

朝食

12月 Monthly Menu

清和寮

| 月曜日 | 火曜日 | 水曜日 | 木曜日 1日 | 金曜日 2日 | 土曜日 3日 | 日曜日 4日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------------------------|--------------------------------------|--|-------------------------------------|-----------------------------|---|-------|-----|---|------|-----|---|-------|-----|------|-------|-----|---|------|-----|---|-------|-----|------|-------|-----|---|------|-----|---|-------|-----|------|------|-----|---|---|---|---|-------|-----|------|------|-----|---|---|---|---|-------|-----|------|------|-----|--|
|  | | | ロールパンサンド 小鉢 スープ | かに玉 小鉢 ごはん 味噌汁 | タラモチーズトースト 小鉢 スープ |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>442</td><td>11.7</td><td>18.7</td><td>2.8</td></tr> </table> | E | P | F | 食塩相当量 | 442 | 11.7 | 18.7 | 2.8 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>474</td><td>11.6</td><td>20.0</td><td>4.9</td></tr> </table> | E | P | F | 食塩相当量 | 474 | 11.6 | 20.0 | 4.9 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>413</td><td>14.1</td><td>15.9</td><td>3.6</td></tr> </table> | E | P | F | 食塩相当量 | 413 | 14.1 | 15.9 | 3.6 | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 442 | 11.7 | 18.7 | 2.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 474 | 11.6 | 20.0 | 4.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 413 | 14.1 | 15.9 | 3.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5日 | 6日 | 7日 | 8日 | 9日 | 10日 | 11日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 銀鮭の塩焼き 小鉢 ごはん 味噌汁 | 目玉焼き &ベーコンソテー 小鉢 パン スープ | ひき肉と豆腐の 煮込み 小鉢 ごはん 味噌汁 | ホットケーキ &ウインナー 小鉢 スープ | きのこと野菜の 玉子とじ 小鉢 ごはん 味噌汁 | ホットドッグ 小鉢 スープ |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>496</td><td>25.8</td><td>17.5</td><td>4.3</td></tr> </table> | E | P | F | 食塩相当量 | 496 | 25.8 | 17.5 | 4.3 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>589</td><td>16.7</td><td>32.4</td><td>2.7</td></tr> </table> | E | P | F | 食塩相当量 | 589 | 16.7 | 32.4 | 2.7 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>569</td><td>29.9</td><td>18.7</td><td>4.9</td></tr> </table> | E | P | F | 食塩相当量 | 569 | 29.9 | 18.7 | 4.9 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>466</td><td>21.8</td><td>18.2</td><td>2.5</td></tr> </table> | E | P | F | 食塩相当量 | 466 | 21.8 | 18.2 | 2.5 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>364</td><td>15.9</td><td>7.7</td><td>5.1</td></tr> </table> | E | P | F | 食塩相当量 | 364 | 15.9 | 7.7 | 5.1 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>494</td><td>14.4</td><td>31.0</td><td>3.1</td></tr> </table> | E | P | F | 食塩相当量 | 494 | 14.4 | 31.0 | 3.1 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 496 | 25.8 | 17.5 | 4.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 589 | 16.7 | 32.4 | 2.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 569 | 29.9 | 18.7 | 4.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 466 | 21.8 | 18.2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 364 | 15.9 | 7.7 | 5.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 494 | 14.4 | 31.0 | 3.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12日 | 13日 | 14日 | 15日 | 16日 | 17日 | 18日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつま揚げと キャベツの味噌炒め 小鉢 ごはん 味噌汁 | ハンバーガー&サラダ 小鉢 スープ | 厚切りハムソテー &サラダ 小鉢 ごはん 味噌汁 | ウインナーと 野菜のソテー 小鉢 パン スープ | 豚肉と蓮根の 炒め煮 小鉢 ごはん 味噌汁 | ツナコーントースト 小鉢 スープ |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>543</td><td>13.6</td><td>19.8</td><td>4.6</td></tr> </table> | E | P | F | 食塩相当量 | 543 | 13.6 | 19.8 | 4.6 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>463</td><td>18.8</td><td>17.5</td><td>3.0</td></tr> </table> | E | P | F | 食塩相当量 | 463 | 18.8 | 17.5 | 3.0 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>419</td><td>14.7</td><td>6.9</td><td>4.2</td></tr> </table> | E | P | F | 食塩相当量 | 419 | 14.7 | 6.9 | 4.2 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>541</td><td>15.6</td><td>28.0</td><td>3.3</td></tr> </table> | E | P | F | 食塩相当量 | 541 | 15.6 | 28.0 | 3.3 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>534</td><td>26.6</td><td>14.3</td><td>3.8</td></tr> </table> | E | P | F | 食塩相当量 | 534 | 26.6 | 14.3 | 3.8 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>403</td><td>17.6</td><td>15.4</td><td>3.0</td></tr> </table> | E | P | F | 食塩相当量 | 403 | 17.6 | 15.4 | 3.0 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 543 | 13.6 | 19.8 | 4.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 463 | 18.8 | 17.5 | 3.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 419 | 14.7 | 6.9 | 4.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 541 | 15.6 | 28.0 | 3.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 534 | 26.6 | 14.3 | 3.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 403 | 17.6 | 15.4 | 3.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19日 | 20日 | 21日 | 22日 | 23日 | 24日 | 25日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鯖の文化干し焼き 小鉢 ごはん 味噌汁 | ハムエッグ&サラダ 小鉢 パン スープ | つくねと野菜煮 小鉢 ごはん 味噌汁 | ツナスクランブル &サラダ 小鉢 パン スープ | 厚揚げの野菜あん 小鉢 ごはん 味噌汁 | ピザトースト 小鉢 パン |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>570</td><td>21.6</td><td>25.8</td><td>4.5</td></tr> </table> | E | P | F | 食塩相当量 | 570 | 21.6 | 25.8 | 4.5 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>503</td><td>16.3</td><td>22.8</td><td>2.5</td></tr> </table> | E | P | F | 食塩相当量 | 503 | 16.3 | 22.8 | 2.5 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>511</td><td>21.9</td><td>14.4</td><td>6.0</td></tr> </table> | E | P | F | 食塩相当量 | 511 | 21.9 | 14.4 | 6.0 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>587</td><td>25.9</td><td>28.8</td><td>3.0</td></tr> </table> | E | P | F | 食塩相当量 | 587 | 25.9 | 28.8 | 3.0 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>464</td><td>18.1</td><td>12.1</td><td>4.1</td></tr> </table> | E | P | F | 食塩相当量 | 464 | 18.1 | 12.1 | 4.1 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>388</td><td>16.2</td><td>14.0</td><td>3.1</td></tr> </table> | E | P | F | 食塩相当量 | 388 | 16.2 | 14.0 | 3.1 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 570 | 21.6 | 25.8 | 4.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 503 | 16.3 | 22.8 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 511 | 21.9 | 14.4 | 6.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 587 | 25.9 | 28.8 | 3.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 464 | 18.1 | 12.1 | 4.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 388 | 16.2 | 14.0 | 3.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26日 | 27日 | 28日 | 29日 | 30日 | 31日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 目玉焼き&ウインナー 小鉢 ごはん 味噌汁 | ハッシュドポテト &サラダ 小鉢 パン スープ | 豆腐ハンバーグ 小鉢 ごはん 味噌汁 | <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>本年も食堂をご利用頂き、誠に有難うございました 来年も何卒よろしくお願ひいたします</p>  </div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>468</td><td>16.2</td><td>17.3</td><td>4.0</td></tr> </table> | E | P | F | 食塩相当量 | 468 | 16.2 | 17.3 | 4.0 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>589</td><td>10.6</td><td>30.3</td><td>2.8</td></tr> </table> | E | P | F | 食塩相当量 | 589 | 10.6 | 30.3 | 2.8 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>400</td><td>17.7</td><td>8.1</td><td>4.7</td></tr> </table> | E | P | F | 食塩相当量 | 400 | 17.7 | 8.1 | 4.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 468 | 16.2 | 17.3 | 4.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 589 | 10.6 | 30.3 | 2.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 400 | 17.7 | 8.1 | 4.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

※仕入れの都合により、メニューを変更する場合があります。ご了承下さい。※当食堂のお米は純国産米を使用しております。
※E:エネルギー P:蛋白質 F:脂質

夕食

12月 Monthly Menu

清和寮

| 月曜日 | 火曜日 | 水曜日 | 木曜日 1日 | 金曜日 2日 | 土曜日 3日 | 日曜日 4日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|--|---|-------|------|---|---|-----|---|-------|-------|------|-------|------|---|---|-----|---|-------|-------|------|-------|------|---|---|-----|---|-------|-------|------|------|------|-----|---|---|---|---|-------|-----|------|------|-----|--|
|  | | | 蒸し鶏の 温野菜仕立て 小鉢 ごはん 味噌汁 | 牛肉の味噌漬炒め 小鉢 ごはん 味噌汁 | 豚肉の ハニーマスタードソース 小鉢 ごはん 味噌汁 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>827</td><td>38.1</td><td>27.0</td><td>4.5</td></tr> </table> | E | P | F | 食塩相当量 | 827 | 38.1 | 27.0 | 4.5 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>827</td><td>25.3</td><td>35.8</td><td>5.3</td></tr> </table> | E | P | F | 食塩相当量 | 827 | 25.3 | 35.8 | 5.3 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>836</td><td>27.9</td><td>28.2</td><td>5.0</td></tr> </table> | E | P | F | 食塩相当量 | 836 | 27.9 | 28.2 | 5.0 | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 827 | 38.1 | 27.0 | 4.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 827 | 25.3 | 35.8 | 5.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 836 | 27.9 | 28.2 | 5.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5日 | 6日 | 7日 | 8日 | 9日 | 10日 | 11日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 八宝菜 小鉢 ごはん スープ | 鶏肉の唐揚げ 小鉢 ごはん 味噌汁 | 豚肉の生姜焼き 小鉢 ごはん 味噌汁 | メバルの煮付け 小鉢 ごはん 味噌汁 |  | 鶏肉の葱塩焼き 小鉢 ごはん 味噌汁 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>717</td><td>25.9</td><td>20.1</td><td>5.2</td></tr> </table> | E | P | F | 食塩相当量 | 717 | 25.9 | 20.1 | 5.2 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>839</td><td>31.4</td><td>32.6</td><td>4.5</td></tr> </table> | E | P | F | 食塩相当量 | 839 | 31.4 | 32.6 | 4.5 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>776</td><td>30.4</td><td>23.0</td><td>4.9</td></tr> </table> | E | P | F | 食塩相当量 | 776 | 30.4 | 23.0 | 4.9 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>644</td><td>31.1</td><td>14.5</td><td>4.9</td></tr> </table> | E | P | F | 食塩相当量 | 644 | 31.1 | 14.5 | 4.9 | | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>822</td><td>39.0</td><td>27.6</td><td>5.1</td></tr> </table> | E | P | F | 食塩相当量 | 822 | 39.0 | 27.6 | 5.1 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 717 | 25.9 | 20.1 | 5.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 839 | 31.4 | 32.6 | 4.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 776 | 30.4 | 23.0 | 4.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 644 | 31.1 | 14.5 | 4.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 822 | 39.0 | 27.6 | 5.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12日 | 13日 | 14日 | 15日 | 16日 | 17日 | 18日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | チキングリル トマトクリームソース 小鉢 ごはん スープ | 豚肉の野菜香味ソース 小鉢 ごはん 味噌汁 | ソースカツ丼 小鉢 味噌汁 | 鮭の味噌チーズ焼き 小鉢 ごはん 味噌汁 | 牛肉の黒胡椒炒め 小鉢 ごはん 味噌汁 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>825</td><td>31.5</td><td>34.4</td><td>4.9</td></tr> </table> | E | P | F | 食塩相当量 | 825 | 31.5 | 34.4 | 4.9 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>847</td><td>32.4</td><td>36.6</td><td>5.6</td></tr> </table> | E | P | F | 食塩相当量 | 847 | 32.4 | 36.6 | 5.6 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>767</td><td>28.8</td><td>17.2</td><td>4.6</td></tr> </table> | E | P | F | 食塩相当量 | 767 | 28.8 | 17.2 | 4.6 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>697</td><td>37.9</td><td>13.4</td><td>5.7</td></tr> </table> | E | P | F | 食塩相当量 | 697 | 37.9 | 13.4 | 5.7 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>856</td><td>24.5</td><td>35.1</td><td>4.2</td></tr> </table> | E | P | F | 食塩相当量 | 856 | 24.5 | 35.1 | 4.2 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 825 | 31.5 | 34.4 | 4.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 847 | 32.4 | 36.6 | 5.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 767 | 28.8 | 17.2 | 4.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 697 | 37.9 | 13.4 | 5.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 856 | 24.5 | 35.1 | 4.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19日 | 20日 | 21日 | 22日 | 23日 | 24日 | 25日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油淋鶏 小鉢 ごはん 味噌汁 | 豚肉の胡麻だれ焼肉 小鉢 ごはん 味噌汁 |  | さわらの七味焼き 小鉢 ごはん 味噌汁 | 牛すき煮 小鉢 ごはん 味噌汁 | ハンバーグデミソース 小鉢 ごはん 味噌汁 |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>873</td><td>31.3</td><td>34.6</td><td>4.4</td></tr> </table> | E | P | F | 食塩相当量 | 873 | 31.3 | 34.6 | 4.4 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>897</td><td>28.0</td><td>43.2</td><td>4.3</td></tr> </table> | E | P | F | 食塩相当量 | 897 | 28.0 | 43.2 | 4.3 | | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>782</td><td>32.4</td><td>24.7</td><td>4.4</td></tr> </table> | E | P | F | 食塩相当量 | 782 | 32.4 | 24.7 | 4.4 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>896</td><td>31.1</td><td>36.6</td><td>5.6</td></tr> </table> | E | P | F | 食塩相当量 | 896 | 31.1 | 36.6 | 5.6 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>785</td><td>29.9</td><td>21.8</td><td>5.2</td></tr> </table> | E | P | F | 食塩相当量 | 785 | 29.9 | 21.8 | 5.2 | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 873 | 31.3 | 34.6 | 4.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 897 | 28.0 | 43.2 | 4.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 782 | 32.4 | 24.7 | 4.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 896 | 31.1 | 36.6 | 5.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 785 | 29.9 | 21.8 | 5.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26日 | 27日 | 28日 | 29日 | 30日 | 31日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉団子の甘酢炒め 小鉢 ごはん 味噌汁 | ポークカレー 小鉢 スープ | <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>本年も食堂をご利用頂き、誠に有難うございました 来年も何卒よろしくお願いたします</p>  </div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>862</td><td>26.9</td><td>28.2</td><td>7.1</td></tr> </table> | E | P | F | 食塩相当量 | 862 | 26.9 | 28.2 | 7.1 | <table border="1"> <tr><th>E</th><th>P</th><th>F</th><th>食塩相当量</th></tr> <tr><td>883</td><td>23.2</td><td>30.0</td><td>6.4</td></tr> </table> | E | P | F | 食塩相当量 | 883 | 23.2 | 30.0 | 6.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 862 | 26.9 | 28.2 | 7.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | P | F | 食塩相当量 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 883 | 23.2 | 30.0 | 6.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

※仕入れの都合により、メニューを変更する場合があります。ご了承下さい。※当食堂のお米は純国産米を使用しております。
※E:エネルギー P:蛋白質 F:脂質