# 栄養詳細

11月1日

| 調理名 | 材料名 | 一人当たりの分量 g | 栄養成分 エネルギー kcal | たんぱく質 g | カルシウム mg | 鉄 mg | 食物繊維 g | 食塩相当量 g | アレルギー表示 特定原材料 えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | 表示されることが推奨された20品目 あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉の竜田揚げ | とりもも肉 | 90 | 184 | 14.9 | 5 | 0.5 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酒 | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1.8 | 1 | 0.1 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | しょうが | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 9 | 30 | 0.0 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 9 | 83 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| (付)ブロッコリー | ブロッコリー | 20 | 7 | 0.9 | 8 | 0.2 | 0.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| いか大根 | だいこん | 50 | 9 | 0.2 | 12 | 0.1 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | いか | 25 | 22 | 4.5 | 3 | 0.0 | 0.0 | 0.1 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | グリンピース(冷凍) | 3 | 3 | 0.2 | 1 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 3 | 2 | 0.2 | 1 | 0.1 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 酒 | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.3 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれん草ともやしの磯香和え | ほうれんそう | 15 | 3 | 0.3 | 7 | 0.3 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | りょくとうもやし | 25 | 4 | 0.4 | 3 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 刻みのり | 0.5 | 1 | 0.2 | 1 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつま芋の甘煮 | さつまいも | 30 | 42 | 0.3 | 12 | 0.2 | 0.8 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐とねぎのみそ汁 | 木綿豆腐 | 15 | 11 | 1.0 | 13 | 0.1 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 青ねぎ | 5 | 1 | 0.1 | 5 | 0.1 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 779.55 | 952 | 37.0 | 313 | 2.4 | 4.7 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月2日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 炒り豆腐 | ぶたひき肉 | 20 | 47 | 3.5 | 1 | 0.2 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 木綿豆腐 | 40 | 29 | 2.6 | 34 | 0.4 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 干ししいたけ | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 10 | 4 | 0.1 | 3 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 25 | 9 | 0.3 | 5 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 18 | 27 | 2.2 | 9 | 0.3 | 0.0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | グリンピース(冷凍) | 3 | 3 | 0.2 | 1 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 3 | 2 | 0.2 | 1 | 0.1 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 1 | 9 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ぶりの塩こうじ焼き | ぶり | 40 | 103 | 8.6 | 2 | 0.5 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩こうじ | 3 | 4 | 0.1 | 0 | 0.0 | 0.0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)パプリカの素揚げ | 赤パプリカ | 10 | 3 | 0.1 | 1 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.05 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| れんこんの天ぷら | れんこん | 30 | 20 | 0.6 | 6 | 0.2 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 薄力粉 | 5 | 18 | 0.4 | 1 | 0.0 | 0.1 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 8 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | あおのり | 0.05 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 3 | 28 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜のしらす和え | こまつな | 25 | 4 | 0.4 | 43 | 0.7 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しらす干し | 4 | 8 | 1.6 | 21 | 0.0 | 0.0 | 0.3 | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.8 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 油揚げとえのきのみそ汁 | 油揚げ | 3 | 12 | 0.7 | 9 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | えのきたけ | 5 | 1 | 0.1 | 0 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ながねぎ | 5 | 2 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 706.8 | 881 | 35.5 | 379 | 3.2 | 3.9 | 2.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月5日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉のミモザ焼き | とりむね肉 | 80 | 116 | 17.0 | 3 | 0.2 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | こしょう | 0.03 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 15 | 23 | 1.8 | 8 | 0.3 | 0.0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 10 | 4 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マヨネーズ | 12 | 84 | 0.2 | 1 | 0.0 | 0.0 | 0.2 | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | |
| | 乾燥パセリ | 0.03 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)揚げししとう | ししとう | 5 | 1 | 0.1 | 1 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| ツナサラダ | だいこん | 40 | 7 | 0.2 | 9 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | 10 | 1 | 0.1 | 3 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | まぐろ油漬 | 20 | 53 | 3.5 | 1 | 0.1 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 1.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 0.8 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.6 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| かぼちゃのバター煮 | かぼちゃ | 35 | 32 | 0.7 | 5 | 0.2 | 1.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | バター | 1.5 | 11 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昆布の佃煮 | 昆布の佃煮 | 12 | 20 | 0.7 | 18 | 0.2 | 0.8 | 0.9 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 玉ねぎとコーンのカレースープ | たまねぎ | 10 | 4 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ホールコーン | 5 | 5 | 0.2 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0.0 | 0.0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | ● | | ● | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カレー粉 | 0.15 | 1 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 724.21 | 908 | 37.4 | 290 | 1.3 | 4.4 | 3.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月6日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チリコンカン | ぶたひき肉 | 20 | 47 | 3.5 | 1 | 0.2 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 大豆(水煮) | 30 | 53 | 4.4 | 24 | 0.7 | 2.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | たまねぎ | 40 | 15 | 0.4 | 8 | 0.1 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 10 | 4 | 0.1 | 3 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトダイス(缶詰) | 25 | 5 | 0.2 | 2 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんにく | 0.3 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 1 | 9 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 薄力粉 | 1.5 | 6 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | 5 | 6 | 0.1 | 1 | 0.0 | 0.1 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 中濃ソース | 2 | 3 | 0.0 | 1 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 赤ワイン | 1 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.7 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.03 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チリパウダー | 0.2 | 1 | 0.0 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 10 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ひじきサラダ | ほしひじき | 1.2 | 2 | 0.1 | 12 | 0.1 | 0.6 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | 30 | 7 | 0.4 | 13 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0.0 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ホールコーン | 8 | 7 | 0.3 | 0 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 和風ドレッシング | 6 | 5 | 0.2 | 1 | 0.0 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | |
| 粉吹き芋 | じゃがいも | 35 | 27 | 0.6 | 1 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パイン缶 | パインアップル(缶詰) | 30 | 25 | 0.1 | 2 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツのコンソメスープ | キャベツ | 20 | 5 | 0.3 | 9 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ロースハム | 8 | 16 | 1.3 | 1 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0.0 | 0.0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.02 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 729.71 | 773 | 24.9 | 316 | 2.0 | 6.4 | 2.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月7日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鮭の塩焼き | さけ | 80 | 163 | 15.7 | 10 | 0.2 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 春巻き | はるまき | 30 | 27 | 0.9 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | 調合油 | 3 | 28 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ちくわと野菜の炒め物 | 焼き竹輪 | 20 | 24 | 2.4 | 3 | 0.2 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | キャベツ | 25 | 6 | 0.3 | 11 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 20 | 7 | 0.2 | 4 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0.0 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤パプリカ | 10 | 3 | 0.1 | 1 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 調合油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| かぶの即席漬け | かぶ | 25 | 5 | 0.2 | 6 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 大豆もやしのお浸し | だいずもやし | 25 | 9 | 0.9 | 6 | 0.1 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 削り節 | 0.1 | 0 | 0.1 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 切り干し大根と長ねぎのみそ汁 | 切干しだいこん | 3 | 9 | 0.3 | 15 | 0.1 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ながねぎ | 10 | 3 | 0.1 | 4 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 703.51 | 828 | 34.9 | 302 | 1.2 | 4.1 | 2.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月8日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 八宝菜 | ぶたもも肉 | 30 | 55 | 6.2 | 1 | 0.2 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | えび | 10 | 10 | 2.2 | 4 | 0.1 | 0.0 | 0.0 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はくさい | 30 | 4 | 0.2 | 13 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 10 | 4 | 0.1 | 3 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たけのこ(水煮) | 8 | 2 | 0.2 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しいたけ | 5 | 1 | 0.2 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さやえんどう | 3 | 1 | 0.1 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | うずら卵 | 16 | 29 | 1.8 | 8 | 0.4 | 0.0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | しょうが | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんにく | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酒 | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.3 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | ● |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 40 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 1 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バンバンジー | とりささみフレーク | 20 | 25 | 5.5 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | りょくとうもやし | 30 | 4 | 0.5 | 3 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | 10 | 1 | 0.1 | 3 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ながねぎ | 5 | 2 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0.0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 穀物酢 | 5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ラー油 | 0.05 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ねりごま | 1.5 | 10 | 0.3 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ごま | 2 | 12 | 0.4 | 1 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 青のりポテト | じゃがいも | 40 | 30 | 0.6 | 1 | 0.2 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 2 | 18 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | あおのり | 0.1 | 0 | 0.0 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| プチゼリー | プチゼリー | 32 | 28 | 0.1 | 1 | 0.4 | 1.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 中華風コーンスープ | クリームコーン | 20 | 17 | 0.3 | 0 | 0.1 | 0.4 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 8 | 12 | 1.0 | 4 | 0.1 | 0.0 | 0.0 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 青ねぎ | 3 | 1 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.8 | 2 | 0.3 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | ● |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 片栗粉 | 1.2 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 782.65 | 827 | 33.5 | 288 | 2.4 | 4.8 | 2.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月9日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーンピラフ | 白米 | 90 | 322 | 5.5 | 5 | 0.7 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.3 | 1 | 0 | 0 | 0 | 0 | 0.2 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 7 | 3 | 0.1 | 2 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ホールコーン | 20 | 20 | 0.8 | 0 | 0.2 | 0.6 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | グリンピース(冷凍) | 3 | 4 | 0.2 | 1 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | バター | 2 | 15 | 0 | 0 | 0 | 0 | 0 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.3 | 1 | 0 | 0 | 0 | 0 | 0.2 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| えびフライ | えびフライ | 80 | 82 | 9.4 | 30 | 0.3 | 0.6 | 0.6 | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 調合油 | 8 | 74 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ソース(小袋) | 8 | 11 | 0.1 | 5 | 0.1 | 0.1 | 0.4 | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| (付)枝豆 | えだまめ(冷凍) | 8 | 13 | 1 | 6 | 0.2 | 0.6 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きのこのペンネ | ペンネ | 15 | 57 | 1.8 | 3 | 0.2 | 0.4 | 0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | 8 | 2 | 0.2 | 0 | 0.1 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | エリンギ | 8 | 2 | 0.2 | 0 | 0 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶなしめじ | 8 | 1 | 0.2 | 0 | 0 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ベーコン | 5 | 20 | 0.6 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | にんにく | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オリーブ油 | 0.5 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 乾燥とうがらし | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツの甘酢和え | キャベツ | 30 | 7 | 0.4 | 13 | 0.1 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 2.5 | 1 | 0 | 0 | 0 | 0 | 0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1.2 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| シナモンアップル | りんご(缶詰) | 40 | 33 | 0.1 | 2 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 上白糖 | 1.5 | 6 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | シナモン | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃが芋と人参のコンソメスープ | じゃがいも | 15 | 11 | 0.2 | 0 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 8 | 3 | 0.1 | 2 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.6 | 1 | 0 | 0 | 0 | 0 | 0.3 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 578.7 | 839 | 27.7 | 296 | 2.2 | 5.1 | 3.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月12日

| 調理名 | 材料名 | 一人当たりの分量 g | 栄養成分 エネルギー kcal | たんぱく質 g | カルシウム mg | 鉄 mg | 食物繊維 g | 食塩相当量 g | アレルギー表示 特定原材料 えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | 表示されることが推奨された20品目 あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉の中華風唐揚げ | とりもも肉 | 90 | 184 | 14.9 | 5 | 0.5 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | ながねぎ | 10 | 3 | 0.1 | 4 | 0 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しょうが | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんにく | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 酒 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 5 | 8 | 0.6 | 3 | 0.1 | 0 | 0 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | 薄力粉 | 3 | 11 | 0.2 | 1 | 0 | 0.1 | 0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 2 | 7 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 9 | 83 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| (付)ボイルキャベツ | キャベツ | 25 | 6 | 0.3 | 11 | 0.1 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 五目炒め | ぶたもも肉 | 20 | 37 | 4.1 | 1 | 0.1 | 0 | 0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | はくさい | 20 | 3 | 0.2 | 9 | 0.1 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0 | 2 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲンサイ | 12 | 1 | 0.1 | 12 | 0.1 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たけのこ(水煮) | 15 | 3 | 0.4 | 3 | 0 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.4 | 1 | 0.1 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● |
| | こいくちしょうゆ | 1.5 | 1 | 0.1 | 0 | 0 | 0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食塩 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 0.2 | 1 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 片栗粉 | 0.5 | 2 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こんにゃくの中華風きんぴら | 突きこんにゃく | 25 | 1 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0 | 1 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | 0.4 | 4 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0 | 0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 乾燥とうがらし | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 里芋の旨煮 | さといも(冷凍) | 30 | 17 | 0.5 | 3 | 0.2 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1.2 | 1 | 0.1 | 0 | 0 | 0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | みりん | 0.8 | 2 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツとかにかまの中華スープ | キャベツ | 15 | 3 | 0.2 | 6 | 0 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かに風味かまぼこ | 10 | 9 | 1.2 | 12 | 0 | 0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | にら | 5 | 1 | 0.1 | 2 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.5 | 1 | 0.2 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● |
| | こいくちしょうゆ | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 酒 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.02 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 794.77 | 933 | 36.5 | 311 | 1.5 | 3.6 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月13日

| 調理名 | 材料名 | 一人当たりの分量 g | 栄養成分 エネルギー kcal | たんぱく質 g | カルシウム mg | 鉄 mg | 食物繊維 g | 食塩相当量 g | アレルギー表示 特定原材料 えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | 表示されることが推奨された20品目 あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さばの南蛮漬け | さば | 60 | 148 | 12.4 | 4 | 0.7 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 片栗粉 | 5 | 17 | 0.0 | 1 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 6 | 55 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | たまねぎ | 15 | 6 | 0.2 | 3 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青ピーマン | 5 | 1 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 4 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2.5 | 2 | 0.2 | 1 | 0.0 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 水 | 20 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 0.3 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉と切り干し大根の炒め煮 | ぶたもも肉 | 20 | 37 | 4.1 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | こまつな | 15 | 2 | 0.2 | 26 | 0.4 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 切干しだいこん | 4 | 12 | 0.4 | 20 | 0.1 | 0.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | みりん | 0.8 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酒 | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 10 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃが芋の煮物 | じゃがいも | 40 | 30 | 0.6 | 1 | 0.2 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 顆粒和風だし | 0.3 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜の塩昆布和え | はくさい | 25 | 4 | 0.2 | 11 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩昆布 | 0.5 | 1 | 0.1 | 1 | 0.0 | 0.0 | 0.1 | | | ● | | | ● | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごま油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | ごま | 0.5 | 3 | 0.1 | 6 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| にら玉スープ | にら | 5 | 1 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶなしめじ | 8 | 1 | 0.2 | 0 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 8 | 12 | 1.0 | 4 | 0.1 | 0.0 | 0.0 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.8 | 2 | 0.3 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | ● |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 1.2 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 726.9 | 896 | 33.2 | 320 | 1.9 | 3.7 | 2.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月14日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉のみそ焼き | ぶたロース肉 | 60 | 158 | 11.6 | 2 | 0.2 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 酒 | 1 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 4 | 8 | 0.5 | 4 | 0.2 | 0.2 | 0.5 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | みりん | 2 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)パプリカの素揚げ | 赤パプリカ | 10 | 3 | 0.1 | 1 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.05 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根のそぼろあんかけ | だいこん | 60 | 11 | 0.2 | 14 | 0.1 | 0.8 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | とりひき肉 | 10 | 19 | 1.8 | 1 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0.0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 0.5 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 0.8 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃが芋サラダ | じゃがいも | 30 | 23 | 0.5 | 1 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | 6 | 1 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 4 | 1 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 1.8 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 0.5 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 粒マスタード | 0.5 | 1 | 0.0 | 1 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 野菜のおかか和え | キャベツ | 20 | 5 | 0.3 | 9 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | りょくとうもやし | 10 | 1 | 0.2 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 削り節 | 0.5 | 2 | 0.4 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1.2 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 豆腐と小松菜のすまし汁 | 木綿豆腐 | 10 | 7 | 0.7 | 9 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こまつな | 10 | 1 | 0.2 | 17 | 0.3 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.8 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 酒 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.7 | 2 | 0.2 | 0 | 0.0 | 0.0 | 0.3 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 717.16 | 811 | 30.1 | 301 | 1.5 | 3.4 | 3.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月15日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミックスフライ | チキンカツ | 30 | 44 | 4.7 | 2 | 0.1 | 0.2 | 0.3 | | | ● | | | ● | | | | | | | | | | | | | ● | | ● | | | | | | |
| | ミニ野菜コロッケ | 30 | 40 | 1.2 | 0 | 0.0 | 0.0 | 0.3 | | | ● | | | ● | | | | | | | | | | | | | ● | | | | | | | | |
| | ししゃもフライ | 20 | 38 | 2.5 | 48 | 0.2 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 調合油 | 8 | 74 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ソース(小袋) | 8 | 11 | 0.1 | 5 | 0.1 | 0.1 | 0.4 | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| (付)ブロッコリー | ブロッコリー | 20 | 7 | 0.9 | 8 | 0.2 | 0.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| おでん | うずら卵 | 8 | 15 | 0.9 | 4 | 0.2 | 0.0 | 0.0 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 焼き竹輪 | 15 | 18 | 1.8 | 2 | 0.2 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | だいこん | 30 | 5 | 0.1 | 7 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | 15 | 1 | 0.0 | 6 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 生揚げ | 20 | 30 | 2.1 | 48 | 0.5 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | こいくちしょうゆ | 1.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 0.8 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 30 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツのごま酢和え | キャベツ | 30 | 7 | 0.4 | 13 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 1.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.8 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 上白糖 | 0.8 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すりごま | 1 | 6 | 0.2 | 12 | 0.1 | 0.1 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 金時豆の煮物 | 金時豆の煮もの | 20 | 88 | 7.3 | 24 | 2.0 | 3.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜と人参のみそ汁 | はくさい | 15 | 2 | 0.1 | 6 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 8 | 3 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 756.35 | 933 | 36.1 | 427 | 4.3 | 7.9 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月16日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鮭の照り焼き | さけ | 80 | 106 | 17.8 | 11 | 0.4 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 酒 | 1 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0.0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 1.5 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しょうが | 0.4 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 厚焼玉子 | 厚焼玉子 | 20 | 32 | 1.4 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | ● | | | | | | | | | | | ● | | | | ● | | | | | | ● | |
| チャプチェ | ぶたもも肉 | 10 | 18 | 2.1 | 0 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | はるさめ | 8 | 28 | 0.0 | 2 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | 20 | 5 | 0.3 | 9 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 10 | 4 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青ピーマン | 3 | 1 | 0.0 | 0 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤パプリカ | 3 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黄パプリカ | 3 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たけのこ(水煮) | 6 | 1 | 0.2 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | こいくちしょうゆ | 3 | 2 | 0.2 | 1 | 0.1 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 0.8 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華だし | 0.2 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | ● |
| | ごま | 2 | 12 | 0.4 | 24 | 0.2 | 0.3 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 甘酢和え | だいずもやし | 25 | 9 | 0.9 | 6 | 0.1 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にら | 10 | 2 | 0.2 | 5 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 穀物酢 | 2 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブロッコリーのおかか和え | ブロッコリー | 25 | 8 | 1.1 | 10 | 0.3 | 1.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 削り節 | 0.3 | 1 | 0.2 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| けんちん汁 | だいこん | 10 | 2 | 0.0 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | 5 | 0 | 0.0 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 木綿豆腐 | 10 | 7 | 0.7 | 9 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ながねぎ | 3 | 1 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | みりん | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 削り節 | 1 | 4 | 0.8 | 0 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 720.1 | 802 | 39.7 | 322 | 1.9 | 4.6 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月19日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| デミグラスハンバーグ | ハンバーグ | 80 | 146 | 9.8 | 103 | 1.7 | 1.4 | 0.7 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | マッシュルーム（水煮） | 10 | 1 | 0.3 | 1 | 0.1 | 0.3 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 20 | 7 | 0.2 | 4 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 水 | 15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | デミグラスソース | 25 | 21 | 0.7 | 3 | 0.1 | 0.0 | 0.3 | | | ● | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | |
| | トマトケチャップ | 3 | 4 | 0.1 | 1 | 0.0 | 0.1 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)スウィートキャロット | にんじん | 20 | 7 | 0.2 | 5 | 0.0 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | バター | 0.5 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 1.5 | 6 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.05 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツとツナのスパゲティ | キャベツ | 15 | 3 | 0.2 | 6 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶなしめじ | 5 | 1 | 0.1 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | まぐろ油漬 | 10 | 27 | 1.8 | 0 | 0.1 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スパゲッティ | 15 | 57 | 1.8 | 3 | 0.2 | 0.4 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フライドポテト | クリンクルカットポテト | 25 | 29 | 0.4 | 1 | 0.1 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 2 | 18 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| いんげんのソテー | さやいんげん | 20 | 5 | 0.4 | 10 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれん草とコーンのコンソメスープ | ほうれんそう | 15 | 3 | 0.3 | 7 | 0.3 | 0.4 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 10 | 4 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ホールコーン | 8 | 8 | 0.3 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.6 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.3 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こしょう | 0.02 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 738.88 | 882 | 29.3 | 380 | 2.9 | 5.9 | 3.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月20日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉野菜炒め | ぶたもも肉 | 10 | 18 | 2.1 | 0 | 0.1 | 0 | 0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | キャベツ | 30 | 7 | 0.4 | 13 | 0.1 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | りょくとうもやし | 30 | 4 | 0.5 | 3 | 0.1 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 10 | 4 | 0.1 | 2 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0 | 1 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0 | 0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 調合油 | 0.3 | 3 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ツナそぼろ | まぐろ油漬 | 20 | 53 | 3.5 | 1 | 0.1 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | まぐろ水煮 | 20 | 14 | 3.2 | 1 | 0.1 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 15 | 5 | 0.1 | 4 | 0 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 刻み凍り豆腐 | 3 | 16 | 1.5 | 19 | 0.2 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | しょうが | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0 | 0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1.2 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゆでほうれん草 | ほうれんそう | 25 | 5 | 0.6 | 12 | 0.5 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0 | 0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 炒り玉子 | 鶏卵 | 25 | 38 | 3.1 | 13 | 0.5 | 0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 1 | 9 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 白菜と油揚げのみそ汁 | はくさい | 18 | 3 | 0.1 | 8 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 油揚げ | 5 | 21 | 1.2 | 16 | 0.2 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 669.23 | 755 | 30.4 | 335 | 2.4 | 3.7 | 2.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月21日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミートボールカレー | 肉団子 | 40 | 90 | 6.5 | 40 | 0 | 1.4 | 0.3 | | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | にんじん | 15 | 6 | 0.1 | 4 | 0 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 50 | 19 | 0.5 | 11 | 0.1 | 0.8 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | グリンピース(冷凍) | 3 | 3 | 0.2 | 1 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カレールウ | 18 | 82 | 1.3 | 12 | 0.6 | 0.8 | 0.9 | | | ● | | | ● | | | | | ● | | | | | ● | | | ● | ● | | ● | | | | ● | |
| | 水 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ジャーマンポテト | じゃがいも | 60 | 46 | 1 | 2 | 0.2 | 0.8 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 15 | 6 | 0.2 | 3 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ベーコン | 5 | 20 | 0.6 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒こしょう | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 野菜の素揚げ | かぼちゃ | 20 | 18 | 0.4 | 3 | 0.1 | 0.7 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | れんこん | 15 | 10 | 0.3 | 3 | 0.1 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 2 | 18 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.3 | 0 | 0 | 0 | 0 | 0 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツのマリネ | キャベツ | 30 | 7 | 0.4 | 13 | 0.1 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤パプリカ | 5 | 2 | 0.1 | 0 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 0.8 | 3 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オリーブ油 | 0.3 | 3 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トマトスープ | たまねぎ | 15 | 6 | 0.2 | 3 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトダイス(缶詰) | 20 | 4 | 0.2 | 2 | 0.1 | 0.3 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0 | 0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オリーブ油 | 0.3 | 3 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| はっ酵乳(マスカット味) | 給食用ジョア(鉄強化) | 133 | 51 | 4.4 | 225 | 6.9 | 0.4 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 742.67 | 796 | 22.3 | 329 | 8.5 | 7.8 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月22日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鮭のピラフ | 白米 | 90 | 322 | 5.5 | 5 | 0.7 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.3 | 1 | 0 | 0 | 0 | 0 | 0.2 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鮭フレーク | 15 | 27 | 4.3 | 2 | 0.1 | 0 | 0 | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | |
| | たまねぎ | 15 | 6 | 0.2 | 3 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | バター | 2 | 15 | 0 | 0 | 0 | 0 | 0 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.3 | 1 | 0 | 0 | 0 | 0 | 0.2 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉のバーベキューソース | とりもも肉 | 80 | 163 | 13.3 | 4 | 0.5 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | にんにく | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しょうが | 0.6 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | りんごジュース | 4 | 2 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 2 | 8 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)ブロッコリー | ブロッコリー | 20 | 7 | 0.9 | 8 | 0.2 | 0.9 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃが芋としめじのソテー | じゃがいも | 30 | 23 | 0.5 | 1 | 0.1 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶなしめじ | 6 | 1 | 0.2 | 0 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 10 | 4 | 0.1 | 2 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.3 | 3 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒こしょう | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼうのごまドレサラダ | ごぼう | 20 | 13 | 0.4 | 9 | 0.1 | 1.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0 | 2 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごまドレッシング | 8 | 43 | 0.2 | 5 | 0.1 | 0 | 0.2 | | | ● | | ● | | | | | | | | | | | ● | | | | ● | | | | | | ● | |
| カップデザート | プリン | 40 | 50 | 2.2 | 32 | 0.2 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ほうれん草と豆腐のコンソメスープ | ほうれんそう | 15 | 3 | 0.3 | 7 | 0.3 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 木綿豆腐 | 15 | 11 | 1 | 13 | 0.1 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ベーコン | 5 | 20 | 0.6 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0 | 0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.4 | 0 | 0 | 0 | 0 | 0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 597.29 | 868 | 36.9 | 321 | 2.5 | 4.1 | 3.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月26日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉の甘酢あんかけ | とりもも肉 | 75 | 153 | 12.5 | 4 | 0.5 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 7 | 23 | 0.0 | 1 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 7 | 64 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | たまねぎ | 20 | 7 | 0.2 | 4 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | こいくちしょうゆ | 4 | 3 | 0.3 | 1 | 0.1 | 0.0 | 0.6 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 穀物酢 | 6 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 1.5 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酒 | 1 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | 2 | 8 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 20 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 0.5 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 厚揚げの煮物 | 生揚げ | 30 | 45 | 3.2 | 72 | 0.8 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | にんじん | 10 | 4 | 0.1 | 3 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | 30 | 2 | 0.0 | 13 | 0.1 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2.5 | 2 | 0.2 | 1 | 0.0 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1.2 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 1 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 20 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜のごま和え | こまつな | 30 | 4 | 0.5 | 51 | 0.8 | 0.6 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0.0 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 0.8 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すりごま | 2 | 12 | 0.4 | 24 | 0.2 | 0.3 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 即席漬け | だいこん | 35 | 6 | 0.1 | 8 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | 5 | 1 | 0.1 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| なめことわかめのみそ汁 | なめこ | 10 | 2 | 0.2 | 0 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ながねぎ | 3 | 1 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カットわかめ | 0.3 | 0 | 0.1 | 2 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 776.81 | 900 | 31.6 | 428 | 3.1 | 4.4 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月27日

| 調理名 | 材料名 | 一人当たりの分量 g | 栄養成分 エネルギー kcal | たんぱく質 g | カルシウム mg | 鉄 mg | 食物繊維 g | 食塩相当量 g | アレルギー表示 特定原材料 えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | 表示されることが推奨された20品目 あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鮭のチーズピカタ | さけ | 80 | 163 | 15.7 | 10 | 0.2 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 食塩 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.02 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 薄力粉 | 5 | 18 | 0.4 | 1 | 0.0 | 0.1 | 0.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 18 | 27 | 2.2 | 9 | 0.3 | 0.0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | 粉チーズ | 1.2 | 6 | 0.5 | 16 | 0.0 | 0.0 | 0.0 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | 乾燥パセリ | 0.02 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (付)ブロッコリー | ブロッコリー | 20 | 7 | 0.9 | 8 | 0.2 | 0.9 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉団子のトマトソース煮 | 肉団子 | 30 | 68 | 4.9 | 30 | 0.0 | 1.1 | 0.2 | | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| | たまねぎ | 30 | 11 | 0.3 | 6 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | トマトダイス(缶詰) | 8 | 2 | 0.1 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | 5 | 6 | 0.1 | 1 | 0.0 | 0.1 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウスターソース | 1.2 | 1 | 0.0 | 1 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 10 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 粉吹き芋 | じゃがいも | 40 | 30 | 0.6 | 1 | 0.2 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.15 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれん草とコーンのソテー | ほうれんそう | 25 | 5 | 0.6 | 12 | 0.5 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ホールコーン | 5 | 5 | 0.2 | 0 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.4 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツと玉ねぎのコンソメスープ | キャベツ | 15 | 3 | 0.2 | 6 | 0.0 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | 8 | 3 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0.0 | 0.0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | 食塩 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | こしょう | 0.02 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 745.98 | 892 | 39.5 | 339 | 1.7 | 5.4 | 2.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月28日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 親子丼の具 | とりもも肉 | 30 | 61 | 5.0 | 2 | 0.2 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | たまねぎ | 50 | 19 | 0.5 | 11 | 0.1 | 0.8 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼう | 8 | 5 | 0.1 | 4 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みつば | 3 | 0 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵 | 30 | 45 | 3.7 | 15 | 0.5 | 0.0 | 0.1 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 酒 | 1 | 1 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 1 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 20 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | 0.5 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かにかまの天ぷら | かにかまの天ぷら | 40 | 36 | 4.8 | 48 | 0.1 | 0.0 | 0.9 | ● | ● | ● | | ● | | | | | | | | | | | | | | | ● | | | | | | | |
| | 調合油 | 4 | 37 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| (付)いんげん | さやいんげん | 8 | 2 | 0.1 | 4 | 0.1 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大豆の磯煮 | ほしひじき | 1.2 | 2 | 0.1 | 12 | 0.1 | 0.6 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 油揚げ | 2 | 8 | 0.5 | 6 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 大豆(水煮) | 10 | 18 | 1.5 | 8 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | にんじん | 5 | 2 | 0.0 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま | 0.5 | 3 | 0.1 | 6 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | こいくちしょうゆ | 1.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 1 | 4 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みりん | 0.8 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酒 | 1.5 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | 0.3 | 3 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| さつま芋のごま塩焼き | さつまいも | 30 | 40 | 0.4 | 11 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 食塩 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒ごま | 0.5 | 3 | 0.1 | 6 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 花麩とわかめのすまし汁 | 花麩 | 3 | 11 | 0.3 | 2 | 0.0 | 0.1 | 0.1 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | カットわかめ | 0.5 | 1 | 0.1 | 4 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 食塩 | 0.5 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 顆粒和風だし | 0.6 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 699.4 | 844 | 30.4 | 377 | 1.9 | 4.8 | 3.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月29日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドッグパン | ドッグパン | 80 | 393 | 11.3 | 45 | 0.9 | 2.2 | 1.6 | | | ● | | ● | ● | | | | | | | | | | | | | | ● | | | | | | | |
| 白身魚フライ　タルタルソース | 白身魚フライ | 60 | 89 | 7 | 28 | 0.3 | 0 | 0.5 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 調合油 | 6 | 55 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | タルタルソース(小袋) | 10 | 59 | 0.2 | 1 | 0.1 | 0 | 0.2 | | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | |
| (付)ボイルキャベツ | キャベツ | 25 | 6 | 0.3 | 11 | 0.1 | 0.5 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | 0.1 | 0 | 0 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポークビーンズ | ぶたもも肉 | 10 | 18 | 2.1 | 0 | 0.1 | 0 | 0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 大豆(水煮) | 15 | 26 | 2.2 | 12 | 0.3 | 1 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | たまねぎ | 25 | 9 | 0.3 | 5 | 0.1 | 0.4 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | じゃがいも | 15 | 11 | 0.2 | 0 | 0.1 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 8 | 3 | 0.1 | 2 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんにく | 0.2 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトピューレー | 6 | 2 | 0.1 | 1 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | 5 | 6 | 0.1 | 1 | 0 | 0.1 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース | 1 | 1 | 0 | 1 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 食塩 | 0.2 | 0 | 0 | 0 | 0 | 0 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ブロッコリーサラダ | ブロッコリー | 25 | 8 | 1.1 | 10 | 0.3 | 1.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | イタリアンドレッシング | 4 | 15 | 0 | 0 | 0 | 0 | 0.1 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| キャンディチーズ | キャンディチーズ | 20 | 68 | 4.5 | 126 | 0.1 | 0 | 0.6 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| ポトフ風スープ | かぶ | 15 | 3 | 0.1 | 4 | 0 | 0.2 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 5 | 2 | 0 | 1 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウインナー | 5 | 16 | 0.7 | 0 | 0 | 0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | たまねぎ | 5 | 2 | 0.1 | 1 | 0 | 0.1 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 洋風だし | 0.8 | 2 | 0.1 | 0 | 0 | 0 | 0.4 | | | ● | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | |
| | 食塩 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こしょう | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0 | 0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 573.32 | 937 | 37.3 | 476 | 2.4 | 6.2 | 4.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 栄養詳細

11月30日

| 調理名 | 材料名 | 一人当たりの分量 | 栄養成分 | | | | | | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 特定原材料 | | | | | | | 表示されることが推奨された20品目 | | | | | | | | | | | | | | | | | | |
| | | | エネルギー | たんぱく質 | カルシウム | 鉄 | 食物繊維 | 食塩相当量 | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | くるみ | ごま | さけ | さば | 豚肉 | 大豆 | バナナ | 鶏肉 | 松茸 | 桃 | 山芋 | りんご | ゼラチン |
| | | g | kcal | g | mg | mg | g | g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん230g | ごはん | 230 | 386 | 5.8 | 7 | 0.2 | 0.7 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉の焼き肉 | ぶたもも肉 | 50 | 92 | 10.3 | 2 | 0.4 | 0.0 | 0.1 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | たまねぎ | 30 | 11 | 0.3 | 6 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤パプリカ | 8 | 2 | 0.1 | 1 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 焼肉のたれ | 8 | 11 | 0.3 | 2 | 0.1 | 0.0 | 0.4 | | | ● | | | | | | | | | | | | | ● | | | | ● | | | | | | ● | |
| | こいくちしょうゆ | 2 | 1 | 0.2 | 1 | 0.0 | 0.0 | 0.3 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | みりん | 1 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好みポテト | キャベツ | 25 | 6 | 0.3 | 11 | 0.1 | 0.5 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | じゃがいも | 25 | 19 | 0.4 | 1 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 8 | 3 | 0.1 | 2 | 0.0 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶたもも肉 | 10 | 18 | 2.1 | 0 | 0.1 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ウスターソース | 8 | 9 | 0.1 | 5 | 0.1 | 0.0 | 0.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | あおのり | 0.03 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 調合油 | 0.5 | 5 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 揚げぎょうざ | ぎょうざ | 40 | 79 | 2.8 | 12 | 0.4 | 0.0 | 0.5 | | | ● | | ● | ● | | | | | | | | | | ● | | | ● | ● | | ● | | | | | |
| | 調合油 | 4 | 37 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| 白菜のごま和え | はくさい | 20 | 3 | 0.2 | 9 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | 6 | 2 | 0.0 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | 1.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 上白糖 | 0.5 | 2 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すりごま | 1 | 6 | 0.2 | 12 | 0.1 | 0.1 | 0.0 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| なめこと豆腐のみそ汁 | なめこ | 10 | 2 | 0.2 | 0 | 0.1 | 0.3 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 木綿豆腐 | 20 | 14 | 1.3 | 17 | 0.2 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ながねぎ | 5 | 2 | 0.1 | 2 | 0.0 | 0.1 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ | 6 | 12 | 0.8 | 6 | 0.2 | 0.3 | 0.7 | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 顆粒和風だし | 0.5 | 1 | 0.1 | 0 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 牛乳 | 206 | 138 | 6.8 | 227 | 0.0 | 0.0 | 0.2 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 合計 | | 726.53 | 869 | 32.6 | 325 | 2.3 | 3.6 | 3.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |