

Weekly Menu

日		6月23日					6月24日					6月25日					6月26日					6月27日					6月28日					6月29日																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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	A・B共通メニュー		ウイナーとスナップエンドウの炒め物 切干大根の煮物 野菜サラダ 味噌汁 牛乳					A・B共通メニュー		ミートオムレツ&ウイナー スパゲティサラダ ミックスサラダ 味噌汁 牛乳					A・B共通メニュー		チキンボールの旨煮 いんげんのツナ和え 野菜サラダ 味噌汁 牛乳					A・B共通メニュー		肉じゃが 納豆 大根サラダ 味噌汁 牛乳					A・B共通メニュー		鶏肉のカレー風味焼き ほうれん草とちくわの和え物 野菜サラダ 味噌汁 牛乳					A・B共通メニュー		アジフライ おくらの梅肉和え 温野菜サラダ 味噌汁 牛乳					A・B共通メニュー		野菜入りスクランブルエッグ ひじきと五目豆の煮物 レタスの海苔サラダ 味噌汁 牛乳																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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	1117kcal		29.4g		21.5g		197.7g		2.8g		1195kcal		30.5g		26.4g		203.7g		3.3g		1194kcal		34.4g		23.9g		210.2g		4.7g		1188kcal		36.7g		18.5g		214.4g		3.8g		1165kcal		38.0g		23.8g		194.3g		3.7g		1178kcal		31.7g		22.8g		207.6g		3.1g		1134kcal		29.0g		22.8g		199.6g		2.8g																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
869kcal		27.3g		28.1g		127.8g		4.2g		947kcal		28.4g		33.0g		133.8g		4.7g		946kcal		32.3g		30.5g		140.3g		6.1g		940kcal		34.6g		25.1g		144.5g		5.2g		917kcal		35.9g		30.4g		124.4g		5.1g		930kcal		29.6g		29.4g		137.7g		4.5g		886kcal		26.9g		29.4g		129.7g		4.2g																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
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栄養価表示 E:エネルギー P:たんぱく質 F:脂質 C:炭水化物 Salt:食塩相当量
いつもご利用いただき、ありがとうございます。材料の都合により一部変更になる場合がございます。