

2024年11月1日 金

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|-------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|             |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| タラのチリソースがけ  | すけとうだら               | 60.00               | 47                     | 10.9                   | 0.1                 | 0.1                   | 25                     | 0.2                | 34                       | 0.04                    | 0.08                    | 0                      | 0.0                     | 0.2                    |
|             | 薄力粉                  | 6.00                | 22                     | 0.5                    | 0.1                 | 4.5                   | 2                      | 0.1                | 0                        | 0.01                    | 0.00                    | 0                      | 0.2                     | 0.0                    |
|             | 調合油                  | 6.00                | 55                     | 0.0                    | 6.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 根深ねぎ                 | 7.00                | 2                      | 0.0                    | 0.0                 | 0.5                   | 2                      | 0.0                | 0                        | 0.00                    | 0.00                    | 1                      | 0.2                     | 0.0                    |
|             | チリソース                | 5.00                | 6                      | 0.1                    | 0.0                 | 1.3                   | 1                      | 0.0                | 2                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.2                    |
|             | ケチャップ                | 5.00                | 6                      | 0.1                    | 0.0                 | 1.4                   | 1                      | 0.0                | 3                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.2                    |
| ボイルキャベツ     | キャベツ                 | 30.00               | 7                      | 0.4                    | 0.1                 | 1.6                   | 13                     | 0.1                | 1                        | 0.01                    | 0.01                    | 12                     | 0.5                     | 0.0                    |
|             | 食塩                   | 0.20                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
| ごぼうのチャプチェ   | はるさめ・緑豆-乾            | 7.00                | 24                     | 0.0                    | 0.0                 | 5.9                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.3                     | 0.0                    |
|             | 豚もも小間                | 10.00               | 18                     | 2.1                    | 1.0                 | 0.0                   | 0                      | 0.1                | 0                        | 0.09                    | 0.02                    | 0                      | 0.0                     | 0.0                    |
|             | 乾しいたけ-乾              | 0.80                | 1                      | 0.2                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.01                    | 0                      | 0.3                     | 0.0                    |
|             | ごぼう                  | 20.00               | 13                     | 0.4                    | 0.0                 | 3.1                   | 9                      | 0.1                | 0                        | 0.01                    | 0.01                    | 1                      | 1.1                     | 0.0                    |
|             | にんじん                 | 7.00                | 3                      | 0.0                    | 0.0                 | 0.6                   | 2                      | 0.0                | 53                       | 0.00                    | 0.00                    | 0                      | 0.2                     | 0.0                    |
|             | たまねぎ                 | 8.00                | 3                      | 0.1                    | 0.0                 | 0.7                   | 2                      | 0.0                | 0                        | 0.00                    | 0.00                    | 1                      | 0.1                     | 0.0                    |
|             | にんにく・おろし             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.3                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | しょうが・おろし             | 1.00                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | ごま油                  | 2.00                | 18                     | 0.0                    | 2.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 食塩                   | 0.20                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | こいくちしょうゆ             | 3.00                | 2                      | 0.2                    | 0.0                 | 0.3                   | 1                      | 0.1                | 0                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.4                    |
|             | 合成清酒                 | 3.00                | 3                      | 0.0                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | ごま-いり                | 1.00                | 6                      | 0.2                    | 0.5                 | 0.2                   | 12                     | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
| ほうれん草の胡麻和え  | ほうれんそう               | 35.00               | 7                      | 0.8                    | 0.1                 | 1.1                   | 17                     | 0.7                | 123                      | 0.04                    | 0.07                    | 21                     | 1.0                     | 0.0                    |
|             | カニ風味かまぼこ             | 6.00                | 6                      | 0.7                    | 0.1                 | 0.6                   | 2                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | 油揚げ                  | 3.00                | 12                     | 0.6                    | 1.0                 | 0.1                   | 9                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | こいくちしょうゆ             | 2.30                | 2                      | 0.2                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|             | 車糖・三温糖               | 1.80                | 7                      | 0.0                    | 0.0                 | 1.8                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | すりごま                 | 0.50                | 3                      | 0.1                    | 0.3                 | 0.1                   | 6                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
| 肉団子         | KS肉団子                | 30.00               | 58                     | 2.7                    | 2.7                 | 5.5                   | 5                      | 0.2                | 5                        | 0.02                    | 0.02                    | 0                      | 0.3                     | 0.5                    |
| うぐいす豆煮      | えんどう・うぐいす豆           | 12.00               | 29                     | 0.7                    | 0.1                 | 6.3                   | 2                      | 0.3                | 0                        | 0.00                    | 0.00                    | 0                      | 0.6                     | 0.0                    |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.00              | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳          | 普通牛乳                 | 206.00              | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
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|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
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2024年11月5日 火

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 62. <sup>A</sup> 食物繊維総量 | 63. <sup>A</sup> 食塩相当量 |
|-------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|             |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 八宝菜         | 豚小間                  | 15.00               | 32                     | 2.8                    | 2.2                 | 0.0                   | 1                      | 0.1                | 1                        | 0.10                    | 0.03                    | 0                      | 0.0                     | 0.0                    |
|             | キャベツ                 | 25.00               | 6                      | 0.3                    | 0.1                 | 1.3                   | 11                     | 0.1                | 1                        | 0.01                    | 0.01                    | 10                     | 0.5                     | 0.0                    |
|             | たまねぎ                 | 20.00               | 7                      | 0.2                    | 0.0                 | 1.8                   | 4                      | 0.0                | 0                        | 0.01                    | 0.00                    | 2                      | 0.3                     | 0.0                    |
|             | イカ短冊                 | 10.00               | 7                      | 1.5                    | 0.0                 | 0.0                   | 2                      | 0.0                | 1                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.1                    |
|             | にんじん                 | 10.00               | 4                      | 0.1                    | 0.0                 | 0.9                   | 3                      | 0.0                | 76                       | 0.01                    | 0.00                    | 0                      | 0.3                     | 0.0                    |
|             | さやえんどう               | 5.00                | 2                      | 0.2                    | 0.0                 | 0.4                   | 2                      | 0.0                | 2                        | 0.01                    | 0.01                    | 2                      | 0.2                     | 0.0                    |
|             | なると                  | 10.00               | 8                      | 0.8                    | 0.0                 | 1.2                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | きくらげ-乾               | 1.00                | 2                      | 0.1                    | 0.0                 | 0.7                   | 3                      | 0.4                | 0                        | 0.00                    | 0.01                    | 0                      | 0.6                     | 0.0                    |
|             | 中華だし(顆粒)             | 0.30                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | 食塩                   | 0.50                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.5                    |
|             | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | こしょう・白、粉             | 0.02                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 調合油                  | 1.00                | 9                      | 0.0                    | 1.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 片栗粉                  | 3.00                | 10                     | 0.0                    | 0.0                 | 2.4                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| ゆで卵         | 鶏卵                   | 25.00               | 38                     | 3.1                    | 2.6                 | 0.1                   | 13                     | 0.5                | 38                       | 0.02                    | 0.11                    | 0                      | 0.0                     | 0.1                    |
| 炊き合わせ       | れんこん                 | 15.00               | 10                     | 0.2                    | 0.0                 | 2.4                   | 3                      | 0.1                | 0                        | 0.01                    | 0.00                    | 3                      | 0.3                     | 0.0                    |
| 信田巻         | にんじん                 | 20.00               | 7                      | 0.1                    | 0.0                 | 1.8                   | 6                      | 0.0                | 152                      | 0.01                    | 0.01                    | 1                      | 0.5                     | 0.0                    |
| 人参 蓮根       | 信田巻                  | 15.00               | 27                     | 1.8                    | 1.5                 | 1.5                   | 10                     | 0.2                | 12                       | 0.01                    | 0.01                    | 0                      | 0.2                     | 0.1                    |
|             | こいくちしょうゆ             | 1.50                | 1                      | 0.1                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | 合成清酒                 | 0.50                | 1                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | みりん・本みりん             | 1.00                | 2                      | 0.0                    | 0.0                 | 0.4                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 顆粒和風調味料              | 0.20                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
| 春巻き         | 安心素材春巻き35(鉄・食物繊維)    | 30.00               | 55                     | 1.2                    | 2.0                 | 8.8                   | 5                      | 1.4                | 14                       | 0.02                    | 0.01                    | 2                      | 1.7                     | 0.4                    |
|             | 調合油                  | 3.00                | 28                     | 0.0                    | 3.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 切り干し大根サラダ   | 大根・切り干し大根            | 6.00                | 17                     | 0.3                    | 0.0                 | 4.1                   | 32                     | 0.6                | 0                        | 0.02                    | 0.01                    | 0                      | 1.2                     | 0.0                    |
|             | 豚・ハム・ロース             | 5.00                | 10                     | 0.8                    | 0.7                 | 0.1                   | 1                      | 0.0                | 0                        | 0.03                    | 0.01                    | 3                      | 0.0                     | 0.1                    |
|             | スイートコーン・未熟・ホール・冷凍    | 5.00                | 5                      | 0.2                    | 0.1                 | 0.9                   | 0                      | 0.0                | 0                        | 0.01                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | きゅうり                 | 3.00                | 0                      | 0.0                    | 0.0                 | 0.1                   | 1                      | 0.0                | 1                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | マヨネーズ                | 5.00                | 35                     | 0.1                    | 3.8                 | 0.2                   | 0                      | 0.0                | 1                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | 食塩                   | 0.20                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.00              | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳          | 普通牛乳                 | 206.00              | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             | 合計                   | 553.7               | 856                    | 27.49                  | 26.0                | 124.7                 | 330.2                  | 4.4                | 376.7                    | 0.43                    | 0.57                    | 26.3                   | 6.6                     | 2.6                    |

2024年11月6日 水

| 献立名(基本)   | [ 5A.食品名 ]        | [ 5A.重量 ] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|-----------|-------------------|-----------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|           |                   | (g)       | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 鮭のコーンマヨ焼き | 鮭切り身60g           | 60.00     | 83                     | 13.5                   | 2.7                 | 0.1                   | 6                      | 0.2                | 16                       | 0.16                    | 0.09                    | 0                      | 0.0                     | 0.1                    |
|           | 食塩                | 0.30      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|           | こしょう・白、粉          | 0.01      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | 薄力粉・1等            | 3.00      | 11                     | 0.2                    | 0.1                 | 2.3                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|           | マヨネーズ・全卵型         | 7.00      | 49                     | 0.1                    | 5.3                 | 0.3                   | 1                      | 0.0                | 1                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
| ブロッコリー    | スイートコーン・未熟・ホール・冷凍 | 10.00     | 10                     | 0.4                    | 0.2                 | 1.9                   | 0                      | 0.1                | 1                        | 0.01                    | 0.01                    | 1                      | 0.3                     | 0.0                    |
|           | ブロッコリー            | 15.00     | 5                      | 0.6                    | 0.1                 | 0.8                   | 6                      | 0.2                | 10                       | 0.02                    | 0.03                    | 18                     | 0.7                     | 0.0                    |
|           | 粉吹き芋              | 40.00     | 30                     | 0.6                    | 0.0                 | 7.0                   | 1                      | 0.2                | 0                        | 0.04                    | 0.01                    | 14                     | 0.5                     | 0.0                    |
|           | 食塩                | 0.20      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|           | いんげんソテー           | 30.00     | 8                      | 0.5                    | 0.1                 | 1.7                   | 17                     | 0.2                | 14                       | 0.02                    | 0.03                    | 2                      | 0.8                     | 0.0                    |
| いんげんソテー   | 調合油               | 0.50      | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | 食塩                | 0.20      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|           | こしょう・白、粉          | 0.01      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | ポークビーンズ           | 10.00     | 22                     | 1.9                    | 1.5                 | 0.0                   | 1                      | 0.1                | 1                        | 0.06                    | 0.02                    | 0                      | 0.0                     | 0.0                    |
|           | たまねぎ              | 20.00     | 7                      | 0.2                    | 0.0                 | 1.8                   | 4                      | 0.0                | 0                        | 0.01                    | 0.00                    | 2                      | 0.3                     | 0.0                    |
| ポークビーンズ   | えだまめ・冷凍           | 15.00     | 24                     | 2.0                    | 1.1                 | 1.6                   | 11                     | 0.4                | 2                        | 0.04                    | 0.02                    | 4                      | 1.1                     | 0.0                    |
|           | 大豆・国産・ゆで          | 13.00     | 23                     | 2.1                    | 1.2                 | 1.3                   | 9                      | 0.3                | 0                        | 0.03                    | 0.01                    | 0                      | 0.9                     | 0.0                    |
|           | クラッシュ大豆           | 15.00     | 27                     | 2.4                    | 1.4                 | 1.5                   | 11                     | 0.3                | 0                        | 0.03                    | 0.01                    | 0                      | 1.1                     | 0.0                    |
|           | トマトソース            | 8.00      | 4                      | 0.2                    | 0.0                 | 0.7                   | 1                      | 0.1                | 3                        | 0.01                    | 0.01                    | 0                      | 0.1                     | 0.1                    |
|           | 食塩                | 0.30      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
| もずくサラダ    | こしょう・白、粉          | 0.01      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | 車糖・三温糖            | 0.20      | 1                      | 0.0                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | 中濃ソース             | 2.00      | 3                      | 0.0                    | 0.0                 | 0.6                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|           | もずく               | 10.00     | 0                      | 0.0                    | 0.0                 | 0.1                   | 2                      | 0.1                | 2                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|           | 大根                | 15.00     | 3                      | 0.1                    | 0.0                 | 0.6                   | 4                      | 0.0                | 0                        | 0.00                    | 0.00                    | 2                      | 0.2                     | 0.0                    |
| もずくサラダ    | にんじん              | 8.00      | 3                      | 0.0                    | 0.0                 | 0.7                   | 2                      | 0.0                | 61                       | 0.00                    | 0.00                    | 0                      | 0.2                     | 0.0                    |
|           | キャベツ              | 10.00     | 2                      | 0.1                    | 0.0                 | 0.5                   | 4                      | 0.0                | 0                        | 0.00                    | 0.00                    | 4                      | 0.2                     | 0.0                    |
|           | きゅうり              | 5.00      | 1                      | 0.1                    | 0.0                 | 0.2                   | 1                      | 0.0                | 1                        | 0.00                    | 0.00                    | 1                      | 0.1                     | 0.0                    |
|           | しょうゆ              | 1.50      | 1                      | 0.1                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|           | 酢                 | 0.50      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 柿         | 食塩                | 0.10      | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|           | ごま油               | 2.00      | 18                     | 0.0                    | 2.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|           | かき                | 20.00     | 12                     | 0.1                    | 0.0                 | 3.2                   | 2                      | 0.0                | 7                        | 0.01                    | 0.00                    | 14                     | 0.3                     | 0.0                    |
|           | ご飯 240g(定時)       | 110.00    | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
|           | 牛乳                | 206.00    | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|           |                   |           |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|           |                   |           |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|           |                   |           |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|           | 合計                | 637.8     | 881.6                  | 38.7                   | 25.0                | 121.8                 | 318.5                  | 3.2                | 198.7                    | 0.62                    | 0.60                    | 63.2                   | 7.5                     | 2.0                    |

2024年11月7日 木

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | <sup>02</sup> エネルギー | <sup>04</sup> たんぱく質 | <sup>06</sup> 脂質 | <sup>08</sup> 炭水化物 | <sup>12</sup> カルシウム | <sup>15</sup> 鉄 | <sup>28</sup> レチノール当量 | <sup>36</sup> ビタミンB1 | <sup>37</sup> ビタミンB2 | <sup>45</sup> ビタミンC | <sup>52</sup> 食物繊維総量 | <sup>53</sup> 食塩相当量 |     |
|-------------|----------------------|---------------------|---------------------|---------------------|------------------|--------------------|---------------------|-----------------|-----------------------|----------------------|----------------------|---------------------|----------------------|---------------------|-----|
|             |                      | (g)                 | kcal                | g                   | g                | g                  | mg                  | mg              | μg                    | mg                   | mg                   | mg                  | g                    | g                   |     |
| 厚揚げと豚肉の味噌炒め | 生揚げ                  | 40.00               | 60                  | 4.3                 | 4.5              | 0.4                | 96                  | 1.0             | 0                     | 0.03                 | 0.01                 | 0                   | 0.3                  | 0.0                 |     |
|             | 豚小間                  | 15.00               | 44                  | 2.7                 | 3.4              | 0.0                | 0                   | 0.0             | 1                     | 0.12                 | 0.02                 | 0                   | 0.0                  | 0.0                 |     |
|             | たまねぎ                 | 15.00               | 6                   | 0.2                 | 0.0              | 1.3                | 3                   | 0.0             | 0                     | 0.00                 | 0.00                 | 1                   | 0.2                  | 0.0                 |     |
|             | きくらげ・きくらげー乾          | 1.50                | 3                   | 0.1                 | 0.0              | 1.1                | 5                   | 0.5             | 0                     | 0.00                 | 0.01                 | 0                   | 0.9                  | 0.0                 |     |
|             | にんじん                 | 10.00               | 4                   | 0.1                 | 0.0              | 0.9                | 3                   | 0.0             | 76                    | 0.01                 | 0.00                 | 0                   | 0.3                  | 0.0                 |     |
|             | 青ピーマン                | 5.00                | 1                   | 0.0                 | 0.0              | 0.3                | 1                   | 0.0             | 2                     | 0.00                 | 0.00                 | 4                   | 0.1                  | 0.0                 |     |
|             | 米みそ・甘みそ              | 7.00                | 15                  | 0.7                 | 0.2              | 2.7                | 6                   | 0.2             | 0                     | 0.00                 | 0.01                 | 0                   | 0.4                  | 0.4                 |     |
|             | 車糖・三温糖               | 3.00                | 11                  | 0.0                 | 0.0              | 3.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
| コロッケ        | 合成清酒                 | 2.00                | 2                   | 0.0                 | 0.0              | 0.1                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 牛肉コロッケ               | 70.00               | 115                 | 3.2                 | 3.4              | 17.7               | 14                  | 0.5             | 50                    | 0.06                 | 0.04                 | 5                   | 0.0                  | 0.5                 |     |
|             | 調合油                  | 7.00                | 64                  | 0.0                 | 7.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 中濃ソース                | 3.00                | 4                   | 0.0                 | 0.0              | 0.9                | 2                   | 0.1             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.2                 |     |
| ひじきの煮つけ     | ひじき・ほしひじき            | 4.00                | 6                   | 0.4                 | 0.1              | 2.2                | 56                  | 2.2             | 11                    | 0.01                 | 0.04                 | 0                   | 1.7                  | 0.1                 |     |
|             | にんじん                 | 5.00                | 2                   | 0.0                 | 0.0              | 0.5                | 1                   | 0.0             | 38                    | 0.00                 | 0.00                 | 0                   | 0.1                  | 0.0                 |     |
|             | さつま揚げ                | 5.00                | 7                   | 0.6                 | 0.2              | 0.7                | 3                   | 0.0             | 0                     | 0.00                 | 0.01                 | 0                   | 0.0                  | 0.1                 |     |
|             | こまつな                 | 10.00               | 1                   | 0.2                 | 0.0              | 0.2                | 17                  | 0.3             | 26                    | 0.01                 | 0.01                 | 4                   | 0.2                  | 0.0                 |     |
|             | こいくちしょうゆ             | 1.50                | 1                   | 0.1                 | 0.0              | 0.2                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.2                 |     |
|             | 合成清酒                 | 0.50                | 1                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | みりん・本みりん             | 1.00                | 2                   | 0.0                 | 0.0              | 0.4                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 車糖・三温糖               | 0.50                | 2                   | 0.0                 | 0.0              | 0.5                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
| レンコンの梅肉和え   | 顆粒和風味調味料             | 0.10                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | れんこん                 | 20.00               | 13                  | 0.3                 | 0.0              | 3.2                | 4                   | 0.1             | 0                     | 0.01                 | 0.00                 | 4                   | 0.5                  | 0.0                 |     |
|             | きゅうり                 | 10.00               | 1                   | 0.1                 | 0.0              | 0.3                | 3                   | 0.0             | 3                     | 0.00                 | 0.00                 | 1                   | 0.1                  | 0.0                 |     |
|             | にんじん                 | 7.00                | 3                   | 0.0                 | 0.0              | 0.6                | 2                   | 0.0             | 53                    | 0.00                 | 0.00                 | 0                   | 0.2                  | 0.0                 |     |
|             | ごまーいり                | 0.20                | 1                   | 0.0                 | 0.1              | 0.0                | 2                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 穀物酢                  | 0.50                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 車糖・三温糖               | 0.40                | 2                   | 0.0                 | 0.0              | 0.4                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | こいくちしょうゆ             | 0.80                | 1                   | 0.1                 | 0.0              | 0.1                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.1                 |     |
|             | 食塩                   | 0.10                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.1                 |     |
|             | 梅びしお                 | 1.00                | 2                   | 0.0                 | 0.0              | 0.5                | 0                   | 0.1             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.1                 |     |
|             | ご飯 240g(定時)          | 米・精白米(水稻)           | 110.00              | 392                 | 6.7              | 1.0                | 84.8                | 6               | 0.9                   | 0                    | 0.09                 | 0.02                | 0                    | 0.6                 | 0.0 |
|             | 牛乳                   | 普通牛乳                | 206.00              | 138                 | 6.8              | 7.8                | 9.9                 | 227             | 0.0                   | 78                   | 0.08                 | 0.31                | 2                    | 0.0                 | 0.2 |
|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |
|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |
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|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |
|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |

2024年11月8日 金

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02 <sup>A</sup> エネルギー | 04 <sup>A</sup> たんぱく質 | 06 <sup>A</sup> 脂質 | 08 <sup>A</sup> 炭水化物 | 12 <sup>A</sup> カルシウム | 15 <sup>A</sup> 鉄 | 28 <sup>A</sup> レチノール当量 | 36 <sup>A</sup> ビタミンB1 | 37 <sup>A</sup> ビタミンB2 | 45 <sup>A</sup> ビタミンC | 52 <sup>A</sup> 食物繊維総量 | 53 <sup>A</sup> 食塩相当量 |
|-------------|----------------------|---------------------|-----------------------|-----------------------|--------------------|----------------------|-----------------------|-------------------|-------------------------|------------------------|------------------------|-----------------------|------------------------|-----------------------|
|             |                      | (g)                 | kcal                  | g                     | g                  | g                    | mg                    | mg                | μg                      | mg                     | mg                     | mg                    | g                      | g                     |
| チキンのカレー風味焼き | 若鶏・もも、皮つき-生          | 80.00               | 160                   | 13.0                  | 11.2               | 0.0                  | 4                     | 0.3               | 31                      | 0.06                   | 0.14                   | 2                     | 0.0                    | 0.1                   |
|             | トマト加工品・ケチャップ         | 5.00                | 6                     | 0.1                   | 0.0                | 1.4                  | 1                     | 0.0               | 3                       | 0.00                   | 0.00                   | 0                     | 0.1                    | 0.2                   |
|             | オイスターソース             | 1.00                | 1                     | 0.1                   | 0.0                | 0.2                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.1                   |
|             | にんにく                 | 0.50                | 1                     | 0.0                   | 0.0                | 0.1                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | しょうが                 | 0.50                | 0                     | 0.0                   | 0.0                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | カレー粉                 | 0.40                | 2                     | 0.1                   | 0.0                | 0.3                  | 2                     | 0.1               | 0                       | 0.00                   | 0.00                   | 0                     | 0.1                    | 0.0                   |
|             | 食塩                   | 0.20                | 0                     | 0.0                   | 0.0                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.2                   |
|             | こいくちしょうゆ             | 0.30                | 0                     | 0.0                   | 0.0                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | こしょう・白、粉             | 0.01                | 0                     | 0.0                   | 0.0                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
| スロー         | キャベツ                 | 15.00               | 3                     | 0.2                   | 0.0                | 0.8                  | 6                     | 0.0               | 1                       | 0.01                   | 0.00                   | 6                     | 0.3                    | 0.0                   |
| ブロッコリー      | ブロッコリー               | 15.00               | 5                     | 0.6                   | 0.1                | 0.8                  | 6                     | 0.2               | 10                      | 0.02                   | 0.03                   | 18                    | 0.7                    | 0.0                   |
| 切干大根の甘酢炒め   | 大根・切り干し大根            | 4.00                | 11                    | 0.2                   | 0.0                | 2.7                  | 22                    | 0.4               | 0                       | 0.01                   | 0.01                   | 0                     | 0.8                    | 0.0                   |
|             | ツナ缶                  | 13.00               | 35                    | 2.3                   | 2.8                | 0.0                  | 1                     | 0.1               | 1                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.1                   |
|             | こまつな                 | 15.00               | 2                     | 0.2                   | 0.0                | 0.5                  | 23                    | 0.3               | 39                      | 0.01                   | 0.01                   | 3                     | 0.4                    | 0.0                   |
|             | にんじん                 | 7.00                | 3                     | 0.0                   | 0.0                | 0.6                  | 2                     | 0.0               | 53                      | 0.00                   | 0.00                   | 0                     | 0.2                    | 0.0                   |
|             | しめじ・ぶなしめじ-ゆで         | 8.00                | 2                     | 0.3                   | 0.0                | 0.5                  | 0                     | 0.0               | 0                       | 0.01                   | 0.01                   | 0                     | 0.4                    | 0.0                   |
|             | ごま-いり                | 1.80                | 11                    | 0.4                   | 1.0                | 0.3                  | 22                    | 0.2               | 0                       | 0.01                   | 0.00                   | 0                     | 0.2                    | 0.0                   |
|             | すりごま                 | 1.80                | 11                    | 0.4                   | 1.0                | 0.3                  | 22                    | 0.2               | 0                       | 0.01                   | 0.00                   | 0                     | 0.2                    | 0.0                   |
|             | 調合油                  | 0.70                | 6                     | 0.0                   | 0.7                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | 車糖・三温糖               | 1.70                | 6                     | 0.0                   | 0.0                | 1.7                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | 穀物酢                  | 3.00                | 1                     | 0.0                   | 0.0                | 0.1                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
|             | こいくちしょうゆ             | 2.00                | 1                     | 0.2                   | 0.0                | 0.2                  | 1                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.3                   |
|             | 食塩                   | 0.20                | 0                     | 0.0                   | 0.0                | 0.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.2                   |
| いんげんの胡麻和え   | さやいんげん-ゆで            | 30.00               | 8                     | 0.5                   | 0.1                | 1.7                  | 17                    | 0.2               | 14                      | 0.02                   | 0.03                   | 2                     | 0.8                    | 0.0                   |
|             | 焼き竹輪                 | 5.00                | 6                     | 0.6                   | 0.1                | 0.7                  | 1                     | 0.1               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.1                   |
|             | すりごま                 | 0.50                | 3                     | 0.1                   | 0.3                | 0.1                  | 6                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.1                    | 0.0                   |
|             | こいくちしょうゆ             | 2.00                | 1                     | 0.2                   | 0.0                | 0.2                  | 1                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.3                   |
|             | 車糖・三温糖               | 1.00                | 4                     | 0.0                   | 0.0                | 1.0                  | 0                     | 0.0               | 0                       | 0.00                   | 0.00                   | 0                     | 0.0                    | 0.0                   |
| 玉子焼き        | 厚焼きたまご               | 25.00               | 38                    | 2.7                   | 2.3                | 1.6                  | 11                    | 0.4               | 28                      | 0.01                   | 0.08                   | 0                     | 0.0                    | 0.3                   |
| オレンジ        | オレンジ(1/8)            | 20.00               | 8                     | 0.2                   | 0.0                | 2.0                  | 4                     | 0.1               | 2                       | 0.02                   | 0.01                   | 8                     | 0.2                    | 0.0                   |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.00              | 392                   | 6.7                   | 1.0                | 84.8                 | 6                     | 0.9               | 0                       | 0.09                   | 0.02                   | 0                     | 0.6                    | 0.0                   |
| 牛乳          | 普通牛乳                 | 206.00              | 138                   | 6.8                   | 7.8                | 9.9                  | 227                   | 0.0               | 78                      | 0.08                   | 0.31                   | 2                     | 0.0                    | 0.2                   |
|             |                      |                     |                       |                       |                    |                      |                       |                   |                         |                        |                        |                       |                        |                       |
|             |                      |                     |                       |                       |                    |                      |                       |                   |                         |                        |                        |                       |                        |                       |
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2024年11月11日 月

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2024年11月12日 火

| 献立名(基本)  | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|----------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|          |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 鶏肉のきじやき  | 若鶏・もも                | 80.00               | 160                    | 13.0                   | 11.2                | 0.0                   | 4                      | 0.3                | 31                       | 0.06                    | 0.14                    | 2                      | 0.0                     | 0.1                    |
|          | トマト加工品・ケチャップ         | 4.00                | 5                      | 0.1                    | 0.0                 | 1.1                   | 1                      | 0.0                | 2                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.1                    |
|          | 中濃ソース                | 2.50                | 3                      | 0.0                    | 0.0                 | 0.8                   | 2                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|          | 車糖・三温糖               | 0.40                | 2                      | 0.0                    | 0.0                 | 0.4                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | こいくちしょうゆ             | 0.80                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
| ポテトソテー   | じゃがいも                | 30.00               | 23                     | 0.5                    | 0.0                 | 5.3                   | 1                      | 0.1                | 0                        | 0.03                    | 0.01                    | 11                     | 0.4                     | 0.0                    |
|          | スイートコーン・未熟・ホール・冷凍    | 7.00                | 7                      | 0.2                    | 0.1                 | 1.3                   | 0                      | 0.0                | 0                        | 0.01                    | 0.01                    | 0                      | 0.2                     | 0.0                    |
|          | 調合油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | 食塩                   | 0.30                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|          | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 豆腐チャンプル  | 木綿豆腐                 | 40.00               | 29                     | 2.6                    | 1.7                 | 0.6                   | 48                     | 0.4                | 0                        | 0.03                    | 0.01                    | 0                      | 0.2                     | 0.0                    |
|          | ベーコン                 | 5.00                | 9                      | 0.9                    | 0.6                 | 0.1                   | 1                      | 0.0                | 0                        | 0.03                    | 0.02                    | 2                      | 0.0                     | 0.1                    |
|          | にら                   | 3.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 1                      | 0.0                | 9                        | 0.00                    | 0.00                    | 1                      | 0.1                     | 0.0                    |
|          | きくらげ・乾               | 1.00                | 2                      | 0.1                    | 0.0                 | 0.7                   | 3                      | 0.4                | 0                        | 0.00                    | 0.01                    | 0                      | 0.6                     | 0.0                    |
|          | 卵                    | 15.00               | 23                     | 1.8                    | 1.5                 | 0.0                   | 8                      | 0.3                | 23                       | 0.01                    | 0.06                    | 0                      | 0.0                     | 0.1                    |
|          | 調合油                  | 0.20                | 2                      | 0.0                    | 0.2                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | かつお・削り節              | 0.20                | 1                      | 0.2                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | こいくちしょうゆ             | 2.00                | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|          | 車糖・三温糖               | 1.50                | 6                      | 0.0                    | 0.0                 | 1.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | 食塩                   | 0.10                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
| 大根と蒟蒻の田楽 | ごま油                  | 0.30                | 3                      | 0.0                    | 0.3                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | こんにゃく                | 20.00               | 1                      | 0.0                    | 0.0                 | 0.6                   | 15                     | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.6                     | 0.0                    |
|          | 大根                   | 20.00               | 4                      | 0.1                    | 0.0                 | 0.8                   | 5                      | 0.0                | 0                        | 0.00                    | 0.00                    | 2                      | 0.3                     | 0.0                    |
|          | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|          | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | 米みそ・甘みそ              | 3.00                | 7                      | 0.3                    | 0.1                 | 1.1                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.2                     | 0.2                    |
|          | みりん風調味料              | 3.00                | 7                      | 0.0                    | 0.0                 | 1.6                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| おかか和え    | はくさい                 | 25.00               | 4                      | 0.2                    | 0.0                 | 0.8                   | 11                     | 0.1                | 2                        | 0.01                    | 0.01                    | 5                      | 0.3                     | 0.0                    |
|          | こまつな                 | 15.00               | 2                      | 0.2                    | 0.0                 | 0.5                   | 23                     | 0.3                | 39                       | 0.01                    | 0.01                    | 3                      | 0.4                     | 0.0                    |
|          | りょくとうもやし             | 15.00               | 2                      | 0.3                    | 0.0                 | 0.4                   | 1                      | 0.0                | 0                        | 0.01                    | 0.01                    | 1                      | 0.2                     | 0.0                    |
|          | かつお・削り節              | 0.80                | 3                      | 0.6                    | 0.0                 | 0.0                   | 0                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | ごま・いり                | 1.00                | 6                      | 0.2                    | 0.5                 | 0.2                   | 12                     | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|          | 車糖・三温糖               | 0.80                | 3                      | 0.0                    | 0.0                 | 0.8                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|          | こいくちしょうゆ             | 2.00                | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
| 麦ごはん     | 米・精白米(水稻)            | 100.00              | 356                    | 6.1                    | 0.9                 | 77.1                  | 5                      | 0.8                | 0                        | 0.08                    | 0.02                    | 0                      | 0.5                     | 0.0                    |
|          | 大麦・押麦                | 10.00               | 34                     | 0.6                    | 0.1                 | 7.8                   | 2                      | 0.1                | 0                        | 0.01                    | 0.00                    | 0                      | 1.0                     | 0.0                    |
| 牛乳       | 普通牛乳                 | 206.0               | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
| 合計       |                      | 617.9               | 854                    | 35.3                   | 25.8                | 115.6                 | 373                    | 3.5                | 185.0                    | 0.37                    | 0.65                    | 30                     | 5.0                     | 2.2                    |

2024年11月13日 水

| 献立名(基本)       | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 62. <sup>A</sup> 食物繊維総量 | 63. <sup>A</sup> 食塩相当量 |
|---------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|               |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| いか千種揚げ        | こういか                 | 40.00               | 26                     | 6.0                    | 0.1                 | 0.0                   | 7                      | 0.0                | 2                        | 0.01                    | 0.02                    | 0                      | 0.0                     | 0.3                    |
|               | 薄力粉・                 | 4.00                | 15                     | 0.4                    | 0.1                 | 3.0                   | 1                      | 0.0                | 0                        | 0.01                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|               | 調合油                  | 4.00                | 37                     | 0.0                    | 4.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | にんじん                 | 4.00                | 1                      | 0.0                    | 0.0                 | 0.4                   | 1                      | 0.0                | 30                       | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|               | 絹さや                  | 3.00                | 1                      | 0.1                    | 0.0                 | 0.2                   | 1                      | 0.0                | 1                        | 0.00                    | 0.00                    | 2                      | 0.1                     | 0.0                    |
|               | 食塩                   | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| ミニ醤油          | こいくちしょうゆ             | 3.00                | 2                      | 0.2                    | 0.0                 | 0.3                   | 1                      | 0.1                | 0                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.4                    |
| 豚肉ときのこのしぐれ煮   | 豚小間                  | 25.00               | 46                     | 5.1                    | 2.6                 | 0.1                   | 1                      | 0.2                | 1                        | 0.23                    | 0.05                    | 0                      | 0.0                     | 0.0                    |
|               | えのきたけ                | 20.00               | 4                      | 0.5                    | 0.0                 | 1.5                   | 0                      | 0.2                | 0                        | 0.05                    | 0.03                    | 0                      | 0.8                     | 0.0                    |
|               | しめじ・ぶなしめじ            | 30.00               | 5                      | 0.8                    | 0.2                 | 1.5                   | 0                      | 0.1                | 0                        | 0.05                    | 0.05                    | 2                      | 1.1                     | 0.0                    |
|               | 食塩                   | 0.10                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|               | みりん風調味料              | 1.00                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | 合成清酒                 | 2.00                | 2                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | こいくちしょうゆ             | 2.50                | 2                      | 0.2                    | 0.0                 | 0.3                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.4                    |
|               | おろししょうが              | 0.50                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | ブロッコリー               | 20.00               | 7                      | 0.9                    | 0.1                 | 1.0                   | 8                      | 0.2                | 13                       | 0.03                    | 0.04                    | 24                     | 0.9                     | 0.0                    |
| あさりとキャベツのみそ和え | キャベツ                 | 20.00               | 5                      | 0.3                    | 0.0                 | 1.0                   | 9                      | 0.1                | 1                        | 0.01                    | 0.01                    | 8                      | 0.4                     | 0.0                    |
|               | にんじん                 | 10.00               | 4                      | 0.1                    | 0.0                 | 0.9                   | 3                      | 0.0                | 76                       | 0.01                    | 0.00                    | 0                      | 0.3                     | 0.0                    |
|               | 鶏卵・全卵-生              | 15.00               | 23                     | 1.8                    | 1.5                 | 0.0                   | 8                      | 0.3                | 23                       | 0.01                    | 0.06                    | 0                      | 0.0                     | 0.1                    |
|               | 調合油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | あさり・缶詰・水煮            | 10.00               | 11                     | 2.0                    | 0.2                 | 0.2                   | 11                     | 3.8                | 1                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.1                    |
|               | 合わせ調味料               | 3.00                | 6                      | 0.4                    | 0.2                 | 0.6                   | 4                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.4                    |
| 合わせ調味料        | みりん・本みりん             | 1.30                | 3                      | 0.0                    | 0.0                 | 0.6                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | 和風だし                 | 0.08                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | フランクソテー              | 20.00               | 60                     | 2.5                    | 4.9                 | 1.2                   | 2                      | 0.2                | 1                        | 0.04                    | 0.03                    | 2                      | 0.0                     | 0.4                    |
| 干しえびの佃煮       | 調合油                  | 1.00                | 9                      | 0.0                    | 1.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | ケチャップ                | 4.00                | 5                      | 0.1                    | 0.0                 | 1.1                   | 1                      | 0.0                | 2                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.1                    |
|               | えび・干しえび              | 3.00                | 7                      | 1.5                    | 0.1                 | 0.0                   | 213                    | 0.5                | 0                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.1                    |
|               | 合成清酒                 | 2.00                | 2                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|               | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|               | 水                    | 9.00                |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
| ご飯 240g(定時)   | 米・精白米(水稻)            | 110.00              | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳            | 普通牛乳                 | 206.00              | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|               |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|               |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|               |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|               | 合計                   | 577.49              | 830                    | 36.5                   | 24.4                | 112.1                 | 503                    | 6.8                | 230                      | 0.62                    | 0.66                    | 42                     | 4.5                     | 2.8                    |

2024年11月14日 木

[illegible]

2024年11月15日 金

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | <sup>02</sup> エネルギー | <sup>04</sup> たんぱく質 | <sup>06</sup> 脂質 | <sup>08</sup> 炭水化物 | <sup>12</sup> カルシウム | <sup>15</sup> 鉄 | <sup>28</sup> レチノール当量 | <sup>36</sup> ビタミンB1 | <sup>37</sup> ビタミンB2 | <sup>45</sup> ビタミンC | <sup>52</sup> 食物繊維総量 | <sup>53</sup> 食塩相当量 |     |
|-------------|----------------------|---------------------|---------------------|---------------------|------------------|--------------------|---------------------|-----------------|-----------------------|----------------------|----------------------|---------------------|----------------------|---------------------|-----|
|             |                      | (g)                 | kcal                | g                   | g                | g                  | mg                  | mg              | μg                    | mg                   | mg                   | mg                  | g                    | g                   |     |
| チリコンカーン     | 豚・ひき肉                | 35.00               | 77                  | 6.5                 | 5.3              | 0.0                | 2                   | 0.4             | 4                     | 0.22                 | 0.08                 | 1                   | 0.0                  | 0.0                 |     |
|             | 大豆・水煮缶詰              | 25.00               | 35                  | 3.2                 | 1.7              | 1.9                | 25                  | 0.5             | 0                     | 0.00                 | 0.01                 | 0                   | 1.7                  | 0.1                 |     |
|             | たまねぎ                 | 13.00               | 5                   | 0.1                 | 0.0              | 1.1                | 3                   | 0.0             | 0                     | 0.00                 | 0.00                 | 1                   | 0.2                  | 0.0                 |     |
|             | にんじん                 | 13.00               | 5                   | 0.1                 | 0.0              | 1.2                | 4                   | 0.0             | 99                    | 0.01                 | 0.01                 | 1                   | 0.4                  | 0.0                 |     |
|             | トマト・缶詰・ダイス           | 26.00               | 5                   | 0.2                 | 0.1              | 1.1                | 2                   | 0.1             | 12                    | 0.02                 | 0.01                 | 3                   | 0.3                  | 0.2                 |     |
|             | にんにく                 | 0.17                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | マカロニ                 | 5.00                | 19                  | 0.7                 | 0.1              | 3.6                | 1                   | 0.1             | 0                     | 0.01                 | 0.00                 | 0                   | 0.1                  | 0.0                 |     |
|             | 調合油                  | 1.00                | 9                   | 0.0                 | 1.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 薄力粉                  | 1.00                | 4                   | 0.1                 | 0.0              | 0.8                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | トマト加工品・ケチャップ         | 5.00                | 6                   | 0.1                 | 0.0              | 1.4                | 1                   | 0.0             | 3                     | 0.00                 | 0.00                 | 0                   | 0.1                  | 0.2                 |     |
|             | こいくちしょうゆ             | 1.00                | 1                   | 0.1                 | 0.0              | 0.1                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.1                 |     |
|             | 中濃ソース                | 2.00                | 3                   | 0.0                 | 0.0              | 0.6                | 1                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.1                 |     |
|             | 合成清酒                 | 0.50                | 1                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 食塩                   | 0.30                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.3                 |     |
|             | こしょう・白、粉             | 0.01                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | チリパウダー               | 0.18                | 1                   | 0.0                 | 0.0              | 0.1                | 1                   | 0.1             | 1                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 水                    | 12.00               |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |
|             | わかめとコーンのサラダ          | 豚・ハム・プレス            | 5.00                | 6                   | 0.8              | 0.2                | 0.2                 | 0               | 0.1                   | 0                    | 0.03                 | 0.01                | 2                    | 0.0                 | 0.1 |
|             |                      | スイートコーン・未熟・ホール・冷凍   | 10.00               | 10                  | 0.4              | 0.2                | 1.9                 | 0               | 0.1                   | 1                    | 0.01                 | 0.01                | 1                    | 0.3                 | 0.0 |
| きゅうり        |                      | 5.00                | 1                   | 0.1                 | 0.0              | 0.2                | 1                   | 0.0             | 1                     | 0.00                 | 0.00                 | 1                   | 0.1                  | 0.0                 |     |
| カットわかめ      |                      | 2.00                | 3                   | 0.4                 | 0.1              | 0.8                | 16                  | 0.1             | 3                     | 0.00                 | 0.00                 | 0                   | 0.7                  | 0.5                 |     |
| 中華ドレッシング    |                      | 4.00                | 16                  | 0.1                 | 1.4              | 0.5                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.2                 |     |
| 小松菜としめじのソテー | こまつな・葉・ゆで            | 40.00               | 6                   | 0.6                 | 0.0              | 1.2                | 60                  | 0.8             | 104                   | 0.02                 | 0.02                 | 8                   | 1.0                  | 0.0                 |     |
|             | しめじ                  | 10.00               | 2                   | 0.3                 | 0.1              | 0.5                | 0                   | 0.0             | 0                     | 0.02                 | 0.02                 | 1                   | 0.4                  | 0.0                 |     |
|             | ソフトタイプマーガリン          | 0.50                | 4                   | 0.0                 | 0.4              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
|             | 精製塩                  | 0.40                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.4                 |     |
|             | こしょう・白、粉             | 0.02                | 0                   | 0.0                 | 0.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
| ホタテ風味フライ    | ホタテ風味フライ             | 40.00               | 76                  | 3.1                 | 1.9              | 11.6               | 7                   | 0.4             | 4                     | 0.02                 | 0.01                 | 0                   | 0.6                  | 0.4                 |     |
|             | 調合油                  | 4.00                | 37                  | 0.0                 | 4.0              | 0.0                | 0                   | 0.0             | 0                     | 0.00                 | 0.00                 | 0                   | 0.0                  | 0.0                 |     |
| りんご         | りんご                  | 20.00               | 11                  | 0.0                 | 0.0              | 2.9                | 1                   | 0.0             | 0                     | 0.00                 | 0.00                 | 1                   | 0.3                  | 0.0                 |     |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.00              | 392                 | 6.7                 | 1.0              | 84.8               | 6                   | 0.9             | 0                     | 0.09                 | 0.02                 | 0                   | 0.6                  | 0.0                 |     |
| 牛乳          | 普通牛乳                 | 206.00              | 138                 | 6.8                 | 7.8              | 9.9                | 227                 | 0.0             | 78                    | 0.08                 | 0.31                 | 2                   | 0.0                  | 0.2                 |     |
|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     |                      |                     |     |
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|             |                      |                     |                     |                     |                  |                    |                     |                 |                       |                      |                      |                     | </                   |                     |     |

2024年11月18日 月

| 献立名(基本)        | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量<br>(g)] | 02 <sup>2</sup> エネルギー<br>kcal | 04 <sup>2</sup> たんぱく質<br>g | 06 <sup>2</sup> 脂質<br>g | 08 <sup>2</sup> 炭水化物<br>g | 12 <sup>2</sup> カルシウム<br>mg | 15 <sup>2</sup> 鉄<br>mg | 28 <sup>2</sup> レチノール当量<br>μg | 36 <sup>2</sup> ビタミンB1<br>mg | 37 <sup>2</sup> ビタミンB2<br>mg | 45 <sup>2</sup> ビタミンC<br>mg | 52 <sup>2</sup> 食物繊維総量<br>g | 53 <sup>2</sup> 食塩相当量<br>g |
|----------------|----------------------|----------------------------|-------------------------------|----------------------------|-------------------------|---------------------------|-----------------------------|-------------------------|-------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|----------------------------|
| ささみチーズカツ       | ささみチーズカツ             | 45.00                      | 72                            | 5.7                        | 1.6                     | 8.2                       | 20                          | 0.3                     | 5                             | 0.04                         | 0.03                         | 1                           | 0.7                         | 0.4                        |
|                | 調合油                  | 4.50                       | 41                            | 0.0                        | 4.5                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
| ミニソース          | 中濃ソース                | 3.00                       | 4                             | 0.0                        | 0.0                     | 0.9                       | 2                           | 0.1                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.2                        |
| カリフラワーときのこのソテー | カリフラワー               | 25.00                      | 7                             | 0.7                        | 0.0                     | 1.3                       | 6                           | 0.2                     | 0                             | 0.01                         | 0.01                         | 13                          | 0.8                         | 0.0                        |
| きのこミックス 10g    | 生しいたけ・ゆで             | 3.00                       | 1                             | 0.1                        | 0.0                     | 0.2                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.01                         | 0                           | 0.1                         | 0.0                        |
|                | しめじ・ぶなしめじ・ゆで         | 3.00                       | 1                             | 0.1                        | 0.0                     | 0.2                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.1                         | 0.0                        |
|                | マッシュルーム・水煮           | 5.00                       | 1                             | 0.2                        | 0.0                     | 0.2                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.01                         | 0                           | 0.2                         | 0.0                        |
|                | 調合油                  | 0.50                       | 5                             | 0.0                        | 0.5                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | 食塩                   | 0.20                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.2                        |
|                | こしょう・白、粉             | 0.01                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
| ミートオムレツ        | ミートオムレツ              | 50.00                      | 64                            | 3.5                        | 3.0                     | 5.3                       | 15                          | 0.5                     | 56                            | 0.03                         | 0.10                         | 1                           | 0.3                         | 0.6                        |
|                | ケチャップ                | 4.00                       | 5                             | 0.1                        | 0.0                     | 1.1                       | 1                           | 0.0                     | 2                             | 0.00                         | 0.00                         | 0                           | 0.1                         | 0.1                        |
| ごぼうサラダ         | ごぼう                  | 25.00                      | 16                            | 0.5                        | 0.0                     | 3.9                       | 12                          | 0.2                     | 0                             | 0.01                         | 0.01                         | 1                           | 1.4                         | 0.0                        |
|                | にんじん                 | 8.00                       | 3                             | 0.0                        | 0.0                     | 0.7                       | 2                           | 0.0                     | 61                            | 0.00                         | 0.00                         | 0                           | 0.2                         | 0.0                        |
|                | きゅうり                 | 10.00                      | 1                             | 0.1                        | 0.0                     | 0.3                       | 3                           | 0.0                     | 3                             | 0.00                         | 0.00                         | 1                           | 0.1                         | 0.0                        |
|                | さとう                  | 0.50                       | 2                             | 0.0                        | 0.0                     | 0.5                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | こいくちしょうゆ             | 2.20                       | 2                             | 0.2                        | 0.0                     | 0.2                       | 1                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.3                        |
|                | 白ごまーいり               | 0.50                       | 3                             | 0.1                        | 0.3                     | 0.1                       | 6                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.1                         | 0.0                        |
|                | マヨネーズ                | 5.40                       | 38                            | 0.1                        | 4.1                     | 0.2                       | 0                           | 0.0                     | 1                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.1                        |
|                | 食塩                   | 0.02                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | こしょう・白、粉             | 0.01                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
| 高野豆腐のカレー煮      | 凍り豆腐                 | 4.00                       | 21                            | 2.0                        | 1.3                     | 0.2                       | 26                          | 0.3                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.1                         | 0.0                        |
|                | こいくちしょうゆ             | 1.30                       | 1                             | 0.1                        | 0.0                     | 0.1                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.2                        |
|                | 合成清酒                 | 0.50                       | 1                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | みりん・本みりん             | 1.00                       | 2                             | 0.0                        | 0.0                     | 0.4                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | 車糖・三温糖               | 0.50                       | 2                             | 0.0                        | 0.0                     | 0.5                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
|                | 和風顆粒風味調味料            | 0.20                       | 0                             | 0.0                        | 0.0                     | 0.1                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.1                        |
|                | カレー粉                 | 0.50                       | 2                             | 0.1                        | 0.1                     | 0.3                       | 3                           | 0.1                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.2                         | 0.0                        |
| コンソメポテト        | じゃがいも                | 40.00                      | 34                            | 0.6                        | 0.0                     | 7.9                       | 1                           | 0.1                     | 0                             | 0.02                         | 0.01                         | 6                           | 0.7                         | 0.0                        |
|                | コンソメ                 | 0.20                       | 0                             | 0.0                        | 0.0                     | 0.1                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.1                        |
|                | 食塩                   | 0.20                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.2                        |
|                | こしょう・白、粉             | 0.01                       | 0                             | 0.0                        | 0.0                     | 0.0                       | 0                           | 0.0                     | 0                             | 0.00                         | 0.00                         | 0                           | 0.0                         | 0.0                        |
| ご飯 240g(定時)    | 米・精白米(水稻)            | 110.00                     | 392                           | 6.7                        | 1.0                     | 84.8                      | 6                           | 0.9                     | 0                             | 0.09                         | 0.02                         | 0                           | 0.6                         | 0.0                        |
| 牛乳             | 普通牛乳                 | 206.00                     | 138                           | 6.8                        | 7.8                     | 9.9                       | 227                         | 0.0                     | 78                            | 0.08                         | 0.31                         | 2                           | 0.0                         | 0.2                        |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |
|                |                      |                            |                               |                            |                         |                           |                             |                         |                               |                              |                              |                             |                             |                            |

2024年11月19日 火

| 献立名(基本)      | [ 5A.食品名 ] | [ 5A.重量 ] | 02. 6 エネルギー | 04. 6 たんぱく質 | 06. 6 脂質 | 08. 6 炭水化物 | 12. 6 カルシウム | 15. 6 鉄 | 26. 6 レチノール当量 | 36. 6 ビタミンB1 | 37. 6 ビタミンB2 | 45. 6 ビタミンC | 52. 6 食物繊維総量 | 53. 6 食塩相当量 |     |
|--------------|------------|-----------|-------------|-------------|----------|------------|-------------|---------|---------------|--------------|--------------|-------------|--------------|-------------|-----|
|              |            | (g)       | kcal        | g           | g        | g          | mg          | mg      | μg            | mg           | mg           | mg          | g            | g           |     |
| 豆腐の中華煮       | 絹ごし豆腐      | 50.00     | 28          | 2.5         | 1.5      | 1.0        | 22          | 0.4     | 0             | 0.05         | 0.02         | 0           | 0.2          | 0.0         |     |
|              | むきエビ       | 10.00     | 8           | 1.9         | 0.0      | 0.0        | 6           | 0.1     | 0             | 0.00         | 0.01         | 0           | 0.0          | 0.1         |     |
|              | 片栗粉        | 1.00      | 3           | 0.0         | 0.0      | 0.8        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 合成清酒       | 1.00      | 1           | 0.0         | 0.0      | 0.1        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | にんじん       | 8.00      | 3           | 0.0         | 0.0      | 0.7        | 2           | 0.0     | 61            | 0.00         | 0.00         | 0           | 0.2          | 0.0         |     |
|              | たまねぎ       | 15.00     | 6           | 0.2         | 0.0      | 1.3        | 3           | 0.0     | 0             | 0.00         | 0.00         | 1           | 0.2          | 0.0         |     |
|              | 乾しいたけ-乾    | 0.50      | 1           | 0.1         | 0.0      | 0.3        | 0           | 0.0     | 0             | 0.00         | 0.01         | 0           | 0.2          | 0.0         |     |
|              | たけのこ・若茎-ゆで | 15.00     | 5           | 0.5         | 0.0      | 0.8        | 3           | 0.1     | 0             | 0.01         | 0.01         | 1           | 0.5          | 0.0         |     |
| 後入れ 2個       | うずら卵・水煮缶詰  | 20.00     | 36          | 2.2         | 2.8      | 0.1        | 9           | 0.6     | 96            | 0.01         | 0.07         | 0           | 0.0          | 0.1         |     |
|              | 長ネギ        | 5.00      | 1           | 0.0         | 0.0      | 0.4        | 2           | 0.0     | 0             | 0.00         | 0.00         | 1           | 0.1          | 0.0         |     |
|              | チンゲンサイ     | 10.00     | 1           | 0.1         | 0.0      | 0.2        | 10          | 0.1     | 17            | 0.00         | 0.01         | 2           | 0.1          | 0.0         |     |
|              | にんにく・おろし   | 0.20      | 0           | 0.0         | 0.0      | 0.1        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | しょうが・おろし   | 0.20      | 0           | 0.0         | 0.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 調合油        | 1.00      | 9           | 0.0         | 1.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | こいくちしょうゆ   | 3.80      | 3           | 0.3         | 0.0      | 0.4        | 1           | 0.1     | 0             | 0.00         | 0.01         | 0           | 0.0          | 0.6         |     |
|              | オイスターソース   | 2.50      | 3           | 0.2         | 0.0      | 0.5        | 1           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.3         |     |
|              | 車糖・三温糖     | 0.50      | 2           | 0.0         | 0.0      | 0.5        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 合成清酒       | 1.20      | 1           | 0.0         | 0.0      | 0.1        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | みりん・本みりん   | 0.30      | 1           | 0.0         | 0.0      | 0.1        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 食塩         | 0.20      | 0           | 0.0         | 0.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.2         |     |
|              | こしょう・白、粉   | 0.01      | 0           | 0.0         | 0.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 片栗粉        | 1.00      | 3           | 0.0         | 0.0      | 0.8        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | ごま油        | 1.00      | 9           | 0.0         | 1.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | 揚げ餃子 2個    | ぎょうざ-冷凍   | 32.00       | 63          | 2.3      | 2.6        | 7.6         | 10      | 0.3           | 4            | 0.03         | 0.03        | 2            | 0.0         | 0.4 |
|              |            | 調合油       | 3.20        | 29          | 0.0      | 3.2        | 0.0         | 0       | 0.0           | 0            | 0.00         | 0.00        | 0            | 0.0         | 0.0 |
| ひじきとさつま芋のサラダ | ひじき・ほしひじき  | 1.00      | 1           | 0.1         | 0.0      | 0.6        | 14          | 0.6     | 3             | 0.00         | 0.01         | 0           | 0.4          | 0.0         |     |
|              | さつまいも      | 30.00     | 40          | 0.4         | 0.1      | 9.5        | 12          | 0.2     | 1             | 0.03         | 0.01         | 9           | 0.7          | 0.0         |     |
|              | にんじん・根     | 8.00      | 3           | 0.0         | 0.0      | 0.7        | 2           | 0.0     | 61            | 0.00         | 0.00         | 0           | 0.2          | 0.0         |     |
|              | 大豆・水煮缶詰    | 6.00      | 8           | 0.8         | 0.4      | 0.5        | 6           | 0.1     | 0             | 0.00         | 0.00         | 0           | 0.4          | 0.0         |     |
|              | ツナ缶        | 10.00     | 7           | 1.6         | 0.1      | 0.0        | 1           | 0.1     | 1             | 0.00         | 0.00         | 0           | 0.0          | 0.1         |     |
|              | 食塩         | 0.20      | 0           | 0.0         | 0.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.2         |     |
|              | こしょう・白、粉   | 0.01      | 0           | 0.0         | 0.0      | 0.0        | 0           | 0.0     | 0             | 0.00         | 0.00         | 0           | 0.0          | 0.0         |     |
|              | マヨネーズ・全卵型  | 5.00      | 35          | 0.1         | 3.8      | 0.2        | 0           | 0.0     | 1             | 0.00         | 0.00         | 0           | 0.0          | 0.1         |     |
| チヂミ          | チヂミ30g     | 30.00     | 34          | 1.3         | 0.7      | 5.3        | 8           | 0.2     | 10            | 0.02         | 0.02         | 4           | 0.4          | 0.1         |     |
| 麦ごはん         | 米・精白米(水稻)  | 100.00    | 356         | 6.1         | 0.9      | 77.1       | 5           | 0.8     | 0             | 0.08         | 0.02         | 0           | 0.5          | 0.0         |     |
|              | 大麦・押麦      | 10.00     | 34          | 0.6         | 0.1      | 7.8        | 2           | 0.1     | 0             | 0.01         | 0.00         | 0           | 1.0          | 0.0         |     |
| 牛乳           | 普通牛乳       | 206.00    | 138         | 6.8         | 7.8      | 9.9        | 227         | 0.0     | 78            | 0.08         | 0.31         | 2           | 0.0          | 0.2         |     |
|              | 合計         | 588.8     | 873.5       | 28.0        | 26.1     | 127.3      | 344         | 3.7     | 332.7         | 0.34         | 0.55         | 23          | 5.2          | 2.3         |     |

2024年11月20日 水

[illegible]

2024年11月21日 木

| 献立名(基本) | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|---------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|         |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 竹輪の二色揚げ | 焼き竹輪                 | 25.00               | 30                     | 3.1                    | 0.5                 | 3.4                   | 4                      | 0.3                | 0                        | 0.01                    | 0.02                    | 0                      | 0.0                     | 0.5                    |
|         | 薄力粉・2等               | 4.00                | 15                     | 0.4                    | 0.1                 | 3.0                   | 1                      | 0.0                | 0                        | 0.01                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|         | 千切り紅生姜               | 3.00                | 2                      | 0.0                    | 0.0                 | 0.4                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.1                    |
|         | あおのり-素干し             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | 調合油                  | 5.00                | 46                     | 0.0                    | 5.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 塩鶏肉じゃが  | 鶏小間                  | 30.00               | 60                     | 4.9                    | 4.2                 | 0.0                   | 2                      | 0.1                | 12                       | 0.02                    | 0.05                    | 1                      | 0.0                     | 0.0                    |
|         | じゃがいも                | 45.00               | 34                     | 0.7                    | 0.0                 | 7.9                   | 1                      | 0.2                | 0                        | 0.04                    | 0.01                    | 16                     | 0.6                     | 0.0                    |
|         | たまねぎ                 | 20.00               | 7                      | 0.2                    | 0.0                 | 1.8                   | 4                      | 0.0                | 0                        | 0.01                    | 0.00                    | 2                      | 0.3                     | 0.0                    |
|         | にんじん                 | 15.00               | 6                      | 0.1                    | 0.0                 | 1.4                   | 4                      | 0.0                | 114                      | 0.01                    | 0.01                    | 1                      | 0.4                     | 0.0                    |
|         | さやいんげん               | 7.00                | 2                      | 0.1                    | 0.0                 | 0.4                   | 3                      | 0.0                | 3                        | 0.00                    | 0.01                    | 1                      | 0.2                     | 0.0                    |
|         | にんにく                 | 0.50                | 1                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | しょうが                 | 1.00                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | 塩                    | 0.80                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.8                    |
|         | 合成清酒                 | 1.00                | 1                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | みりん・本みりん             | 1.00                | 2                      | 0.0                    | 0.0                 | 0.4                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 蓮根炒め    | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | れんこん                 | 20.00               | 13                     | 0.3                    | 0.0                 | 3.2                   | 4                      | 0.1                | 0                        | 0.01                    | 0.00                    | 4                      | 0.5                     | 0.0                    |
|         | こんにやく・しらたき           | 15.00               | 1                      | 0.0                    | 0.0                 | 0.5                   | 11                     | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.4                     | 0.0                    |
|         | にんじん                 | 5.00                | 2                      | 0.0                    | 0.0                 | 0.5                   | 1                      | 0.0                | 38                       | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|         | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | こいくちしょうゆ             | 1.80                | 1                      | 0.1                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|         | 顆粒風味調味料              | 0.20                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|         | 調合油                  | 1.00                | 9                      | 0.0                    | 1.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|         | 小松菜とチーズの海苔じゃこ和え      | 30.00               | 5                      | 0.5                    | 0.0                 | 0.9                   | 45                     | 0.6                | 78                       | 0.01                    | 0.02                    | 6                      | 0.7                     | 0.0                    |
|         | キャベツ                 | 15.00               | 3                      | 0.2                    | 0.0                 | 0.8                   | 6                      | 0.0                | 1                        | 0.01                    | 0.00                    | 6                      | 0.3                     | 0.0                    |
| お好み焼き   | プロセスチーズ              | 5.00                | 17                     | 1.1                    | 1.3                 | 0.1                   | 32                     | 0.0                | 13                       | 0.00                    | 0.02                    | 0                      | 0.0                     | 0.1                    |
|         | 刻みのり                 | 0.30                | 1                      | 0.1                    | 0.0                 | 0.1                   | 1                      | 0.0                | 7                        | 0.00                    | 0.01                    | 1                      | 0.1                     | 0.0                    |
|         | いわし・しらす干し-半乾燥品       | 3.00                | 6                      | 1.2                    | 0.1                 | 0.0                   | 16                     | 0.0                | 7                        | 0.01                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|         | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|         | お好み焼き                | 30.00               | 34                     | 1.3                    | 0.7                 | 5.3                   | 8                      | 0.2                | 10                       | 0.02                    | 0.02                    | 4                      | 0.4                     | 0.1                    |
| ソース     | 中濃ソース                | 3.00                | 4                      | 0.0                    | 0.0                 | 0.9                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|         | 麦ごはん                 | 100.00              | 356                    | 6.1                    | 0.9                 | 77.1                  | 5                      | 0.8                | 0                        | 0.08                    | 0.02                    | 0                      | 0.5                     | 0.0                    |
| 牛乳      | 大麦・押麦                | 10.00               | 34                     | 0.6                    | 0.1                 | 7.8                   | 2                      | 0.1                | 0                        | 0.01                    | 0.00                    | 0                      | 1.0                     | 0.0                    |
|         | 普通牛乳                 | 206.00              | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|         |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|         |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|         |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|         |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|         | 合計                   | 606.1               | 836.4                  | 28.0                   | 21.9                | 127.7                 | 381                    | 2.8                | 361.4                    | 0.33                    | 0.52                    | 42                     | 5.7                     | 2.8                    |

2024年11月22日 金

| 献立名(基本)      | [ 5A.食品名 ]      | [ 5A.重量 ] | 02.^エネルギー | 04.^たんぱく質 | 06.^脂質 | 08.^炭水化物 | 12.^カルシウム | 15.^鉄 | 28.^レチノール当量 | 36.^ビタミンB1 | 37.^ビタミンB2 | 45.^ビタミンC | 52.^食物繊維総量 | 53.^食塩相当量 |
|--------------|-----------------|-----------|-----------|-----------|--------|----------|-----------|-------|-------------|------------|------------|-----------|------------|-----------|
|              |                 | (g)       | kcal      | g         | g      | g        | mg        | mg    | μg          | mg         | mg         | mg        | g          | g         |
| ポークピカタ       | 豚・ロース切身         | 60.00     | 158       | 11.6      | 11.5   | 0.1      | 2         | 0.2   | 4           | 0.41       | 0.09       | 1         | 0.0        | 0.1       |
| 30g×2        | 食塩              | 0.20      | 0         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.2       |
|              | こしょう・白、粉        | 0.01      | 0         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
| まぶす→         | 薄力粉             | 2.00      | 7         | 0.2       | 0.0    | 1.5      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.1        | 0.0       |
|              | 鶏卵              | 25.00     | 38        | 3.1       | 2.6    | 0.1      | 13        | 0.5   | 38          | 0.02       | 0.11       | 0         | 0.0        | 0.1       |
| 卵液           | 粉チーズ            | 1.00      | 5         | 0.4       | 0.3    | 0.0      | 13        | 0.0   | 2           | 0.00       | 0.01       | 0         | 0.0        | 0.0       |
|              | パセリ             | 0.30      | 0         | 0.0       | 0.0    | 0.0      | 1         | 0.0   | 2           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 薄力粉(ダマにならないように) | 0.40      | 1         | 0.0       | 0.0    | 0.3      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
| 盛り付け時にかける    | ケチャップ           | 5.00      | 6         | 0.1       | 0.0    | 1.4      | 1         | 0.0   | 3           | 0.00       | 0.00       | 0         | 0.1        | 0.2       |
| 小松菜のソテー      | こまつな            | 40.00     | 6         | 0.6       | 0.0    | 1.2      | 60        | 0.8   | 104         | 0.02       | 0.02       | 8         | 1.0        | 0.0       |
|              | たまねぎ            | 10.00     | 4         | 0.1       | 0.0    | 0.9      | 2         | 0.0   | 0           | 0.00       | 0.00       | 1         | 0.2        | 0.0       |
|              | しょうがすりおろし       | 1.00      | 0         | 0.0       | 0.0    | 0.1      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 調合油             | 1.00      | 9         | 0.0       | 1.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 食塩              | 0.30      | 0         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.3       |
|              | こしょう・白、粉        | 0.01      | 0         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
| 甘酢炒め         | 若鶏・むね小間         | 10.00     | 19        | 2.0       | 1.2    | 0.0      | 0         | 0.0   | 3           | 0.01       | 0.01       | 0         | 0.0        | 0.0       |
|              | れんこん            | 15.00     | 10        | 0.2       | 0.0    | 2.4      | 3         | 0.1   | 0           | 0.01       | 0.00       | 3         | 0.3        | 0.0       |
|              | なす・ゆで           | 15.00     | 3         | 0.2       | 0.0    | 0.7      | 3         | 0.0   | 1           | 0.01       | 0.01       | 0         | 0.3        | 0.0       |
|              | 赤ピーマン           | 15.00     | 5         | 0.2       | 0.0    | 1.1      | 1         | 0.1   | 13          | 0.01       | 0.02       | 26        | 0.2        | 0.0       |
|              | 調合油             | 1.00      | 9         | 0.0       | 1.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | こいくちしょうゆ        | 2.50      | 2         | 0.2       | 0.0    | 0.3      | 1         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.4       |
|              | みりん・本みりん        | 2.50      | 6         | 0.0       | 0.0    | 1.1      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 合成清酒            | 2.00      | 2         | 0.0       | 0.0    | 0.1      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 穀物酢             | 1.00      | 0         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
| ブロッコリーのごまサラダ | ブロッコリー          | 20.00     | 5         | 0.7       | 0.1    | 0.9      | 7         | 0.1   | 13          | 0.01       | 0.02       | 11        | 0.7        | 0.0       |
|              | キャベツ            | 15.00     | 3         | 0.2       | 0.0    | 0.8      | 6         | 0.0   | 1           | 0.01       | 0.00       | 6         | 0.3        | 0.0       |
|              | にんじん            | 8.00      | 3         | 0.0       | 0.0    | 0.7      | 2         | 0.0   | 61          | 0.00       | 0.00       | 0         | 0.2        | 0.0       |
|              | スイートコーンホール・冷凍   | 5.00      | 5         | 0.2       | 0.1    | 0.9      | 0         | 0.0   | 0           | 0.01       | 0.00       | 0         | 0.1        | 0.0       |
|              | 胡麻ドレッシング        | 5.00      | 16        | 0.2       | 1.2    | 1.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.2       |
|              | ごま・いり           | 0.50      | 3         | 0.1       | 0.3    | 0.1      | 6         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.1        | 0.0       |
| しんじょ煮        | 木の葉しんじょ         | 15.00     | 28        | 1.0       | 2.2    | 1.1      | 4         | 0.1   | 2           | 0.00       | 0.00       | 0         | 0.1        | 0.1       |
|              | こいくちしょうゆ        | 1.50      | 1         | 0.1       | 0.0    | 0.2      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.2       |
|              | 合成清酒            | 0.50      | 1         | 0.0       | 0.0    | 0.0      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | みりん・本みりん        | 1.00      | 2         | 0.0       | 0.0    | 0.4      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
|              | 車糖・三温糖          | 0.50      | 2         | 0.0       | 0.0    | 0.5      | 0         | 0.0   | 0           | 0.00       | 0.00       | 0         | 0.0        | 0.0       |
| ご飯 240g(定時)  | 米・精白米(水稻)       | 110.00    | 392       | 6.7       | 1.0    | 84.8     | 6         | 0.9   | 0           | 0.09       | 0.02       | 0         | 0.6        | 0.0       |
| 牛乳           | 普通牛乳            | 206.00    | 138       | 6.8       | 7.8    | 9.9      | 227       | 0.0   | 78          | 0.08       | 0.31       | 2         | 0.0        | 0.2       |
|              |                 |           |           |           |        |          |           |       |             |            |            |           |            |           |
|              | 合計              | 598.2     | 889.7     | 34.8      | 30.4   | 112.5    | 359       | 3.1   | 324.7       | 0.69       | 0.64       | 59        | 4.3        | 2.0       |

2024年11月25日 月

| 献立名(基本)      | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>6</sup> エネルギー | 04. <sup>7</sup> たんぱく質 | 06. <sup>8</sup> 脂質 | 08. <sup>9</sup> 炭水化物 | 12. <sup>10</sup> カルシウム | 15. <sup>11</sup> 鉄 | 28. <sup>12</sup> レチノール当量 | 36. <sup>13</sup> ビタミンB1 | 37. <sup>14</sup> ビタミンB2 | 45. <sup>15</sup> ビタミンC | 52. <sup>16</sup> 食物繊維総量 | 53. <sup>17</sup> 食塩相当量 |
|--------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|-------------------------|---------------------|---------------------------|--------------------------|--------------------------|-------------------------|--------------------------|-------------------------|
|              |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                      | mg                  | μg                        | mg                       | mg                       | mg                      | g                        | g                       |
| 煮魚(バサ)       | バサ                   | 60.00               | 95                     | 11.0                   | 5.2                 | 0.0                   | 11                      | 0.2                 | 43                        | 0.20                     | 0.06                     | 0                       | 0.0                      | 0.1                     |
|              | こいくちしょうゆ             | 3.50                | 2                      | 0.3                    | 0.0                 | 0.4                   | 1                       | 0.1                 | 0                         | 0.00                     | 0.01                     | 0                       | 0.0                      | 0.5                     |
|              | 合成清酒                 | 2.00                | 2                      | 0.0                    | 0.0                 | 0.1                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | みりん風調味料              | 2.00                | 5                      | 0.0                    | 0.0                 | 1.1                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | しょうが・おろし             | 1.00                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
| 付け合わせ        | かぼちゃ                 | 30.00               | 27                     | 0.6                    | 0.1                 | 6.2                   | 5                       | 0.2                 | 99                        | 0.02                     | 0.03                     | 13                      | 1.1                      | 0.0                     |
|              | にんじん                 | 20.00               | 7                      | 0.1                    | 0.0                 | 1.8                   | 5                       | 0.0                 | 136                       | 0.01                     | 0.01                     | 1                       | 0.5                      | 0.0                     |
|              | さやいんげん               | 15.00               | 3                      | 0.3                    | 0.0                 | 0.8                   | 7                       | 0.1                 | 7                         | 0.01                     | 0.02                     | 1                       | 0.4                      | 0.0                     |
|              | 車糖・三温糖               | 1.50                | 6                      | 0.0                    | 0.0                 | 1.5                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | こいくちしょうゆ             | 1.50                | 1                      | 0.1                    | 0.0                 | 0.2                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.2                     |
|              | 和風顆粒風味調味料            | 0.20                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.1                     |
| ベーコンとごぼうの炒め煮 | ベーコン                 | 7.00                | 15                     | 1.2                    | 1.0                 | 0.2                   | 0                       | 0.0                 | 0                         | 0.04                     | 0.01                     | 4                       | 0.0                      | 0.2                     |
|              | 大根                   | 30.00               | 5                      | 0.2                    | 0.0                 | 1.2                   | 7                       | 0.1                 | 0                         | 0.01                     | 0.00                     | 4                       | 0.4                      | 0.0                     |
|              | ごぼう                  | 15.00               | 10                     | 0.3                    | 0.0                 | 2.3                   | 7                       | 0.1                 | 0                         | 0.01                     | 0.01                     | 0                       | 0.9                      | 0.0                     |
|              | にんじん                 | 10.00               | 4                      | 0.1                    | 0.0                 | 0.9                   | 3                       | 0.0                 | 76                        | 0.01                     | 0.00                     | 0                       | 0.3                      | 0.0                     |
|              | こまつな                 | 10.00               | 2                      | 0.2                    | 0.0                 | 0.3                   | 15                      | 0.2                 | 26                        | 0.00                     | 0.01                     | 2                       | 0.2                      | 0.0                     |
|              | ごま-いり                | 2.00                | 12                     | 0.4                    | 1.1                 | 0.4                   | 24                      | 0.2                 | 0                         | 0.01                     | 0.00                     | 0                       | 0.3                      | 0.0                     |
|              | 調合油                  | 1.00                | 9                      | 0.0                    | 1.0                 | 0.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | こいくちしょうゆ             | 2.00                | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.3                     |
|              | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
| ブロッコリーのおかか和え | ブロッコリー               | 35.00               | 12                     | 1.5                    | 0.2                 | 1.8                   | 13                      | 0.4                 | 23                        | 0.05                     | 0.07                     | 42                      | 1.5                      | 0.0                     |
|              | スイートコーン              | 8.00                | 8                      | 0.3                    | 0.1                 | 1.5                   | 0                       | 0.0                 | 1                         | 0.01                     | 0.01                     | 0                       | 0.2                      | 0.0                     |
|              | かに風味かまぼこ             | 5.00                | 5                      | 0.6                    | 0.0                 | 0.5                   | 6                       | 0.0                 | 1                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.1                     |
|              | 削り節                  | 0.50                | 2                      | 0.4                    | 0.0                 | 0.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | ナチュラルチーズ・パルメザン       | 1.00                | 5                      | 0.4                    | 0.3                 | 0.0                   | 13                      | 0.0                 | 2                         | 0.00                     | 0.01                     | 0                       | 0.0                      | 0.0                     |
|              | しょうゆ                 | 2.00                | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.3                     |
|              | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
|              | ごま油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |
| さつま芋フライ      | さつま芋フライ              | 25.00               | 26                     | 0.7                    | 0.2                 | 5.5                   | 1                       | 0.1                 | 0                         | 0.05                     | 0.05                     | 0                       | 0.0                      | 0.1                     |
|              | 調合油                  | 2.50                | 23                     | 0.0                    | 2.5                 | 0.0                   | 0                       | 0.0                 | 0                         | 0.00                     | 0.00                     | 0                       | 0.0                      | 0.0                     |

2024年11月26日 火

| 献立名(基本)     | [ 5A.食品名 ]        | 5A.重量 | 02.エネルギー | 04.たんぱく質 | 06.脂質 | 08.炭水化物 | 12.カルシウム | 15.鉄 | 28.レチノール当量 | 36.ビタミンB1 | 37.ビタミンB2 | 45.ビタミンC | 52.食物繊維総量 | 53.食塩相当量 |
|-------------|-------------------|-------|----------|----------|-------|---------|----------|------|------------|-----------|-----------|----------|-----------|----------|
|             |                   | (g)   | kcal     | g        | g     | g       | mg       | mg   | μg         | mg        | mg        | mg       | g         | g        |
| 鶏肉のごま揚げ     | 鶏もも肉              | 60.00 | 120      | 9.7      | 8.4   | 0.0     | 3        | 0.2  | 23         | 0.04      | 0.11      | 2        | 0.0       | 0.1      |
|             | 合成清酒              | 1.00  | 1        | 0.0      | 0.0   | 0.1     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | にんにく・おろし          | 1.00  | 1        | 0.1      | 0.0   | 0.3     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.1       | 0.0      |
|             | ごま油               | 0.30  | 3        | 0.0      | 0.3   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | 食塩                | 0.30  | 0        | 0.0      | 0.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.3      |
|             | 車糖・三温糖            | 0.50  | 2        | 0.0      | 0.0   | 0.5     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | ごま-いり             | 5.00  | 30       | 1.0      | 2.7   | 0.9     | 60       | 0.5  | 0          | 0.02      | 0.01      | 0        | 0.6       | 0.0      |
|             | 薄力粉               | 5.00  | 18       | 0.4      | 0.1   | 3.8     | 1        | 0.0  | 0          | 0.01      | 0.00      | 0        | 0.1       | 0.0      |
|             | 調合油               | 6.00  | 55       | 0.0      | 6.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
| いんげんお浸し     | さやいんげん            | 30.00 | 7        | 0.5      | 0.0   | 1.5     | 14       | 0.2  | 15         | 0.02      | 0.03      | 2        | 0.7       | 0.0      |
|             | にんじん              | 5.00  | 2        | 0.0      | 0.0   | 0.5     | 1        | 0.0  | 38         | 0.00      | 0.00      | 0        | 0.1       | 0.0      |
|             | こいくちしょうゆ          | 1.50  | 1        | 0.1      | 0.0   | 0.2     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.2      |
|             | かつお・削り節           | 0.50  | 2        | 0.4      | 0.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | 山菜ミックス            | 20.00 | 3        | 0.3      | 0.0   | 0.6     | 6        | 0.1  | 3          | 0.00      | 0.01      | 0        | 0.6       | 0.0      |
| 山菜金平        | こんにゃく・しらたき        | 15.00 | 1        | 0.0      | 0.0   | 0.5     | 11       | 0.1  | 0          | 0.00      | 0.00      | 0        | 0.4       | 0.0      |
|             | たけのこ・若茎-ゆで        | 15.00 | 5        | 0.5      | 0.0   | 0.8     | 3        | 0.1  | 0          | 0.01      | 0.01      | 1        | 0.5       | 0.0      |
|             | にんじん              | 8.00  | 3        | 0.0      | 0.0   | 0.7     | 2        | 0.0  | 61         | 0.00      | 0.00      | 0        | 0.2       | 0.0      |
|             | 油揚げ               | 2.00  | 8        | 0.4      | 0.7   | 0.1     | 6        | 0.1  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | かつおだし             | 1.00  | 0        | 0.0      | 0.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | こいくちしょうゆ          | 3.00  | 2        | 0.2      | 0.0   | 0.3     | 1        | 0.1  | 0          | 0.00      | 0.01      | 0        | 0.0       | 0.4      |
|             | 車糖・三温糖            | 2.00  | 8        | 0.0      | 0.0   | 2.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | ごま油               | 0.50  | 5        | 0.0      | 0.5   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | 焼き竹輪1／6×2         | 16.00 | 19       | 2.0      | 0.3   | 2.2     | 2        | 0.2  | 0          | 0.01      | 0.01      | 0        | 0.0       | 0.3      |
|             | こいくちしょうゆ          | 0.50  | 0        | 0.0      | 0.0   | 0.1     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.1      |
| 竹輪の照り煮      | みりん・本みりん          | 0.30  | 1        | 0.0      | 0.0   | 0.1     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | 車糖・三温糖            | 0.30  | 1        | 0.0      | 0.0   | 0.3     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | 合成清酒              | 0.30  | 0        | 0.0      | 0.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.0      |
|             | カリフラワー            | 20.00 | 5        | 0.5      | 0.0   | 1.0     | 5        | 0.1  | 0          | 0.01      | 0.01      | 11       | 0.6       | 0.0      |
|             | ブロッコリー            | 20.00 | 5        | 0.7      | 0.1   | 0.9     | 7        | 0.1  | 13         | 0.01      | 0.02      | 11       | 0.7       | 0.0      |
| 花野菜サラダ      | スイートコーン・未熟・ホール-冷凍 | 5.00  | 5        | 0.2      | 0.1   | 0.9     | 0        | 0.0  | 0          | 0.01      | 0.00      | 0        | 0.1       | 0.0      |
|             | かに風味かまぼこ          | 5.00  | 5        | 0.6      | 0.0   | 0.5     | 6        | 0.0  | 1          | 0.00      | 0.00      | 0        | 0.0       | 0.1      |
|             | ノンオイルドレッシング 梅     | 4.00  | 4        | 0.1      | 0.0   | 0.8     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.3      |
|             | 食塩                | 0.10  | 0        | 0.0      | 0.0   | 0.0     | 0        | 0.0  | 0          | 0.00      | 0.00      | 0        | 0.0       | 0.1      |
|             | 米・精白米(水稻)         | 110.0 | 392      | 6.7      | 1.0   | 84.8    | 6        | 0.9  | 0          | 0.09      | 0.02      | 0        | 0.6       | 0.0      |
| ご飯 240g(定時) | 米・精白米(水稻)         | 110.0 | 392      | 6.7      | 1.0   | 84.8    | 6        | 0.9  | 0          | 0.09      | 0.02      | 0        | 0.6       | 0.0      |
| 牛乳          | 普通牛乳              | 206.0 | 138      | 6.8      | 7.8   | 9.9     | 227      | 0.0  | 78         | 0.08      | 0.31      | 2        | 0.0       | 0.2      |
|             |                   |       |          |          |       |         |          |      |            |           |           |          |           |          |
|             |                   |       |          |          |       |         |          |      |            |           |           |          |           |          |
|             |                   |       |          |          |       |         |          |      |            |           |           |          |           |          |
|             |                   |       |          |          |       |         |          |      |            |           |           |          |           |          |
|             |                   |       |          |          |       |         |          |      |            |           |           |          |           |          |
|             | 合計                | 570.1 | 851.1    | 31.4     | 28.1  | 114.0   | 363      | 2.9  | 232.5      | 0.32      | 0.58      | 30       | 5.5       | 2.2      |

2024年11月27日 水

| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|-------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|             |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 麻婆豆腐        | 絹ごし豆腐                | 45.00               | 25                     | 2.2                    | 1.4                 | 0.9                   | 19                     | 0.4                | 0                        | 0.05                    | 0.02                    | 0                      | 0.1                     | 0.0                    |
|             | 豚・ひき肉                | 4.00                | 9                      | 0.7                    | 0.6                 | 0.0                   | 0                      | 0.0                | 0                        | 0.02                    | 0.01                    | 0                      | 0.0                     | 0.0                    |
|             | 凍り豆腐(きざみ)            | 4.00                | 21                     | 2.0                    | 1.3                 | 0.2                   | 26                     | 0.3                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | 小ネギ                  | 10.00               | 3                      | 0.2                    | 0.0                 | 0.7                   | 5                      | 0.1                | 15                       | 0.01                    | 0.01                    | 3                      | 0.3                     | 0.0                    |
|             | さくらげ-乾               | 1.00                | 2                      | 0.1                    | 0.0                 | 0.7                   | 3                      | 0.4                | 0                        | 0.00                    | 0.01                    | 0                      | 0.6                     | 0.0                    |
|             | グリーンピース-冷凍           | 4.00                | 4                      | 0.2                    | 0.0                 | 0.7                   | 1                      | 0.1                | 2                        | 0.01                    | 0.01                    | 1                      | 0.2                     | 0.0                    |
|             | しょうがおろし              | 0.20                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | にんにくおろし              | 0.20                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | トウバンジャン              | 0.20                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 米みそ・淡色辛みそ            | 1.80                | 3                      | 0.2                    | 0.1                 | 0.4                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.2                    |
|             | こいくちしょうゆ             | 2.00                | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|             | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 合成清酒                 | 2.00                | 2                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 片栗粉                  | 1.00                | 3                      | 0.0                    | 0.0                 | 0.8                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | ごま油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 調合油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 具入り卵焼き      | 鶏卵                   | 45.00               | 68                     | 5.5                    | 4.6                 | 0.1                   | 23                     | 0.8                | 68                       | 0.03                    | 0.19                    | 0                      | 0.0                     | 0.2                    |
|             | 鶏・ひき肉                | 5.00                | 8                      | 1.0                    | 0.4                 | 0.0                   | 1                      | 0.1                | 2                        | 0.01                    | 0.01                    | 0                      | 0.0                     | 0.0                    |
|             | 調合油                  | 0.80                | 7                      | 0.0                    | 0.8                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | にんじん                 | 5.00                | 2                      | 0.0                    | 0.0                 | 0.5                   | 1                      | 0.0                | 38                       | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | さやえんどう               | 3.00                | 1                      | 0.1                    | 0.0                 | 0.2                   | 1                      | 0.0                | 1                        | 0.00                    | 0.00                    | 2                      | 0.1                     | 0.0                    |
|             | 乾しいたけ-乾              | 0.50                | 1                      | 0.1                    | 0.0                 | 0.3                   | 0                      | 0.0                | 0                        | 0.00                    | 0.01                    | 0                      | 0.2                     | 0.0                    |
|             | 車糖・三温糖               | 0.80                | 3                      | 0.0                    | 0.0                 | 0.8                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | 食塩                   | 0.30                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|             | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 調合油                  | 2.00                | 18                     | 0.0                    | 2.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 塩焼きそば       | 蒸し中華めん               | 20.00               | 40                     | 1.1                    | 0.3                 | 7.7                   | 2                      | 0.1                | 0                        | 0.00                    | 0.00                    | 0                      | 0.4                     | 0.1                    |
|             | 豚小間                  | 5.00                | 7                      | 1.1                    | 0.3                 | 0.0                   | 0                      | 0.0                | 0                        | 0.05                    | 0.01                    | 0                      | 0.0                     | 0.0                    |
|             | キャベツ                 | 15.00               | 3                      | 0.2                    | 0.0                 | 0.8                   | 6                      | 0.0                | 1                        | 0.01                    | 0.00                    | 6                      | 0.3                     | 0.0                    |
|             | にんじん                 | 3.00                | 1                      | 0.0                    | 0.0                 | 0.3                   | 1                      | 0.0                | 23                       | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | 中華あじ(顆粒)             | 0.20                | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | 精製塩                  | 0.25                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|             | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| ゆかり大根       | 大根                   | 30.00               | 8                      | 0.7                    | 0.0                 | 1.6                   | 78                     | 0.9                | 99                       | 0.03                    | 0.05                    | 16                     | 1.2                     | 0.0                    |
|             | きゅうり                 | 7.00                | 1                      | 0.1                    | 0.0                 | 0.2                   | 2                      | 0.0                | 2                        | 0.00                    | 0.00                    | 1                      | 0.1                     | 0.0                    |
|             | ゆかり                  | 0.40                | 1                      | 0.0                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
| 海鮮焼売        | 海鮮焼売                 | 30.00               | 52                     | 1.9                    | 2.2                 | 5.8                   | 5                      | 0.1                | 2                        | 0.01                    | 0.01                    | 1                      | 0.2                     | 0.2                    |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.00              | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳          | 普通牛乳                 | 206.00              | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|             | 合計                   | 567.2               | 838.6                  | 31.2                   | 24.1                | 118.6                 | 413                    | 4.4                | 330.6                    | 0.40                    | 0.69                    | 32                     | 4.6                     | 2.3                    |

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| 献立名(基本)     | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 28. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|-------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|             |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| ハンバーグきのこソース | ハンバーグ-冷凍             | 60.00               | 134                    | 8.0                    | 8.0                 | 7.4                   | 23                     | 1.1                | 8                        | 0.10                    | 0.14                    | 1                      | 0.0                     | 0.7                    |
|             | ひらたけ-ゆで              | 15.00               | 3                      | 0.5                    | 0.0                 | 1.0                   | 0                      | 0.1                | 0                        | 0.05                    | 0.04                    | 0                      | 0.6                     | 0.0                    |
|             | トマト加工品・ケチャップ         | 5.00                | 6                      | 0.1                    | 0.0                 | 1.4                   | 1                      | 0.0                | 3                        | 0.00                    | 0.00                    | 0                      | 0.1                     | 0.2                    |
|             | ウスターソース・中濃ソース        | 2.00                | 3                      | 0.0                    | 0.0                 | 0.6                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | 車糖・三温糖               | 0.50                | 2                      | 0.0                    | 0.0                 | 0.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| マカロニソテー     | マカロニ-乾               | 10.00               | 38                     | 1.3                    | 0.2                 | 7.2                   | 2                      | 0.1                | 0                        | 0.02                    | 0.01                    | 0                      | 0.3                     | 0.0                    |
|             | たまねぎ                 | 10.00               | 4                      | 0.1                    | 0.0                 | 0.9                   | 2                      | 0.0                | 0                        | 0.00                    | 0.00                    | 1                      | 0.2                     | 0.0                    |
| 刻んで→        | こまつな                 | 10.00               | 2                      | 0.2                    | 0.0                 | 0.3                   | 15                     | 0.2                | 26                       | 0.00                    | 0.01                    | 2                      | 0.2                     | 0.0                    |
|             | 調合油                  | 0.50                | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | 食塩                   | 0.15                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             | こしょう・白、粉             | 0.01                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 人参甘煮        | にんじん                 | 20.00               | 7                      | 0.1                    | 0.0                 | 1.8                   | 6                      | 0.0                | 152                      | 0.01                    | 0.01                    | 1                      | 0.5                     | 0.0                    |
|             | 車糖・三温糖               | 1.00                | 4                      | 0.0                    | 0.0                 | 1.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|             | こいくちしょうゆ             | 1.00                | 1                      | 0.1                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
| 白滝のサラダ      | しらたき                 | 30.00               | 2                      | 0.1                    | 0.0                 | 0.9                   | 23                     | 0.2                | 0                        | 0.00                    | 0.00                    | 0                      | 0.9                     | 0.0                    |
|             | きゅうり                 | 7.00                | 1                      | 0.1                    | 0.0                 | 0.2                   | 2                      | 0.0                | 2                        | 0.00                    | 0.00                    | 1                      | 0.1                     | 0.0                    |
|             | キャベツ                 | 10.00               | 2                      | 0.1                    | 0.0                 | 0.5                   | 4                      | 0.0                | 0                        | 0.00                    | 0.00                    | 4                      | 0.2                     | 0.0                    |
|             | スイートコーン・ホール-冷凍       | 5.00                | 5                      | 0.2                    | 0.1                 | 0.9                   | 0                      | 0.0                | 0                        | 0.01                    | 0.00                    | 0                      | 0.1                     | 0.0                    |
|             | 和風しょうゆドレッシング         | 5.00                | 9                      | 0.2                    | 0.5                 | 0.9                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|             | 食塩                   | 0.10                | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
| さつま芋のクリーム煮  | さつまいも                | 30.00               | 40                     | 0.4                    | 0.1                 | 9.5                   | 12                     | 0.2                | 1                        | 0.03                    | 0.01                    | 9                      | 0.7                     | 0.0                    |
|             | 豚・ベーコン・ベーコン          | 5.00                | 20                     | 0.6                    | 2.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.02                    | 0.01                    | 2                      | 0.0                     | 0.1                    |
|             | たまねぎ                 | 15.00               | 6                      | 0.2                    | 0.0                 | 1.3                   | 3                      | 0.0                | 0                        | 0.00                    | 0.00                    | 1                      | 0.2                     | 0.0                    |
|             | グリーンピース-冷凍           | 5.00                | 5                      | 0.3                    | 0.0                 | 0.9                   | 1                      | 0.1                | 2                        | 0.02                    | 0.01                    | 1                      | 0.3                     | 0.0                    |
|             | 明治 キンケイ ホワイトルウ       | 5.00                | 22                     | 0.2                    | 0.9                 | 3.0                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.4                    |
|             | 普通牛乳                 | 10.00               | 7                      | 0.3                    | 0.4                 | 0.5                   | 11                     | 0.0                | 4                        | 0.00                    | 0.02                    | 0                      | 0.0                     | 0.0                    |
| チキンナゲット     | 鉄腕チキンナゲット            | 20.0                | 36                     | 2.2                    | 1.5                 | 3.1                   | 1                      | 1.2                | 2                        | 0.00                    | 0.01                    | 0                      | 0.1                     | 0.2                    |
|             | 調合油                  | 2.0                 | 18                     | 0.0                    | 2.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| ご飯 240g(定時) | 米・精白米(水稻)            | 110.0               | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳          | 普通牛乳                 | 206.0               | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|             |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |

2024年11月29日 金

| 献立名(基本)      | [ <sup>5A</sup> 食品名] | [ <sup>5A</sup> 重量] | 02. <sup>A</sup> エネルギー | 04. <sup>A</sup> たんぱく質 | 06. <sup>A</sup> 脂質 | 08. <sup>A</sup> 炭水化物 | 12. <sup>A</sup> カルシウム | 15. <sup>A</sup> 鉄 | 26. <sup>A</sup> レチノール当量 | 36. <sup>A</sup> ビタミンB1 | 37. <sup>A</sup> ビタミンB2 | 45. <sup>A</sup> ビタミンC | 52. <sup>A</sup> 食物繊維総量 | 53. <sup>A</sup> 食塩相当量 |
|--------------|----------------------|---------------------|------------------------|------------------------|---------------------|-----------------------|------------------------|--------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|
|              |                      | (g)                 | kcal                   | g                      | g                   | g                     | mg                     | mg                 | μg                       | mg                      | mg                      | mg                     | g                       | g                      |
| 三色丼の具 そぼろ    | たまねぎ                 | 20.0                | 7                      | 0.2                    | 0.0                 | 1.8                   | 4                      | 0.0                | 0                        | 0.01                    | 0.00                    | 2                      | 0.3                     | 0.0                    |
|              | 鶏ひき肉                 | 40.0                | 66                     | 8.4                    | 3.3                 | 0.0                   | 4                      | 0.5                | 16                       | 0.04                    | 0.08                    | 0                      | 0.0                     | 0.1                    |
|              | 車糖・三温糖               | 3.0                 | 11                     | 0.0                    | 0.0                 | 3.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | こいくちしょうゆ             | 4.0                 | 3                      | 0.3                    | 0.0                 | 0.4                   | 1                      | 0.1                | 0                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.6                    |
|              | 合成清酒                 | 3.0                 | 3                      | 0.0                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 炒り卵          | しょうが                 | 0.8                 | 0                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | 鶏卵                   | 50.0                | 76                     | 6.2                    | 5.2                 | 0.2                   | 26                     | 0.9                | 75                       | 0.03                    | 0.22                    | 0                      | 0.0                     | 0.2                    |
|              | 食塩                   | 0.2                 | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|              | 車糖・三温糖               | 1.5                 | 6                      | 0.0                    | 0.0                 | 1.5                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | 合成清酒                 | 2.5                 | 3                      | 0.0                    | 0.0                 | 0.1                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 青菜の和え物       | 調合油                  | 3.0                 | 28                     | 0.0                    | 3.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | チンゲンサイ               | 45.0                | 5                      | 0.4                    | 0.0                 | 1.1                   | 54                     | 0.3                | 99                       | 0.01                    | 0.02                    | 7                      | 0.7                     | 0.0                    |
|              | しめじ・ぶなしめじ-ゆで         | 10.0                | 2                      | 0.3                    | 0.0                 | 0.7                   | 0                      | 0.1                | 0                        | 0.02                    | 0.01                    | 0                      | 0.5                     | 0.0                    |
|              | こいくちしょうゆ             | 2.0                 | 1                      | 0.2                    | 0.0                 | 0.2                   | 1                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.3                    |
|              | ごま油                  | 0.5                 | 5                      | 0.0                    | 0.5                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
| 大豆磯煮         | 大豆・水煮缶詰              | 20.0                | 28                     | 2.6                    | 1.3                 | 1.5                   | 20                     | 0.4                | 0                        | 0.00                    | 0.00                    | 0                      | 1.4                     | 0.1                    |
|              | ひじき・ほしひじき            | 1.5                 | 2                      | 0.2                    | 0.0                 | 0.8                   | 21                     | 0.8                | 4                        | 0.01                    | 0.02                    | 0                      | 0.6                     | 0.1                    |
|              | さつま揚げ                | 6.0                 | 8                      | 0.8                    | 0.2                 | 0.8                   | 4                      | 0.0                | 0                        | 0.00                    | 0.01                    | 0                      | 0.0                     | 0.1                    |
|              | つきこん                 | 8.0                 | 0                      | 0.0                    | 0.0                 | 0.2                   | 6                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.2                     | 0.0                    |
|              | さやいんげん               | 5.0                 | 1                      | 0.1                    | 0.0                 | 0.3                   | 3                      | 0.0                | 2                        | 0.00                    | 0.01                    | 0                      | 0.1                     | 0.0                    |
| 大根とわかめのポン酢和え | こいくちしょうゆ             | 1.5                 | 1                      | 0.1                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|              | 合成清酒                 | 0.7                 | 1                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | 車糖・三温糖               | 1.2                 | 5                      | 0.0                    | 0.0                 | 1.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | 大根                   | 25.0                | 5                      | 0.1                    | 0.0                 | 1.0                   | 6                      | 0.1                | 0                        | 0.01                    | 0.00                    | 3                      | 0.4                     | 0.0                    |
|              | カットわかめ               | 0.7                 | 1                      | 0.1                    | 0.0                 | 0.3                   | 6                      | 0.0                | 1                        | 0.00                    | 0.00                    | 0                      | 0.2                     | 0.2                    |
| チーズ          | まぐろ・缶詰油漬フレーク・ライト     | 10.0                | 27                     | 1.8                    | 2.2                 | 0.0                   | 0                      | 0.1                | 1                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.1                    |
|              | 味ぽん                  | 2.0                 | 1                      | 0.1                    | 0.0                 | 0.2                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.2                    |
|              | ごま油                  | 0.3                 | 2                      | 0.0                    | 0.3                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | 顆粒鶏がらだし              | 0.1                 | 0                      | 0.0                    | 0.0                 | 0.0                   | 0                      | 0.0                | 0                        | 0.00                    | 0.00                    | 0                      | 0.0                     | 0.0                    |
|              | ビビビ鉄分・Ca入り           | 10.0                | 33                     | 2.0                    | 2.7                 | 0.2                   | 143                    | 0.8                | 0                        | 0.00                    | 0.04                    | 0                      | 0.0                     | 0.3                    |
| ご飯 240g(定時)  | 米・精白米(水稻)            | 110.0               | 392                    | 6.7                    | 1.0                 | 84.8                  | 6                      | 0.9                | 0                        | 0.09                    | 0.02                    | 0                      | 0.6                     | 0.0                    |
| 牛乳           | 普通牛乳                 | 206.0               | 138                    | 6.8                    | 7.8                 | 9.9                   | 227                    | 0.0                | 78                       | 0.08                    | 0.31                    | 2                      | 0.0                     | 0.2                    |
|              |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|              |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|              |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|              |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|              |                      |                     |                        |                        |                     |                       |                        |                    |                          |                         |                         |                        |                         |                        |
|              | 合計                   | 593.5               | 861.7                  | 37.3                   | 27.6                | 110.6                 | 532                    | 5.0                | 276.6                    | 0.30                    | 0.75                    | 14                     | 5.0                     | 2.9                    |

2024

年

11

月度

## 栄養価集計表

| 日にち    | 曜日  | [5A重量]<br>(g) | 02.エネルギー<br>kcal | 04.たんぱく質<br>g | 06.脂質<br>g | 08.炭水化<br>物<br>g | 12.カルシウム<br>mg | 15.鉄<br>mg | 28.レチノール当<br>量<br>μg | 36.ビタミンB1<br>mg | 37.ビタミンB2<br>mg | 45.ビタミンC<br>mg | 52.食物繊維総<br>量<br>g | 53.食塩相当量<br>g |
|--------|-----|---------------|------------------|---------------|------------|------------------|----------------|------------|----------------------|-----------------|-----------------|----------------|--------------------|---------------|
| 1      | 金   | 591           | 896              | 34.4          | 23.1       | 133              | 345            | 3.3        | 299                  | 0.43            | 0.59            | 39             | 5.8                | 2.6           |
| 4      | 月   | 0             | 0                | 0.0           | 0.0        | 0                | 0              | 0.0        | 0                    | 0.00            | 0.00            | 0              | 0.0                | 0.0           |
| 5      | 水   | 554           | 856              | 27.5          | 26.0       | 125              | 330            | 4.4        | 377                  | 0.43            | 0.57            | 26             | 6.6                | 2.6           |
| 6      | 水   | 638           | 882              | 38.7          | 25.0       | 122              | 319            | 3.2        | 199                  | 0.62            | 0.60            | 63             | 7.5                | 2.0           |
| 7      | 木   | 562           | 903              | 26.7          | 27.9       | 133              | 451            | 6.1        | 338                  | 0.44            | 0.51            | 22             | 5.6                | 2.1           |
| 8      | 金   | 576           | 864              | 35.8          | 28.4       | 112              | 382            | 3.6        | 260                  | 0.37            | 0.69            | 42             | 5.0                | 2.1           |
| 11     | 月   | 572           | 885              | 37.1          | 25.5       | 121              | 304            | 2.7        | 181                  | 0.42            | 0.64            | 22             | 4.5                | 2.5           |
| 12     | 火   | 618           | 854              | 35.3          | 25.8       | 116              | 373            | 3.5        | 185                  | 0.37            | 0.65            | 30             | 5.0                | 2.2           |
| 13     | 水   | 577           | 830              | 36.5          | 24.4       | 112              | 503            | 6.8        | 230                  | 0.62            | 0.66            | 42             | 4.5                | 2.8           |
| 14     | 木   | 585           | 877              | 33.1          | 23.6       | 128              | 373            | 3.6        | 273                  | 0.51            | 0.69            | 22             | 5.9                | 2.7           |
| 15     | 金   | 597           | 869              | 30.3          | 25.3       | 127              | 359            | 3.6        | 311                  | 0.54            | 0.51            | 21             | 6.7                | 2.9           |
| 18     | 月   | 559           | 901              | 31.8          | 22.5       | 138              | 329            | 2.8        | 257                  | 0.59            | 0.53            | 22             | 3.9                | 2.3           |
| 19     | 火   | 589           | 857              | 27.5          | 24.3       | 128              | 330            | 2.9        | 207                  | 0.30            | 0.53            | 26             | 5.7                | 2.8           |
| 20     | 水   | 560           | 873              | 28.0          | 26.1       | 127              | 344            | 3.7        | 333                  | 0.34            | 0.55            | 23             | 5.2                | 2.3           |
| 21     | 木   | 606           | 836              | 28.0          | 21.9       | 128              | 381            | 2.8        | 361                  | 0.33            | 0.52            | 42             | 5.7                | 2.8           |
| 22     | 金   | 598           | 890              | 34.8          | 30.4       | 112              | 359            | 3.1        | 325                  | 0.69            | 0.64            | 59             | 4.3                | 2.0           |
| 25     | 月   | 612           | 834              | 32.4          | 21.1       | 125              | 354            | 2.8        | 493                  | 0.59            | 0.63            | 70             | 6.3                | 2.1           |
| 26     | 火   | 570           | 851              | 31.4          | 28.1       | 114              | 363            | 2.9        | 233                  | 0.32            | 0.58            | 30             | 5.5                | 2.2           |
| 27     | 水   | 567           | 839              | 31.2          | 24.1       | 119              | 413            | 4.4        | 331                  | 0.40            | 0.69            | 32             | 4.6                | 2.3           |
| 28     | 木   | 600           | 908              | 28.6          | 25.1       | 139              | 340            | 4.4        | 279                  | 0.45            | 0.59            | 25             | 5.1                | 2.7           |
| 29     | 金   | 593           | 862              | 37.3          | 27.6       | 111              | 532            | 5.0        | 277                  | 0.30            | 0.75            | 14             | 5.0                | 2.9           |
|        | --- | 0             | 0                | 0.0           | 0.0        | 0                | 0              | 0.0        | 0                    | 0.00            | 0.00            | 0              | 0.0                | 0.0           |
|        | --- | 0             | 0                | 0.0           | 0.0        | 0                | 0              | 0.0        | 0                    | 0.00            | 0.00            | 0              | 0.0                | 0.0           |
|        | --- |               |                  |               |            |                  |                |            |                      |                 |                 |                |                    |               |
|        | 合計  | 11725         | 17366            | 646.3         | 506.1      | 2468             | 7484           | 75.4       | 5747                 | 9.06            | 12.11           | 671            | 108.2              | 48.9          |
|        | 平均  | 586           | 868              | 32.3          | 25.3       | 123              | 374            | 3.8        | 287                  | 0.45            | 0.61            | 34             | 5.4                | 2.4           |
| 定時制 目標 |     |               | 860              | 13~20%        | 20~30%     |                  | 360            | 4.0        | 310                  | 0.50            | 0.60            | 35             | 7.0                | 2.5           |