月は十分な栄養がとれるよう完全食を目指しましょう。

まつ こんだて

3日 ひな祭り献立

な はなじる はる おとす し

「菜の花汁」は、春の訪れを知らせる「菜の花」を使います。

「ひなあられ」は「ひしもち」を細かく砕いて焼き、作ったのが始まりだと言われています。

ひなあられ

そつぎょう いわ こんだて

11日 卒業お祝い献立

ねんせい ちゅうがっこう ねんせい

6年生と中学校3年生の卒業を祝って「赤飯」を食べましょう。

あか いろ わざわ さ しん

赤い色は災いを避けると信じられていたので、おめでたい時には「赤飯」を食べるようになったそうです。

た べ 物 の 食 べ 物 の かんが はたらきを考え、いろいろな食品を組み合わせると食べましょう!