

| 献立名   | ごはん    |      |      | 牛乳     |      |     | やさいのうま煮    |       |       | 行事等    |      |      |        |        |       |        |       |     |              | 合計 |        | 換算人    |         |      |      |  |  |  |
|-------|--------|------|------|--------|------|-----|------------|-------|-------|--------|------|------|--------|--------|-------|--------|-------|-----|--------------|----|--------|--------|---------|------|------|--|--|--|
|       | ハムステーキ |      |      | 海そうサラダ |      |     | たまねぎドレッシング |       |       | 人数     | 1年   | 2年   | 3年     | 4年     | 5年    | 6年     | 特1    | 特2  | 特3           | 職員 | 他      | 6100   | 6100.00 | 0.00 | 0.00 |  |  |  |
|       | 単価     | 0.00 |      |        | 0.00 |     |            | 0.00  |       |        | 0.00 | 0.00 |        |        | 0.00  |        |       |     |              |    |        | 0.00   |         | 0.00 |      |  |  |  |
| エネルギー | たんぱく質  | 動物性  | 植物性  | 脂質     | 動物性  | 植物性 | 炭水化物       | ナトリウム | カルシウム | マグネシウム | 鉄    | 亜鉛   | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維総量 | 食塩相当量 | 熱加工 | 食品名          | 個付 | 一人分量   | 単位     | g       |      |      |  |  |  |
| 251   | 4.2    | 0.0  | 4.2  | 0.6    | 0.0  | 0.6 | 54.5       | 0     | 3     | 16     | 0.6  | 0.9  | 0      | 0.31   | 0.03  | 0      | 0.3   | 0.0 | [ごはん]        |    |        |        |         |      |      |  |  |  |
| 0     | 0.0    | 0.0  | 0.0  | 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 | ごはん 60g      | *  |        | 1.00 個 | 0.00    |      |      |  |  |  |
| 251   | 4.2    | 0.0  | 4.2  | 0.6    | 0.0  | 0.6 | 54.5       | 0     | 3     | 16     | 0.6  | 0.9  | 0      | 0.31   | 0.03  | 0      | 0.3   | 0.0 | ごはん 70g      | *  |        | 1.00 個 | 157.00  |      |      |  |  |  |
| 0     | 0.0    | 0.0  | 0.0  | 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 | ごはん 80g      | *  |        | 1.00 個 | 0.00    |      |      |  |  |  |
| 138   | 6.8    | 6.8  | 0.0  | 7.8    | 7.8  | 0.0 | 9.9        | 84    | 227   | 21     | 0.0  | 0.8  | 80     | 0.08   | 0.31  | 2      | 0.0   | 0.2 | [牛乳]         |    |        |        |         |      |      |  |  |  |
| 138   | 6.8    | 6.8  | 0.0  | 7.8    | 7.8  | 0.0 | 9.9        | 84    | 227   | 21     | 0.0  | 0.8  | 80     | 0.08   | 0.31  | 2      | 0.0   | 0.2 | 牛乳           |    | 1.00 本 | 206.00 |         |      |      |  |  |  |
| 68    | 3.0    | 1.0  | 2.0  | 0.3    | 0.3  | 0.0 | 15.7       | 429   | 29    | 18     | 0.5  | 0.2  | 150    | 0.05   | 0.05  | 13     | 5.4   | 1.1 | [やさいのうま煮]    |    |        |        |         |      |      |  |  |  |
| 7     | 0.1    | 0.0  | 0.1  | 0.0    | 0.0  | 0.0 | 1.9        | 6     | 6     | 2      | 0.0  | 0.0  | 148    | 0.01   | 0.01  | 1      | 0.6   | 0.0 | にんじん         |    |        |        | 20.50   |      |      |  |  |  |
| 9     | 0.3    | 0.0  | 0.3  | 0.0    | 0.0  | 0.0 | 2.4        | 1     | 5     | 3      | 0.1  | 0.1  | 0      | 0.01   | 0.00  | 2      | 0.4   | 0.0 | たまねぎ         |    |        |        | 28.70   |      |      |  |  |  |
| 2     | 0.2    | 0.0  | 0.2  | 0.0    | 0.0  | 0.0 | 0.3        | 0     | 2     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.2   | 0.0 | たけのこ         |    |        |        | 8.20    |      |      |  |  |  |
| 1     | 0.0    | 0.0  | 0.0  | 0.0    | 0.0  | 0.0 | 0.4        | 2     | 7     | 0      | 0.1  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.4   | 0.0 | こんにゃく 1/30   |    |        |        | 16.40   |      |      |  |  |  |
| 2     | 0.2    | 0.0  | 0.2  | 0.0    | 0.0  | 0.0 | 0.5        | 0     | 0     | 1      | 0.0  | 0.0  | 0      | 0.00   | 0.01  | 0      | 0.4   | 0.0 | 干しいたけ        |    |        |        | 0.82    |      |      |  |  |  |
| 22    | 0.6    | 0.0  | 0.6  | 0.0    | 0.0  | 0.0 | 6.4        | 0     | 1     | 7      | 0.1  | 0.1  | 0      | 0.03   | 0.01  | 10     | 3.3   | 0.0 | じゃがいも        |    |        |        | 36.90   |      |      |  |  |  |
| 11    | 1.0    | 1.0  | 0.0  | 0.3    | 0.3  | 0.0 | 1.1        | 60    | 5     | 1      | 0.1  | 0.0  | 0      | 0.00   | 0.01  | 0      | 0.0   | 0.2 | 揚げはん         |    |        |        | 8.20    |      |      |  |  |  |
| 1     | 0.1    | 0.0  | 0.1  | 0.0    | 0.0  | 0.0 | 0.2        | 0     | 2     | 1      | 0.0  | 0.0  | 2      | 0.00   | 0.00  | 0      | 0.1   | 0.0 | さやいんげん       |    |        |        | 4.10    |      |      |  |  |  |
| 2     | 0.1    | 0.0  | 0.1  | 0.0    | 0.0  | 0.0 | 0.5        | 80    | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.2 | 和風だし         |    |        |        | 0.82    |      |      |  |  |  |
| 3     | 0.0    | 0.0  | 0.0  | 0.0    | 0.0  | 0.0 | 0.8        | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.0 | さとう (三温)     |    |        |        | 0.82    |      |      |  |  |  |
| 4     | 0.4    | 0.0  | 0.4  | 0.0    | 0.0  | 0.0 | 0.4        | 280   | 1     | 3      | 0.1  | 0.0  | 0      | 0.00   | 0.01  | 0      | 0.0   | 0.7 | しょうゆ         |    |        |        | 4.92    |      |      |  |  |  |
| 4     | 0.0    | 0.0  | 0.0  | 0.0    | 0.0  | 0.0 | 0.8        | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.0 | みりん          |    |        |        | 1.64    |      |      |  |  |  |
| 76    | 5.3    | 5.3  | 0.0  | 4.5    | 4.5  | 0.0 | 3.0        | 202   | 1     | 7      | 0.1  | 0.3  | 4      | 0.07   | 0.04  | 1      | 0.0   | 0.5 | [ハムステーキ]     |    |        |        |         |      |      |  |  |  |
| 76    | 5.3    | 5.3  | 0.0  | 4.5    | 4.5  | 0.0 | 3.0        | 202   | 1     | 7      | 0.1  | 0.3  | 4      | 0.07   | 0.04  | 1      | 0.0   | 0.5 | ハムステーキ 40g   |    | 1.00 個 | 40.00  |         |      |      |  |  |  |
| 15    | 0.6    | 0.0  | 0.6  | 0.2    | 0.0  | 0.2 | 3.5        | 11    | 8     | 8      | 0.1  | 0.1  | 8      | 0.02   | 0.02  | 3      | 1.3   | 0.0 | [海そうサラダ]     |    |        |        |         |      |      |  |  |  |
| 11    | 0.4    | 0.0  | 0.4  | 0.2    | 0.0  | 0.2 | 2.4        | 0     | 0     | 3      | 0.0  | 0.1  | 1      | 0.01   | 0.01  | 0      | 0.6   | 0.0 | コーン          |    |        |        | 12.30   |      |      |  |  |  |
| 1     | 0.0    | 0.0  | 0.0  | 0.0    | 0.0  | 0.0 | 0.2        | 6     | 3     | 2      | 0.0  | 0.0  | 1      | 0.00   | 0.00  | 0      | 0.2   | 0.0 | ひじき          |    |        |        | 0.33    |      |      |  |  |  |
| 3     | 0.2    | 0.0  | 0.2  | 0.0    | 0.0  | 0.0 | 0.6        | 0     | 5     | 3      | 0.1  | 0.0  | 6      | 0.01   | 0.01  | 3      | 0.2   | 0.0 | きゅうり         |    |        |        | 20.50   |      |      |  |  |  |
| 0     | 0.0    | 0.0  | 0.0  | 0.0    | 0.0  | 0.0 | 0.3        | 5     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.3   | 0.0 | こんにゃく寒天      |    |        |        | 0.33    |      |      |  |  |  |
| 9     | 0.0    | 0.0  | 0.0  | 0.6    | 0.0  | 0.6 | 0.8        | 49    | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.2 | [たまねぎドレッシング] |    |        |        |         |      |      |  |  |  |
| 9     | 0.0    | 0.0  | 0.0  | 0.6    | 0.0  | 0.6 | 0.8        | 49    | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.2 | たまねぎドレッシング   |    |        |        | 4.10    |      |      |  |  |  |
| 557   | 19.9   | 13.1 | 6.8  | 14.0   | 12.6 | 1.4 | 87.4       | 775   | 268   | 70     | 1.3  | 2.3  | 242    | 0.53   | 0.45  | 19     | 7.0   | 2.0 | 単純合計         |    |        |        | 572.58  |      |      |  |  |  |
| 650   | 26.8   | 13.4 | 13.4 | 18.1   |      |     | 0.0        | 787   | 350   | 50     | 3.0  | 2.0  | 200    | 0.40   | 0.40  | 25     | 4.5   | 2.0 | 基準値          |    |        |        | 573.96  |      |      |  |  |  |



| 献立名   | ごはん   |      |      |      |      |     |      |       |       |        |     |     |        |        |       |      | 1年    | 2年   | 3年           | 4年   | 5年     | 6年     | 特1 | 特2 | 特3 | 職員 | 他 | 合計 | 換算人  |      |         |
|-------|-------|------|------|------|------|-----|------|-------|-------|--------|-----|-----|--------|--------|-------|------|-------|------|--------------|------|--------|--------|----|----|----|----|---|----|------|------|---------|
|       | 牛乳    |      |      |      |      |     |      |       |       |        |     |     |        |        |       |      | 1750  | 1850 | 1850         | 2500 |        |        |    |    |    |    |   |    |      | 6100 | 6100.00 |
|       | すまし汁  |      |      |      |      |     |      |       |       |        |     |     |        |        |       |      | 0.00  | 0.00 | 0.00         | 0.00 |        |        |    |    |    |    |   |    | 0.00 | 0.00 |         |
| エネルギー | たんぱく質 | 動物性  | 植物性  | 脂質   |      |     | 炭水化物 | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工  | 食品名          | 個付   | 一人分量   |        |    |    |    |    |   |    |      |      |         |
|       |       |      |      | 動物性  | 植物性  | g   |      |       |       |        |     |     |        |        |       |      |       |      |              |      | g      | g      | 単位 | g  |    |    |   |    |      |      |         |
| 251   | 4.2   | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0  | [ごはん]        |      |        |        |    |    |    |    |   |    |      |      |         |
| 0     | 0.0   | 0.0  | 0.0  | 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  | ごはん 60g      | *    | 1.00 個 | 0.00   |    |    |    |    |   |    |      |      |         |
| 251   | 4.2   | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0  | ごはん 70g      | *    |        | 157.00 |    |    |    |    |   |    |      |      |         |
| 0     | 0.0   | 0.0  | 0.0  | 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  | ごはん 80g      | *    |        | 0.00   |    |    |    |    |   |    |      |      |         |
| 138   | 6.8   | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2  | [牛乳]         |      |        |        |    |    |    |    |   |    |      |      |         |
| 138   | 6.8   | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2  | 牛乳           |      | 1.00 本 | 206.00 |    |    |    |    |   |    |      |      |         |
| 56    | 5.9   | 2.9  | 3.0  | 1.7  | 0.2  | 1.5 | 5.3  | 414   | 41    | 55     | 0.7 | 0.4 | 63     | 0.07   | 0.04  | 3    | 1.1   | 1.1  | [すまし汁]       |      |        |        |    |    |    |    |   |    |      |      |         |
| 8     | 1.9   | 1.9  | 0.0  | 0.2  | 0.2  | 0.0 | 0.0  | 12    | 1     | 2      | 0.2 | 0.1 | 1      | 0.01   | 0.01  | 0    | 0.0   | 0.1  | 厚削節          |      |        | 2.46   |    |    |    |    |   |    |      |      |         |
| 0     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.1  | 4     | 1     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.1   | 0.0  | だし用こんぶ       |      |        | 0.16   |    |    |    |    |   |    |      |      |         |
| 3     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.8  | 2     | 2     | 1      | 0.0 | 0.0 | 59     | 0.01   | 0.00  | 0    | 0.2   | 0.0  | にんじん         |      |        | 8.20   |    |    |    |    |   |    |      |      |         |
| 9     | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 2.4  | 1     | 5     | 3      | 0.1 | 0.1 | 0      | 0.01   | 0.00  | 2    | 0.4   | 0.0  | たまねぎ         |      |        | 28.70  |    |    |    |    |   |    |      |      |         |
| 1     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3  | 0     | 0     | 1      | 0.0 | 0.0 | 0      | 0.01   | 0.01  | 0    | 0.2   | 0.0  | えのきたけ        |      |        | 4.10   |    |    |    |    |   |    |      |      |         |
| 8     | 1.0   | 1.0  | 0.0  | 0.1  | 0.0  | 0.1 | 0.8  | 82    | 2     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2  | かまぼこ         |      |        | 8.20   |    |    |    |    |   |    |      |      |         |
| 24    | 2.2   | 0.0  | 2.2  | 1.4  | 0.0  | 1.4 | 0.5  | 3     | 28    | 43     | 0.3 | 0.2 | 0      | 0.03   | 0.01  | 0    | 0.1   | 0.0  | とうふ          |      |        | 32.80  |    |    |    |    |   |    |      |      |         |
| 0     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.1  | 0     | 1     | 1      | 0.0 | 0.0 | 3      | 0.00   | 0.00  | 1    | 0.1   | 0.0  | みつば          |      |        | 2.46   |    |    |    |    |   |    |      |      |         |
| 3     | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 0.3  | 310   | 1     | 2      | 0.1 | 0.0 | 0      | 0.00   | 0.01  | 0    | 0.0   | 0.8  | うすくちしょうゆ     |      |        | 4.92   |    |    |    |    |   |    |      |      |         |
| 69    | 3.3   | 2.4  | 0.9  | 4.6  | 4.6  | 0.0 | 3.4  | 158   | 10    | 6      | 0.1 | 0.2 | 6      | 0.02   | 0.03  | 9    | 0.4   | 0.4  | [キャベツ入りつくね]  |      |        |        |    |    |    |    |   |    |      |      |         |
| 69    | 3.3   | 2.4  | 0.9  | 4.6  | 4.6  | 0.0 | 3.4  | 158   | 10    | 6      | 0.1 | 0.2 | 6      | 0.02   | 0.03  | 9    | 0.4   | 0.4  | キャベツ入りつくね40g |      | 1.00 個 | 40.00  |    |    |    |    |   |    |      |      |         |
| 39    | 2.3   | 2.1  | 0.2  | 1.0  | 0.6  | 0.4 | 5.4  | 276   | 25    | 14     | 0.1 | 0.0 | 89     | 0.02   | 0.03  | 1    | 0.8   | 0.6  | [くきわかめの煮付け]  |      |        |        |    |    |    |    |   |    |      |      |         |
| 4     | 0.0   | 0.0  | 0.0  | 0.4  | 0.0  | 0.4 | 0.0  | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | 米油           |      |        | 0.41   |    |    |    |    |   |    |      |      |         |
| 4     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.1  | 3     | 3     | 1      | 0.0 | 0.0 | 89     | 0.01   | 0.01  | 1    | 0.3   | 0.0  | にんじん         |      |        | 12.30  |    |    |    |    |   |    |      |      |         |
| 22    | 2.1   | 2.1  | 0.0  | 0.6  | 0.6  | 0.0 | 2.3  | 120   | 10    | 2      | 0.1 | 0.0 | 0      | 0.01   | 0.02  | 0    | 0.0   | 0.3  | 揚げはん         |      |        | 16.40  |    |    |    |    |   |    |      |      |         |
| 1     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.5  | 20    | 12    | 10     | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.5   | 0.0  | くきわかめ        |      |        | 12.30  |    |    |    |    |   |    |      |      |         |
| 1     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.2  | 40    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.1  | 和風だし         |      |        | 0.41   |    |    |    |    |   |    |      |      |         |
| 5     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 1.2  | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | さとう(三温)      |      |        | 1.23   |    |    |    |    |   |    |      |      |         |
| 1     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.1  | 93    | 0     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2  | しょうゆ         |      |        | 1.64   |    |    |    |    |   |    |      |      |         |
| 1     | 0.0   | 0.0  | 0.0  | 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  | 酒            |      |        | 0.82   |    |    |    |    |   |    |      |      |         |
| 553   | 22.5  | 14.2 | 8.3  | 15.7 | 13.2 | 2.5 | 78.5 | 932   | 306   | 112    | 1.5 | 2.3 | 238    | 0.50   | 0.44  | 15   | 2.6   | 2.3  | 単純合計         |      |        | 540.51 |    |    |    |    |   |    |      |      |         |
| 650   | 26.8  | 13.4 | 13.4 | 18.1 |      |     | 0.0  | 787   | 350   | 50     | 3.0 | 2.0 | 200    | 0.40   | 0.40  | 25   | 4.5   | 2.0  | 基準値          |      |        | 573.96 |    |    |    |    |   |    |      |      |         |

| 献立名   | 麦ごはん    |      |      | 牛乳      |      |      | 米粉のハヤシライス |       |       |        |     |     | 行事等    |        |       |      |       |      |             |    |       |        |    |   |      |      |
|-------|---------|------|------|---------|------|------|-----------|-------|-------|--------|-----|-----|--------|--------|-------|------|-------|------|-------------|----|-------|--------|----|---|------|------|
|       | めひかりフライ |      |      | カラフルソテー |      |      |           |       |       |        |     |     | 人数     | 1年     | 2年    | 3年   | 4年    | 5年   | 6年          | 特1 | 特2    | 特3     | 職員 | 他 | 合計   | 換算人  |
|       |         |      |      |         |      |      |           |       |       |        |     |     | 単価     | 0.00   |       | 0.00 |       | 0.00 |             |    |       |        |    |   | 0.00 | 0.00 |
| エネルギー | たんぱく質   | 動物性  | 植物性  | 脂質      | 動物性  | 植物性  | 炭水化物      | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工  | 食品名         | 個付 | 一人分量  | 単位     | g  |   |      |      |
| kcal  | g       | g    | g    | g       | g    | g    | g         | mg    | mg    | mg     | mg  | mg  | mg     | mg     | mg    | g    | g     | g    |             |    |       |        |    |   |      |      |
| 251   | 4.3     | 0.0  | 4.3  | 0.6     | 0.0  | 0.6  | 53.9      | 0     | 5     | 16     | 0.6 | 1.0 | 0.29   | 0.03   | 0     | 1.0  | 0.0   |      | [麦ごはん]      |    |       |        |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.0       | 0     | 0     | 0      | 0.0 | 0.0 | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      | 麦ごはん 60g    | *  | 1.00個 | 0.00   |    |   |      |      |
| 251   | 4.3     | 0.0  | 4.3  | 0.6     | 0.0  | 0.6  | 53.9      | 0     | 5     | 16     | 0.6 | 1.0 | 0.29   | 0.03   | 0     | 1.0  | 0.0   |      | 麦ごはん 70g    | *  |       | 160.00 |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.0       | 0     | 0     | 0      | 0.0 | 0.0 | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      | 麦ごはん 80g    | *  |       | 0.00   |    |   |      |      |
| 138   | 6.8     | 6.8  | 0.0  | 7.8     | 7.8  | 0.0  | 9.9       | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2  | [牛乳]        |    |       |        |    |   |      |      |
| 138   | 6.8     | 6.8  | 0.0  | 7.8     | 7.8  | 0.0  | 9.9       | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2  | 牛乳          |    | 1.00本 | 206.00 |    |   |      |      |
| 141   | 6.4     | 4.4  | 2.0  | 4.3     | 3.3  | 1.0  | 21.0      | 598   | 26    | 24     | 0.5 | 0.4 | 160    | 0.22   | 0.08  | 14   | 4.2   | 1.5  | [米粉のハヤシライス] |    |       |        |    |   |      |      |
| 7     | 0.0     | 0.0  | 0.0  | 0.8     | 0.0  | 0.8  | 0.0       | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | 米油          |    |       | 0.82   |    |   |      |      |
| 23    | 3.5     | 3.5  | 0.0  | 1.0     | 1.0  | 0.0  | 0.0       | 8     | 1     | 4      | 0.1 | 0.3 | 0      | 0.15   | 0.04  | 0    | 0.0   | 0.0  | ぶたもも肉       |    |       | 16.40  |    |   |      |      |
| 1     | 0.0     | 0.0  | 0.0  | 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  | 赤ぶどう酒       |    |       | 1.64   |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 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  | こしょう        |    |       | 0.02   |    |   |      |      |
| 16    | 0.5     | 0.0  | 0.5  | 0.0     | 0.0  | 0.0  | 4.1       | 1     | 8     | 4      | 0.1 | 0.1 | 0      | 0.02   | 0.00  | 3    | 0.7   | 0.0  | たまねぎ        |    |       | 49.20  |    |   |      |      |
| 7     | 0.1     | 0.0  | 0.1  | 0.0     | 0.0  | 0.0  | 1.9       | 6     | 6     | 2      | 0.0 | 0.0 | 148    | 0.01   | 0.01  | 1    | 0.6   | 0.0  | にんじん        |    |       | 20.50  |    |   |      |      |
| 15    | 0.4     | 0.0  | 0.4  | 0.0     | 0.0  | 0.0  | 4.3       | 0     | 1     | 5      | 0.1 | 0.0 | 0      | 0.02   | 0.01  | 7    | 2.2   | 0.0  | じゃがいも       |    |       | 24.60  |    |   |      |      |
| 2     | 0.1     | 0.0  | 0.1  | 0.0     | 0.0  | 0.0  | 0.4       | 0     | 1     | 1      | 0.0 | 0.0 | 4      | 0.00   | 0.00  | 1    | 0.1   | 0.0  | 冷凍トマト       |    |       | 8.20   |    |   |      |      |
| 1     | 0.1     | 0.0  | 0.1  | 0.0     | 0.0  | 0.0  | 0.1       | 14    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.01  | 0    | 0.1   | 0.0  | マッシュルーム     |    |       | 4.10   |    |   |      |      |
| 3     | 0.1     | 0.1  | 0.0  | 0.1     | 0.1  | 0.0  | 0.5       | 0     | 1     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 1    | 0.1   | 0.0  | ローストオニオン    |    |       | 0.82   |    |   |      |      |
| 4     | 0.5     | 0.2  | 0.3  | 0.0     | 0.0  | 0.0  | 0.5       | 62    | 0     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.01  | 0    | 0.0   | 0.2  | 洋風だし        |    |       | 1.23   |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 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  | ローリエ        |    |       | 0.02   |    |   |      |      |
| 28    | 0.3     | 0.3  | 0.0  | 1.6     | 1.6  | 0.0  | 3.2       | 191   | 3     | 2      | 0.1 | 0.0 | 5      | 0.01   | 0.00  | 0    | 0.2   | 0.5  | 米粉のハヤシルウ    |    |       | 5.74   |    |   |      |      |
| 21    | 0.3     | 0.3  | 0.0  | 0.6     | 0.6  | 0.0  | 3.6       | 183   | 2     | 1      | 0.1 | 0.0 | 0      | 0.01   | 0.00  | 0    | 0.1   | 0.5  | ブラウナルウ      |    |       | 5.74   |    |   |      |      |
| 7     | 0.1     | 0.0  | 0.1  | 0.0     | 0.0  | 0.0  | 1.8       | 79    | 1     | 1      | 0.0 | 0.0 | 3      | 0.00   | 0.00  | 1    | 0.1   | 0.2  | ケチャップ       |    |       | 6.56   |    |   |      |      |
| 2     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.4       | 54    | 1     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.1  | ソース         |    |       | 1.64   |    |   |      |      |
| 4     | 0.4     | 0.0  | 0.4  | 0.2     | 0.0  | 0.2  | 0.2       | 0     | 1     | 2      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | 豆乳          |    |       | 8.20   |    |   |      |      |
| 115   | 3.7     | 3.7  | 0.0  | 8.5     | 1.1  | 7.4  | 6.2       | 45    | 65    | 10     | 0.2 | 0.1 | 6      | 0.04   | 0.05  | 0    | 0.2   | 0.1  | [めひかりフライ]   |    |       |        |    |   |      |      |
| 50    | 3.7     | 3.7  | 0.0  | 1.1     | 1.1  | 0.0  | 6.2       | 45    | 65    | 10     | 0.2 | 0.1 | 6      | 0.04   | 0.05  | 0    | 0.2   | 0.1  | めひかりフライ     |    | 2.00個 | 30.00  |    |   |      |      |
| 65    | 0.0     | 0.0  | 0.0  | 7.4     | 0.0  | 7.4  | 0.0       | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | なたね油        |    |       | 7.38   |    |   |      |      |
| 39    | 2.3     | 0.0  | 2.3  | 1.6     | 0.0  | 1.6  | 4.4       | 71    | 13    | 15     | 0.4 | 0.3 | 35     | 0.05   | 0.03  | 2    | 1.5   | 0.2  | [カラフルソテー]   |    |       |        |    |   |      |      |
| 4     | 0.0     | 0.0  | 0.0  | 0.4     | 0.0  | 0.4  | 0.0       | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | 米油          |    |       | 0.41   |    |   |      |      |
| 1     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.4       | 1     | 1     | 0      | 0.0 | 0.0 | 30     | 0.00   | 0.00  | 0    | 0.1   | 0.0  | にんじん        |    |       | 4.10   |    |   |      |      |
| 22    | 1.9     | 0.0  | 1.9  | 1.0     | 0.0  | 1.0  | 1.5       | 0     | 12    | 12     | 0.4 | 0.2 | 4      | 0.04   | 0.02  | 2    | 0.8   | 0.0  | むきえだ豆       |    |       | 16.40  |    |   |      |      |
| 11    | 0.4     | 0.0  | 0.4  | 0.2     | 0.0  | 0.2  | 2.4       | 0     | 0     | 3      | 0.0 | 0.1 | 1      | 0.01   | 0.01  | 0    | 0.6   | 0.0  | コーン         |    |       | 12.30  |    |   |      |      |
| 1     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.1       | 8     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0  | 洋風だし        |    |       | 0.16   |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 0.0     | 0.0  | 0.0  | 0.0       | 62    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2  | 天日塩         |    |       | 0.16   |    |   |      |      |
| 0     | 0.0     | 0.0  | 0.0  | 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  | こしょう        |    |       | 0.02   |    |   |      |      |
| 684   | 23.5    | 14.9 | 8.6  | 22.8    | 12.2 | 10.6 | 95.4      | 798   | 336   | 86     | 1.7 | 2.6 | 281    | 0.68   | 0.50  | 18   | 6.9   | 2.0  | 単純合計        |    |       | 592.36 |    |   |      |      |
| 650   | 26.8    | 13.4 | 13.4 | 18.1    |      |      | 0.0       | 787   | 350   | 50     | 3.0 | 2.0 | 200    | 0.40   | 0.40  | 25   | 4.5   | 2.0  | 基準値         |    |       | 573.96 |    |   |      |      |



| 献立名   | 玄米ごはん  |      |      | 牛乳    |     |     | 細切りやさいの炒め煮 |       |       |        |     |      |        |        |       |      | 行事等   |           |              |        |        |        |  |  |  |  | 合計 | 換算人 |      |         |      |      |
|-------|--------|------|------|-------|-----|-----|------------|-------|-------|--------|-----|------|--------|--------|-------|------|-------|-----------|--------------|--------|--------|--------|--|--|--|--|----|-----|------|---------|------|------|
|       | たこから揚げ |      |      | もやし炒め |     |     |            |       |       |        |     |      |        |        |       |      |       |           |              |        |        |        |  |  |  |  |    |     | 6100 | 6100.00 |      |      |
| 人数    |        |      |      |       |     |     |            |       |       |        |     |      |        |        |       |      |       |           |              |        |        |        |  |  |  |  |    |     |      |         | 0.00 | 0.00 |
| 単価    |        |      |      |       |     |     |            |       |       |        |     |      |        |        |       |      |       |           |              |        |        |        |  |  |  |  |    |     |      |         | 0.00 | 0.00 |
| エネルギー | たんぱく質  | 動物性  | 植物性  | 脂質    | 動物性 | 植物性 | 炭水化物       | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛   | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工       | 食品名          | 個付     | 一人分量   |        |  |  |  |  |    |     |      |         |      |      |
| kcal  | g      | g    | g    | g     | g   | g   | g          | mg    | mg    | mg     | mg  | μgRE | mg     | mg     | mg    | g    | g     |           |              | 単位     | g      |        |  |  |  |  |    |     |      |         |      |      |
| 250   | 4.4    | 0.0  | 4.4  | 0.9   | 0.0 | 0.9 | 53.7       | 0     | 5     | 35     | 0.8 | 1.1  | 0      | 0.30   | 0.03  | 0    | 0.9   | 0.0       | [玄米ごはん]      |        |        |        |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 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   | 玄米ごはん 60g | *            | 1.00 個 | 0.00   |        |  |  |  |  |    |     |      |         |      |      |
| 250   | 4.4    | 0.0  | 4.4  | 0.9   | 0.0 | 0.9 | 53.7       | 0     | 5     | 35     | 0.8 | 1.1  | 0      | 0.30   | 0.03  | 0    | 0.9   | 0.0       | 玄米ごはん 70g    | *      |        | 158.00 |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 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   | 玄米ごはん 80g | *            |        | 0.00   |        |  |  |  |  |    |     |      |         |      |      |
| 138   | 6.8    | 6.8  | 0.0  | 7.8   | 7.8 | 0.0 | 9.9        | 84    | 227   | 21     | 0.0 | 0.8  | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2       | [牛乳]         |        |        |        |  |  |  |  |    |     |      |         |      |      |
| 138   | 6.8    | 6.8  | 0.0  | 7.8   | 7.8 | 0.0 | 9.9        | 84    | 227   | 21     | 0.0 | 0.8  | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2       | 牛乳           |        | 1.00 本 | 206.00 |  |  |  |  |    |     |      |         |      |      |
| 94    | 6.4    | 4.4  | 2.0  | 2.2   | 1.2 | 1.0 | 13.2       | 419   | 38    | 28     | 0.6 | 0.7  | 150    | 0.23   | 0.08  | 8    | 3.4   | 1.0       | [細切りやさいの炒め煮] |        |        |        |  |  |  |  |    |     |      |         |      |      |
| 7     | 0.0    | 0.0  | 0.0  | 0.8   | 0.0 | 0.8 | 0.0        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | 米油           |        |        | 0.82   |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 0.0  | 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       | おろししょうが      |        |        | 0.25   |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.0        | 9     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | トウモロコシ       |        |        | 0.16   |  |  |  |  |    |     |      |         |      |      |
| 28    | 4.4    | 4.4  | 0.0  | 1.2   | 1.2 | 0.0 | 0.0        | 10    | 1     | 5      | 0.1 | 0.4  | 1      | 0.19   | 0.05  | 0    | 0.0   | 0.0       | ぶたもも肉(せん)    |        |        | 20.50  |  |  |  |  |    |     |      |         |      |      |
| 2     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.1        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | 酒            |        |        | 1.64   |  |  |  |  |    |     |      |         |      |      |
| 7     | 0.1    | 0.0  | 0.1  | 0.0   | 0.0 | 0.0 | 1.9        | 6     | 6     | 2      | 0.0 | 0.0  | 148    | 0.01   | 0.01  | 1    | 0.6   | 0.0       | にんじん         |        |        | 20.50  |  |  |  |  |    |     |      |         |      |      |
| 12    | 0.4    | 0.0  | 0.4  | 0.0   | 0.0 | 0.0 | 3.2        | 4     | 9     | 11     | 0.1 | 0.2  | 0      | 0.01   | 0.01  | 1    | 1.2   | 0.0       | ごぼう(せん)      |        |        | 20.50  |  |  |  |  |    |     |      |         |      |      |
| 14    | 0.4    | 0.0  | 0.4  | 0.0   | 0.0 | 0.0 | 3.4        | 1     | 7     | 4      | 0.1 | 0.1  | 0      | 0.02   | 0.00  | 3    | 0.6   | 0.0       | たまねぎ         |        |        | 41.00  |  |  |  |  |    |     |      |         |      |      |
| 1     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.5        | 2     | 9     | 0      | 0.1 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.5   | 0.0       | 突こんにやく       |        |        | 20.50  |  |  |  |  |    |     |      |         |      |      |
| 3     | 0.3    | 0.0  | 0.3  | 0.0   | 0.0 | 0.0 | 0.5        | 0     | 2     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.3   | 0.0       | たけのこ         |        |        | 12.30  |  |  |  |  |    |     |      |         |      |      |
| 1     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.2        | 0     | 0     | 0      | 0.0 | 0.0  | 1      | 0.00   | 0.00  | 3    | 0.1   | 0.0       | ピーマン         |        |        | 4.10   |  |  |  |  |    |     |      |         |      |      |
| 6     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 1.6        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | さとう(三温)      |        |        | 1.64   |  |  |  |  |    |     |      |         |      |      |
| 2     | 0.1    | 0.0  | 0.1  | 0.0   | 0.0 | 0.0 | 0.4        | 65    | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2       | 和風だし         |        |        | 0.66   |  |  |  |  |    |     |      |         |      |      |
| 4     | 0.4    | 0.0  | 0.4  | 0.2   | 0.0 | 0.2 | 0.3        | 88    | 3     | 3      | 0.1 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.1   | 0.2       | 赤みそ          |        |        | 2.05   |  |  |  |  |    |     |      |         |      |      |
| 4     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.8        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | みりん          |        |        | 1.64   |  |  |  |  |    |     |      |         |      |      |
| 3     | 0.3    | 0.0  | 0.3  | 0.0   | 0.0 | 0.0 | 0.3        | 234   | 1     | 3      | 0.1 | 0.0  | 0      | 0.00   | 0.01  | 0    | 0.0   | 0.6       | しょうゆ         |        |        | 4.10   |  |  |  |  |    |     |      |         |      |      |
| 65    | 4.8    | 4.7  | 0.1  | 3.5   | 0.1 | 3.4 | 3.2        | 81    | 6     | 0      | 0.2 | 0.5  | 1      | 0.01   | 0.03  | 0    | 0.0   | 0.2       | [たこから揚げ]     |        |        |        |  |  |  |  |    |     |      |         |      |      |
| 36    | 4.8    | 4.7  | 0.1  | 0.2   | 0.1 | 0.1 | 3.2        | 81    | 6     | 0      | 0.2 | 0.5  | 1      | 0.01   | 0.03  | 0    | 0.0   | 0.2       | たこから揚げ       |        |        | 32.80  |  |  |  |  |    |     |      |         |      |      |
| 29    | 0.0    | 0.0  | 0.0  | 3.3   | 0.0 | 3.3 | 0.0        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | なたね油         |        |        | 3.28   |  |  |  |  |    |     |      |         |      |      |
| 10    | 0.6    | 0.0  | 0.6  | 0.4   | 0.0 | 0.4 | 1.4        | 80    | 4     | 3      | 0.1 | 0.1  | 30     | 0.01   | 0.02  | 3    | 0.5   | 0.2       | [もやし炒め]      |        |        |        |  |  |  |  |    |     |      |         |      |      |
| 4     | 0.0    | 0.0  | 0.0  | 0.4   | 0.0 | 0.4 | 0.0        | 0     | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | 米油           |        |        | 0.41   |  |  |  |  |    |     |      |         |      |      |
| 1     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.4        | 1     | 1     | 0      | 0.0 | 0.0  | 30     | 0.00   | 0.00  | 0    | 0.1   | 0.0       | にんじん         |        |        | 4.10   |  |  |  |  |    |     |      |         |      |      |
| 5     | 0.6    | 0.0  | 0.6  | 0.0   | 0.0 | 0.0 | 0.9        | 1     | 3     | 3      | 0.1 | 0.1  | 0      | 0.01   | 0.02  | 3    | 0.4   | 0.0       | もやし          |        |        | 32.80  |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.1        | 16    | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0       | 和風だし         |        |        | 0.16   |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 0.0  | 0.0   | 0.0 | 0.0 | 0.0        | 62    | 0     | 0      | 0.0 | 0.0  | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2       | 天日塩          |        |        | 0.16   |  |  |  |  |    |     |      |         |      |      |
| 0     | 0.0    | 0.0  | 0.0  | 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       | こしょう         |        |        | 0.02   |  |  |  |  |    |     |      |         |      |      |
| 557   | 23.0   | 15.9 | 7.1  | 14.8  | 9.1 | 5.7 | 81.4       | 664   | 280   | 87     | 1.7 | 3.2  | 261    | 0.63   | 0.47  | 13   | 4.8   | 1.6       | 単純合計         |        |        | 590.09 |  |  |  |  |    |     |      |         |      |      |
| 650   | 26.8   | 13.4 | 13.4 | 18.1  |     |     | 0.0        | 787   | 350   | 50     | 3.0 | 2.0  | 200    | 0.40   | 0.40  | 25   | 4.5   | 2.0       | 基準値          |        |        | 573.96 |  |  |  |  |    |     |      |         |      |      |

| 献立名 | ごはん   |      | 牛乳   |      | 中華スープ |     | フロロズンヨーグルト |       | 1年    |        | 2年  | 3年  | 4年       | 5年     | 6年     | 特1    | 特2     | 特3    | 職員   | 他   | 合計 | 換算人    |        |       |
|-----|-------|------|------|------|-------|-----|------------|-------|-------|--------|-----|-----|----------|--------|--------|-------|--------|-------|------|-----|----|--------|--------|-------|
|     | 人数    | 単価   | 人数   | 単価   | 人数    | 単価  | 人数         | 単価    | 人数    | 単価     | 人数  | 単価  | 人数       | 単価     | 人数     | 単価    | 人数     | 単価    | 人数   | 単価  | 人数 | 単価     |        |       |
| エネギ | たんぱく質 | 動物性  | 植物性  | 脂質   | 動物性   | 植物性 | 炭水化物       | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | レノール活性当量 | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維総量 | 食塩相当量 | 熱加工  | 食品名 | 個付 | 一人分量   | 単位     | g     |
| 251 | 4.2   | 0.0  | 4.2  | 0.6  | 0.0   | 0.6 | 54.5       | 0     | 3     | 16     | 0.6 | 0.9 | 0        | 0.31   | 0.03   | 0     | 0.3    | 0.0   |      |     |    |        |        |       |
| 0   | 0.0   | 0.0  | 0.0  | 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   |      |     |    |        |        |       |
| 251 | 4.2   | 0.0  | 4.2  | 0.6  | 0.0   | 0.6 | 54.5       | 0     | 3     | 16     | 0.6 | 0.9 | 0        | 0.31   | 0.03   | 0     | 0.3    | 0.0   |      |     | *  | 1.00 個 | 0.00   |       |
| 0   | 0.0   | 0.0  | 0.0  | 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   |      |     | *  |        | 157.00 |       |
|     |       |      |      |      |       |     |            |       |       |        |     |     |          |        |        |       |        |       |      |     | *  |        | 0.00   |       |
| 138 | 6.8   | 6.8  | 0.0  | 7.8  | 7.8   | 0.0 | 9.9        | 84    | 227   | 21     | 0.0 | 0.8 | 80       | 0.08   | 0.31   | 2     | 0.0    | 0.2   |      |     |    |        |        |       |
| 138 | 6.8   | 6.8  | 0.0  | 7.8  | 7.8   | 0.0 | 9.9        | 84    | 227   | 21     | 0.0 | 0.8 | 80       | 0.08   | 0.31   | 2     | 0.0    | 0.2   |      |     |    | 1.00 本 | 206.00 |       |
| 36  | 1.9   | 0.6  | 1.3  | 0.5  | 0.1   | 0.4 | 6.6        | 380   | 18    | 11     | 0.3 | 0.1 | 123      | 0.05   | 0.03   | 5     | 1.7    | 0.9   |      |     |    |        |        |       |
| 6   | 0.1   | 0.0  | 0.1  | 0.0  | 0.0   | 0.0 | 1.5        | 5     | 5     | 2      | 0.0 | 0.0 | 118      | 0.01   | 0.01   | 1     | 0.5    | 0.0   |      |     |    |        | 16.40  |       |
| 14  | 0.4   | 0.0  | 0.4  | 0.0  | 0.0   | 0.0 | 3.4        | 1     | 7     | 4      | 0.1 | 0.1 | 0        | 0.02   | 0.00   | 3     | 0.6    | 0.0   |      |     |    |        | 41.00  |       |
| 2   | 0.2   | 0.0  | 0.2  | 0.0  | 0.0   | 0.0 | 0.3        | 0     | 2     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.2    | 0.0   |      |     |    |        | 8.20   |       |
| 2   | 0.2   | 0.0  | 0.2  | 0.0  | 0.0   | 0.0 | 0.5        | 0     | 0     | 1      | 0.1 | 0.0 | 0        | 0.02   | 0.01   | 0     | 0.3    | 0.0   |      |     |    |        | 6.56   |       |
| 1   | 0.1   | 0.0  | 0.1  | 0.0  | 0.0   | 0.0 | 0.3        | 0     | 3     | 1      | 0.0 | 0.0 | 5        | 0.00   | 0.00   | 1     | 0.1    | 0.0   |      |     |    |        | 4.10   |       |
| 3   | 0.3   | 0.3  | 0.0  | 0.1  | 0.1   | 0.0 | 0.3        | 53    | 0     | 1      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.1   |      |     |    |        | 0.82   |       |
| 1   | 0.3   | 0.3  | 0.0  | 0.0  | 0.0   | 0.0 | 0.0        | 11    | 0     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.0   |      |     |    |        | 4.10   |       |
| 3   | 0.3   | 0.0  | 0.3  | 0.0  | 0.0   | 0.0 | 0.3        | 310   | 1     | 2      | 0.1 | 0.0 | 0        | 0.00   | 0.01   | 0     | 0.0    | 0.8   |      |     |    |        | 4.92   |       |
| 0   | 0.0   | 0.0  | 0.0  | 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   |      |     |    |        | 0.02   |       |
| 4   | 0.0   | 0.0  | 0.0  | 0.4  | 0.0   | 0.4 | 0.0        | 0     | 0     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.0   |      |     |    |        | 0.41   |       |
| 129 | 3.5   | 2.0  | 1.5  | 7.9  | 7.9   | 0.0 | 10.0       | 188   | 8     | 7      | 0.2 | 0.4 | 1        | 0.10   | 0.04   | 4     | 0.5    | 0.5   |      |     |    |        |        |       |
| 129 | 3.5   | 2.0  | 1.5  | 7.9  | 7.9   | 0.0 | 10.0       | 188   | 8     | 7      | 0.2 | 0.4 | 1        | 0.10   | 0.04   | 4     | 0.5    | 0.5   |      |     |    | 2.00 個 | 50.00  |       |
| 17  | 0.7   | 0.2  | 0.5  | 0.4  | 0.0   | 0.4 | 2.9        | 100   | 19    | 7      | 0.2 | 0.0 | 74       | 0.02   | 0.02   | 10    | 0.7    | 0.2   |      |     |    |        |        |       |
| 4   | 0.0   | 0.0  | 0.0  | 0.4  | 0.0   | 0.4 | 0.0        | 0     | 0     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.0   |      |     |    |        |        | 0.41  |
| 3   | 0.1   | 0.0  | 0.1  | 0.0  | 0.0   | 0.0 | 0.8        | 2     | 2     | 1      | 0.0 | 0.0 | 59       | 0.01   | 0.00   | 0     | 0.2    | 0.0   |      |     |    |        |        | 8.20  |
| 4   | 0.3   | 0.0  | 0.3  | 0.0  | 0.0   | 0.0 | 1.1        | 1     | 9     | 3      | 0.1 | 0.0 | 1        | 0.01   | 0.01   | 8     | 0.4    | 0.0   |      |     |    |        |        | 20.50 |
| 1   | 0.0   | 0.0  | 0.0  | 0.0  | 0.0   | 0.0 | 0.2        | 3     | 8     | 1      | 0.1 | 0.0 | 14       | 0.00   | 0.01   | 2     | 0.1    | 0.0   |      |     |    |        |        | 8.20  |
| 1   | 0.1   | 0.1  | 0.0  | 0.0  | 0.0   | 0.0 | 0.1        | 10    | 0     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.0   |      |     |    |        |        | 0.16  |
| 2   | 0.0   | 0.0  | 0.0  | 0.0  | 0.0   | 0.0 | 0.4        | 0     | 0     | 0      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.0   |      |     |    |        |        | 0.41  |
| 1   | 0.1   | 0.1  | 0.0  | 0.0  | 0.0   | 0.0 | 0.2        | 37    | 0     | 1      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.1   |      |     |    |        |        | 0.82  |
| 1   | 0.1   | 0.0  | 0.1  | 0.0  | 0.0   | 0.0 | 0.1        | 47    | 0     | 1      | 0.0 | 0.0 | 0        | 0.00   | 0.00   | 0     | 0.0    | 0.1   |      |     |    |        |        | 0.82  |
| 0   | 0.0   | 0.0  | 0.0  | 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   |      |     |    |        |        | 0.02  |
| 102 | 3.4   | 3.4  | 0.0  | 2.9  | 2.9   | 0.0 | 15.6       | 50    | 114   | 11     | 0.0 | 0.4 | 26       | 0.00   | 0.20   | 1     | 0.0    | 0.1   |      |     |    |        |        |       |
| 102 | 3.4   | 3.4  | 0.0  | 2.9  | 2.9   | 0.0 | 15.6       | 50    | 114   | 11     | 0.0 | 0.4 | 26       | 0.00   | 0.20   | 1     | 0.0    | 0.1   |      |     |    | 1.00 個 | 73.00  |       |
| 673 | 20.5  | 13.0 | 7.5  | 20.1 | 18.7  | 1.4 | 99.5       | 802   | 389   | 73     | 1.3 | 2.6 | 304      | 0.56   | 0.63   | 22    | 3.2    | 1.9   | 単純合計 | 値   |    |        | 612.07 |       |
| 650 | 26.8  | 13.4 | 13.4 | 18.1 |       |     | 0.0        | 787   | 350   | 50     | 3.0 | 2.0 | 200      | 0.40   | 0.40   | 25    | 4.5    | 2.0   | 基準   | 値   |    |        | 573.96 |       |

[ 予定献立表 (日毎) ]

| 献立名        | ごはん     |       |       | 牛乳    |       |        | 肉じゃが     |          |           | 行事等  |       |             | 1年        | 2年       | 3年       | 4年      | 5年   | 6年      | 特1       | 特2    | 特3    | 職員 | 他 | 合計    | 換算人    |         |
|------------|---------|-------|-------|-------|-------|--------|----------|----------|-----------|------|-------|-------------|-----------|----------|----------|---------|------|---------|----------|-------|-------|----|---|-------|--------|---------|
|            | とうふだんご  |       |       | メロン   |       |        |          |          |           |      |       |             | 1750      |          | 1850     |         | 2500 |         |          |       |       |    |   |       | 6100   | 6100.00 |
|            | 単価      |       |       | 0.00  |       |        | 0.00     |          |           | 0.00 |       |             |           |          |          |         |      |         |          |       |       |    |   |       | 0.00   | 0.00    |
| エネルギー kcal | たんぱく質 g | 動物性 g | 植物性 g | 脂質 g  |       | 炭水化物 g | ナトリウム mg | カルシウム mg | マグネシウム mg | 鉄 mg | 亜鉛 mg | ビタミンB1 μgRE | ビタミンB2 mg | ビタミンC mg | 食物繊維総量 g | 食塩相当量 g | 熱加工  | 食品名     | 個付       | 一人分量  |       |    |   |       |        |         |
|            |         |       |       | 動物性 g | 植物性 g |        |          |          |           |      |       |             |           |          |          |         |      |         |          | 単位    | g     |    |   |       |        |         |
| 251        | 4.2     | 0.0   | 4.2   | 0.6   | 0.0   | 54.5   | 0        | 3        | 16        | 0.6  | 0.9   | 0           | 0.31      | 0.03     | 0        | 0.3     | 0.0  | [ごはん]   |          |       |       |    |   |       |        |         |
| 0          | 0.0     | 0.0   | 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  | ごはん 60g | *        |       |       |    |   |       |        |         |
| 251        | 4.2     | 0.0   | 4.2   | 0.6   | 0.0   | 54.5   | 0        | 3        | 16        | 0.6  | 0.9   | 0           | 0.31      | 0.03     | 0        | 0.3     | 0.0  | ごはん 70g | *        | 1.00個 |       |    |   |       | 157.00 |         |
| 0          | 0.0     | 0.0   | 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  | ごはん 80g | *        |       |       |    |   |       | 0.00   |         |
| 138        | 6.8     | 6.8   | 0.0   | 7.8   | 7.8   | 0.0    | 9.9      | 84       | 227       | 21   | 0.0   | 0.8         | 80        | 0.08     | 0.31     | 2       | 0.0  | 0.2     | [牛乳]     |       |       |    |   |       |        |         |
| 138        | 6.8     | 6.8   | 0.0   | 7.8   | 7.8   | 0.0    | 9.9      | 84       | 227       | 21   | 0.0   | 0.8         | 80        | 0.08     | 0.31     | 2       | 0.0  | 0.2     | 牛乳       |       | 1.00本 |    |   |       | 206.00 |         |
| 100        | 6.3     | 4.4   | 1.9   | 2.0   | 1.2   | 0.8    | 16.8     | 379      | 27        | 23   | 0.6   | 0.6         | 151       | 0.26     | 0.08     | 15      | 5.4  | 0.9     | [肉じゃが]   |       |       |    |   |       |        |         |
| 7          | 0.0     | 0.0   | 0.0   | 0.8   | 0.0   | 0.8    | 0.0      | 0        | 0         | 0    | 0.0   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.0  | 0.0     | 米油       |       |       |    |   | 0.82  |        |         |
| 0          | 0.0     | 0.0   | 0.0   | 0.0   | 0.0   | 0.0    | 0.1      | 0        | 0         | 0    | 0.0   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.0  | 0.0     | おろししょうが  |       |       |    |   | 0.41  |        |         |
| 28         | 4.4     | 4.4   | 0.0   | 1.2   | 1.2   | 0.0    | 0.0      | 10       | 1         | 5    | 0.1   | 0.4         | 1         | 0.19     | 0.05     | 0       | 0.0  | 0.0     | ぶたもも肉    |       |       |    |   | 20.50 |        |         |
| 1          | 0.0     | 0.0   | 0.0   | 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     | 酒        |       |       |    |   | 0.82  |        |         |
| 7          | 0.1     | 0.0   | 0.1   | 0.0   | 0.0   | 0.0    | 1.9      | 6        | 6         | 2    | 0.0   | 0.0         | 148       | 0.01     | 0.01     | 1       | 0.6  | 0.0     | にんじん     |       |       |    |   | 20.50 |        |         |
| 15         | 0.5     | 0.0   | 0.5   | 0.0   | 0.0   | 0.0    | 3.8      | 1        | 8         | 4    | 0.1   | 0.1         | 0         | 0.02     | 0.00     | 3       | 0.7  | 0.0     | たまねぎ     |       |       |    |   | 45.10 |        |         |
| 24         | 0.7     | 0.0   | 0.7   | 0.0   | 0.0   | 0.0    | 7.1      | 0        | 2         | 8    | 0.2   | 0.1         | 0         | 0.04     | 0.01     | 11      | 3.6  | 0.0     | じゃがいも    |       |       |    |   | 41.00 |        |         |
| 1          | 0.0     | 0.0   | 0.0   | 0.0   | 0.0   | 0.0    | 0.4      | 2        | 7         | 0    | 0.1   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.4  | 0.0     | 糸こんにゃく   |       |       |    |   | 16.40 |        |         |
| 1          | 0.1     | 0.0   | 0.1   | 0.0   | 0.0   | 0.0    | 0.2      | 0        | 2         | 1    | 0.0   | 0.0         | 2         | 0.00     | 0.00     | 0       | 0.1  | 0.0     | さやいんげん   |       |       |    |   | 4.10  |        |         |
| 2          | 0.1     | 0.0   | 0.1   | 0.0   | 0.0   | 0.0    | 0.5      | 80       | 0         | 0    | 0.0   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.0  | 0.2     | 和風だし     |       |       |    |   | 0.82  |        |         |
| 6          | 0.0     | 0.0   | 0.0   | 0.0   | 0.0   | 0.0    | 1.6      | 0        | 0         | 0    | 0.0   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.0  | 0.0     | さとう(三温)  |       |       |    |   | 1.64  |        |         |
| 4          | 0.4     | 0.0   | 0.4   | 0.0   | 0.0   | 0.0    | 0.4      | 280      | 1         | 3    | 0.1   | 0.0         | 0         | 0.00     | 0.01     | 0       | 0.0  | 0.7     | しょうゆ     |       |       |    |   | 4.92  |        |         |
| 4          | 0.0     | 0.0   | 0.0   | 0.0   | 0.0   | 0.0    | 0.8      | 0        | 0         | 0    | 0.0   | 0.0         | 0         | 0.00     | 0.00     | 0       | 0.0  | 0.0     | みりん      |       |       |    |   | 1.64  |        |         |
| 46         | 1.8     | 1.2   | 0.6   | 2.3   | 0.6   | 1.7    | 4.4      | 132      | 9         | 14   | 0.2   | 0.1         | 8         | 0.01     | 0.01     | 0       | 0.3  | 0.4     | [とうふだんご] |       |       |    |   |       |        |         |
| 46         | 1.8     | 1.2   | 0.6   | 2.3   | 0.6   | 1.7    | 4.4      | 132      | 9         | 14   | 0.2   | 0.1         | 8         | 0.01     | 0.01     | 0       | 0.3  | 0.4     | とうふだんご   |       | 2.00個 |    |   |       | 32.00  |         |
| 12         | 0.3     | 0.0   | 0.3   | 0.0   | 0.0   | 0.0    | 3.1      | 2        | 2         | 4    | 0.1   | 0.1         | 1         | 0.02     | 0.01     | 5       | 0.2  | 0.0     | [メロン]    |       |       |    |   |       |        |         |
| 12         | 0.3     | 0.0   | 0.3   | 0.0   | 0.0   | 0.0    | 3.1      | 2        | 2         | 4    | 0.1   | 0.1         | 1         | 0.02     | 0.01     | 5       | 0.2  | 0.0     | メロン      |       | 0.06個 |    |   |       | 30.00  |         |
| 547        | 19.4    | 12.4  | 7.0   | 12.7  | 9.6   | 3.1    | 88.7     | 597      | 268       | 78   | 1.5   | 2.5         | 240       | 0.68     | 0.44     | 22      | 6.2  | 1.5     | 単純合計     |       |       |    |   |       | 583.67 |         |
| 650        | 26.8    | 13.4  | 13.4  | 18.1  |       |        | 0.0      | 787      | 350       | 50   | 3.0   | 2.0         | 200       | 0.40     | 0.40     | 25      | 4.5  | 2.0     | 基準       |       |       |    |   |       | 573.96 |         |





| 献立名     | ごはん   |      | 牛乳   |      | 生揚げのたまごとじ |     |      |      |       |       |        |     |     |        | 行事等    |       |      |       |     |             |    |      |    |        |  |
|---------|-------|------|------|------|-----------|-----|------|------|-------|-------|--------|-----|-----|--------|--------|-------|------|-------|-----|-------------|----|------|----|--------|--|
|         | たんぱく質 | 糖質   | 動物性  | 植物性  | 脂質        | 動物性 | 植物性  | 炭水化物 | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工 | 食品名         | 個付 | 一人分量 | 単位 | g      |  |
| さばの銀紙焼き | 4.2   | 0.0  | 0.0  | 4.2  | 0.6       | 0.0 | 0.6  | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0 | [ごはん]       | *  |      |    |        |  |
|         | 0.0   | 0.0  | 0.0  | 0.0  | 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 | ごはん 60g     | *  | 1.00 | 個  | 0.00   |  |
|         | 4.2   | 0.0  | 0.0  | 4.2  | 0.6       | 0.0 | 0.6  | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0 | ごはん 70g     | *  |      |    |        |  |
|         | 0.0   | 0.0  | 0.0  | 0.0  | 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 | ごはん 80g     | *  |      |    |        |  |
|         | 6.8   | 6.8  | 0.0  | 0.0  | 7.8       | 7.8 | 0.0  | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2 | [牛乳]        |    |      |    |        |  |
|         | 6.8   | 6.8  | 0.0  | 0.0  | 7.8       | 7.8 | 0.0  | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2 | 牛乳          |    | 1.00 | 本  | 206.00 |  |
|         | 7.0   | 3.0  | 4.0  | 6.8  | 6.8       | 0.0 | 0.0  | 11.4 | 388   | 39    | 51     | 0.9 | 0.7 | 174    | 0.09   | 0.14  | 5    | 1.9   | 0.9 | [生揚げのたまごとじ] |    |      |    |        |  |
|         | 0.1   | 0.0  | 0.1  | 0.0  | 0.0       | 0.0 | 0.0  | 1.5  | 5     | 5     | 2      | 0.0 | 0.0 | 118    | 0.01   | 0.01  | 1    | 0.5   | 0.0 | にんじん        |    |      |    | 16.40  |  |
|         | 0.5   | 0.0  | 0.5  | 0.0  | 0.0       | 0.0 | 0.0  | 3.8  | 1     | 8     | 4      | 0.1 | 0.1 | 0      | 0.02   | 0.00  | 3    | 0.7   | 0.0 | たまねぎ        |    |      |    | 45.10  |  |
|         | 2.8   | 0.0  | 2.8  | 4.3  | 4.3       | 0.0 | 0.0  | 2.2  | 14    | 11    | 37     | 0.4 | 0.3 | 1      | 0.05   | 0.01  | 0    | 0.2   | 0.0 | 冷凍生揚げ       |    |      |    | 36.90  |  |
|         | 0.2   | 0.0  | 0.2  | 0.0  | 0.0       | 0.0 | 0.5  | 0    | 0     | 1     | 0.0    | 0.0 | 0.0 | 0      | 0.00   | 0.01  | 0    | 0.4   | 0.0 | 干しいたけ       |    |      |    | 0.82   |  |
|         | 3.0   | 3.0  | 0.0  | 2.5  | 2.5       | 0.0 | 0.1  | 34   | 13    | 3     | 0.4    | 0.3 | 52  | 0.01   | 0.11   | 0     | 0.0  | 0.1   | 0.0 | 液卵          |    |      |    | 24.60  |  |
|         | 0.1   | 0.0  | 0.1  | 0.0  | 0.0       | 0.0 | 0.1  | 0    | 1     | 1     | 0.0    | 0.0 | 3   | 0.00   | 0.00   | 1     | 0.1  | 0.0   | 0.0 | みつば         |    |      |    | 2.46   |  |
|         | 0.0   | 0.0  | 0.0  | 0.0  | 0.0       | 0.0 | 0.1  | 0    | 0     | 0     | 0.0    | 0.0 | 0   | 0.00   | 0.00   | 0     | 0.0  | 0.0   | 0.0 | 和風だし        |    |      |    | 0.82   |  |
|         | 0.1   | 0.0  | 0.1  | 0.0  | 0.0       | 0.0 | 0.1  | 47   | 0     | 1     | 0.0    | 0.0 | 0   | 0.00   | 0.00   | 0     | 0.0  | 0.1   | 0.0 | さとう(三温)     |    |      |    | 1.64   |  |
|         | 0.2   | 0.0  | 0.2  | 0.0  | 0.0       | 0.0 | 0.2  | 207  | 1     | 2     | 0.0    | 0.0 | 0   | 0.00   | 0.00   | 0     | 0.0  | 0.5   | 0.0 | しょうゆ        |    |      |    | 0.82   |  |
|         | 0.0   | 0.0  | 0.0  | 0.0  | 0.0       | 0.0 | 0.8  | 0    | 0     | 0     | 0.0    | 0.0 | 0   | 0.00   | 0.00   | 0     | 0.0  | 0.0   | 0.0 | うすくちしょうゆ    |    |      |    | 3.28   |  |
|         | 0.0   | 0.0  | 0.0  | 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   | 0.0 | みりん         |    |      |    | 1.64   |  |
|         | 0.0   | 0.0  | 0.0  | 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   | 0.0 | 酒           |    |      |    | 0.82   |  |
|         | 10.0  | 7.3  | 2.7  | 5.8  | 2.3       | 3.5 | 6.7  | 305  | 95    | 18    | 0.9    | 0.5 | 9   | 0.02   | 0.11   | 0     | 0.3  | 0.8   | 0.0 | [さばの銀紙焼き]   |    |      |    |        |  |
|         | 10.0  | 7.3  | 2.7  | 5.8  | 2.3       | 3.5 | 6.7  | 305  | 95    | 18    | 0.9    | 0.5 | 9   | 0.02   | 0.11   | 0     | 0.3  | 0.8   | 0.0 | さばの銀紙焼き 50g |    | 1.00 | 個  | 50.00  |  |
|         | 0.4   | 0.0  | 0.4  | 0.0  | 0.0       | 0.0 | 2.0  | 113  | 16    | 5     | 0.1    | 0.0 | 6   | 0.01   | 0.01   | 12    | 0.6  | 0.3   | 0.0 | [青菜あえ]      |    |      |    |        |  |
|         | 0.3   | 0.0  | 0.3  | 0.0  | 0.0       | 0.0 | 1.3  | 1    | 11    | 3     | 0.1    | 0.0 | 1   | 0.01   | 0.01   | 10    | 0.4  | 0.0   | 0.0 | キャベツ        |    |      |    | 24.60  |  |
|         | 0.1   | 0.0  | 0.1  | 0.0  | 0.0       | 0.0 | 0.4  | 0    | 3     | 2     | 0.0    | 0.0 | 3   | 0.00   | 0.00   | 2     | 0.1  | 0.0   | 0.0 | きゅうり        |    |      |    | 12.30  |  |
|         | 0.0   | 0.0  | 0.0  | 0.0  | 0.0       | 0.0 | 0.3  | 112  | 2     | 0     | 0.0    | 0.0 | 2   | 0.00   | 0.00   | 0     | 0.1  | 0.3   | 0.0 | なめしの素       |    |      |    | 0.66   |  |
| 650     | 28.4  | 17.1 | 11.3 | 21.0 | 16.9      | 4.1 | 84.5 | 890  | 380   | 111   | 2.5    | 2.9 | 269 | 0.51   | 0.60   | 19    | 3.1  | 2.2   | 0.0 | 単純合計値       |    |      |    | 585.86 |  |
| 650     | 26.8  | 13.4 | 13.4 | 18.1 |           |     | 0.0  | 787  | 350   | 50    | 3.0    | 2.0 | 200 | 0.40   | 0.40   | 25    | 4.5  | 2.0   | 0.0 | 基準値         |    |      |    | 573.96 |  |

[ 予定献立表 (日毎) ]

| 献立名   | ごはん<br>いわしのうめ煮 | 牛乳<br>えだ豆 | けんちん汁 | 1年   | 2年   | 3年   | 4年   | 5年   | 6年   | 特1   | 特2   | 特3   | 職員    | 他    | 合計    | 換算人   |        |      |         |      |      |      |      |      |    |           |     |        |        |        |    |   |
|-------|----------------|-----------|-------|------|------|------|------|------|------|------|------|------|-------|------|-------|-------|--------|------|---------|------|------|------|------|------|----|-----------|-----|--------|--------|--------|----|---|
|       |                |           |       | 人数   | 1750 | 1850 | 2500 | 2500 | 2500 | 2500 | 2500 | 2500 | 2500  | 2500 | 2500  | 2500  | 2500   | 6100 | 6100.00 |      |      |      |      |      |    |           |     |        |        |        |    |   |
| 単価    | 0.00           | 0.00      | 0.00  | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00  | 0.00 | 0.00  | 0.00  |        |      |         |      |      |      |      |      |    |           |     |        |        |        |    |   |
| 行事等   |                |           |       |      |      |      |      |      |      |      |      |      |       |      |       |       |        |      |         |      |      |      |      |      |    |           |     |        |        |        |    |   |
| エネルギー | たんぱく質          |           | 動物性   |      | 植物性  |      | 脂質   |      | 動物性  |      | 植物性  |      | 炭水化合物 |      | ナトリウム | カルシウム | マグネシウム | 鉄    | 亜鉛      | レノール | ビタミン | ビタミン | ビタミン | 食物繊維 | 食塩 | 熱加工       | 食品名 | 個付     | 一人分量   |        | 単位 | g |
|       | kcal           | g         | g     | g    | g    | g    | g    | g    | g    | g    | g    | g    | g     | g    | mg    | mg    | mg     | mg   | μgRE    | mg   | mg   | mg   | mg   | g    | g  | g         |     |        | g      | g      |    |   |
| 251   | 4.2            | 0.0       | 4.2   | 0.6  | 0.0  | 0.6  | 54.5 | 0    | 3    | 16   | 0.6  | 0.9  | 0     | 0.31 | 0.03  | 0     | 0.3    | 0.0  | 0       | 0.00 | 0.00 | 0    | 0.0  | 0.0  |    | 0.0       |     |        |        |        |    |   |
| 0     | 0.0            | 0.0       | 0.0   | 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  | 0       | 0.00 | 0.00 | 0    | 0.0  | 0.0  |    | 0.0       |     |        |        |        |    |   |
| 251   | 4.2            | 0.0       | 4.2   | 0.6  | 0.0  | 0.6  | 54.5 | 0    | 3    | 16   | 0.6  | 0.9  | 0     | 0.31 | 0.03  | 0     | 0.3    | 0.0  | 0       | 0.00 | 0.00 | 0    | 0.3  | 0.0  |    | 0.0       | *   | 1.00 個 |        | 157.00 |    |   |
| 0     | 0.0            | 0.0       | 0.0   | 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  | 0       | 0.00 | 0.00 | 0    | 0.0  | 0.0  |    | 0.0       | *   | 1.00 個 |        | 157.00 |    |   |
| 138   | 6.8            | 6.8       | 0.0   | 7.8  | 7.8  | 0.0  | 9.9  | 84   | 227  | 21   | 0.0  | 0.8  | 80    | 0.08 | 0.31  | 2     | 0.0    | 0.2  |         | 0.08 | 0.31 | 2    | 0.0  | 0.2  |    | 0.0       |     |        |        |        |    |   |
| 138   | 6.8            | 6.8       | 0.0   | 7.8  | 7.8  | 0.0  | 9.9  | 84   | 227  | 21   | 0.0  | 0.8  | 80    | 0.08 | 0.31  | 2     | 0.0    | 0.2  |         | 0.08 | 0.31 | 2    | 0.0  | 0.2  |    | 0.0       |     |        |        |        |    |   |
| 55    | 4.9            | 1.9       | 3.0   | 2.0  | 0.2  | 1.8  | 5.2  | 319  | 49   | 56   | 0.6  | 0.4  | 95    | 0.05 | 0.04  | 3     | 1.8    | 0.9  |         | 0.05 | 0.04 | 3    | 1.8  | 0.9  |    | 0.0       |     |        |        |        |    |   |
| 8     | 1.9            | 1.9       | 0.0   | 0.2  | 0.2  | 0.0  | 0.0  | 12   | 1    | 2    | 0.2  | 0.1  | 1     | 0.01 | 0.01  | 0     | 0.0    | 0.1  |         | 0.01 | 0.01 | 0    | 0.0  | 0.1  |    | 2.46      |     |        |        |        |    |   |
| 0     | 0.0            | 0.0       | 0.0   | 0.0  | 0.0  | 0.0  | 0.1  | 4    | 1    | 1    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.1    | 0.0  |         | 0.00 | 0.00 | 0    | 0.1  | 0.0  |    | 0.16      |     |        |        |        |    |   |
| 4     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 1.1  | 3    | 3    | 1    | 0.0  | 0.0  | 89    | 0.01 | 0.01  | 1     | 0.3    | 0.0  |         | 0.01 | 0.01 | 1    | 0.3  | 0.0  |    | 12.30     |     |        |        |        |    |   |
| 4     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 1.0  | 0    | 2    | 1    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 1     | 0.2    | 0.0  |         | 0.00 | 0.00 | 1    | 0.2  | 0.0  |    | 12.30     |     |        |        |        |    |   |
| 5     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 1.3  | 1    | 4    | 4    | 0.1  | 0.1  | 0     | 0.00 | 0.00  | 0     | 0.5    | 0.0  |         | 0.00 | 0.00 | 0    | 0.5  | 0.0  |    | 8.20      |     |        |        |        |    |   |
| 1     | 0.0            | 0.0       | 0.0   | 0.0  | 0.0  | 0.0  | 0.3  | 1    | 5    | 0    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.3    | 0.0  |         | 0.00 | 0.00 | 0    | 0.3  | 0.0  |    | 12.30     |     |        |        |        |    |   |
| 1     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 0.3  | 0    | 0    | 0    | 0.0  | 0.0  | 0     | 0.00 | 0.01  | 0     | 0.2    | 0.0  |         | 0.00 | 0.01 | 0    | 0.2  | 0.0  |    | 0.41      |     |        |        |        |    |   |
| 24    | 2.2            | 0.0       | 2.2   | 1.4  | 0.0  | 1.4  | 0.5  | 3    | 28   | 43   | 0.3  | 0.2  | 0     | 0.03 | 0.01  | 0     | 0.1    | 0.0  |         | 0.03 | 0.01 | 0    | 0.1  | 0.0  |    | 32.80     |     |        |        |        |    |   |
| 1     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 0.3  | 0    | 3    | 1    | 0.0  | 0.0  | 5     | 0.00 | 0.00  | 1     | 0.1    | 0.0  |         | 0.00 | 0.00 | 1    | 0.1  | 0.0  |    | 4.10      |     |        |        |        |    |   |
| 2     | 0.2            | 0.0       | 0.2   | 0.0  | 0.0  | 0.0  | 0.2  | 140  | 1    | 2    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.0    | 0.4  |         | 0.00 | 0.00 | 0    | 0.0  | 0.4  |    | 2.46      |     |        |        |        |    |   |
| 1     | 0.1            | 0.0       | 0.1   | 0.0  | 0.0  | 0.0  | 0.1  | 155  | 1    | 1    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.0    | 0.4  |         | 0.00 | 0.00 | 0    | 0.0  | 0.4  |    | 2.46      |     |        |        |        |    |   |
| 4     | 0.0            | 0.0       | 0.0   | 0.4  | 0.0  | 0.4  | 0.0  | 0    | 0    | 0    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.0    | 0.0  |         | 0.00 | 0.00 | 0    | 0.0  | 0.0  |    | 0.41      |     |        |        |        |    |   |
| 88    | 6.0            | 6.0       | 0.0   | 5.4  | 2.0  | 3.4  | 4.0  | 180  | 76   | 11   | 0.7  | 0.3  | 6     | 0.00 | 0.10  | 0     | 0.2    | 0.4  |         | 0.00 | 0.10 | 0    | 0.2  | 0.4  |    | 0.0       |     |        |        |        |    |   |
| 88    | 6.0            | 6.0       | 0.0   | 5.4  | 2.0  | 3.4  | 4.0  | 180  | 76   | 11   | 0.7  | 0.3  | 6     | 0.00 | 0.10  | 0     | 0.2    | 0.4  |         | 0.00 | 0.10 | 0    | 0.2  | 0.4  |    | 0.0       |     |        |        |        |    |   |
| 22    | 1.9            | 0.0       | 1.9   | 1.0  | 0.0  | 1.0  | 1.5  | 31   | 12   | 12   | 0.4  | 0.2  | 4     | 0.04 | 0.02  | 2     | 0.8    | 0.1  |         | 0.04 | 0.02 | 2    | 0.8  | 0.1  |    | 0.0       |     |        |        |        |    |   |
| 22    | 1.9            | 0.0       | 1.9   | 1.0  | 0.0  | 1.0  | 1.5  | 0    | 12   | 12   | 0.4  | 0.2  | 4     | 0.04 | 0.02  | 2     | 0.8    | 0.0  |         | 0.04 | 0.02 | 2    | 0.8  | 0.0  |    | 0.0       |     |        |        |        |    |   |
| 0     | 0.0            | 0.0       | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 31   | 0    | 0    | 0.0  | 0.0  | 0     | 0.00 | 0.00  | 0     | 0.0    | 0.0  |         | 0.00 | 0.00 | 0    | 0.0  | 0.1  |    | 0.0       |     |        |        |        |    |   |
|       |                |           |       |      |      |      |      |      |      |      |      |      |       |      |       |       |        |      |         |      |      |      |      |      |    |           |     |        |        |        |    |   |
|       |                |           |       |      |      |      |      |      |      |      |      |      |       |      |       |       |        |      |         |      |      |      |      |      |    |           |     |        |        |        |    |   |
| 554   | 23.8           | 14.7      | 9.1   | 16.8 | 10.0 | 6.8  | 75.1 | 614  | 367  | 116  | 2.3  | 2.6  | 185   | 0.48 | 0.50  | 7     | 3.1    | 1.6  |         |      |      |      |      |      |    | 単 純 合 計 値 |     |        | 509.84 |        |    |   |
| 650   | 26.8           | 13.4      | 13.4  | 18.1 |      |      | 0.0  | 787  | 350  | 50   | 3.0  | 2.0  | 200   | 0.40 | 0.40  | 25    | 4.5    | 2.0  |         |      |      |      |      |      |    | 基 準 値     |     |        | 573.96 |        |    |   |









| 献立名  | ごはん    |      | 牛乳      |      | ぶた汁  |     |      |       | 1年    |        | 2年   | 3年   | 4年     | 5年     | 6年    | 特1     | 特2    | 特3  | 職員        | 他 | 合計   | 換算人     |        |
|------|--------|------|---------|------|------|-----|------|-------|-------|--------|------|------|--------|--------|-------|--------|-------|-----|-----------|---|------|---------|--------|
|      | さけの塩焼き |      | ごぼうの炒め煮 |      |      |     |      |       | 1750  |        |      | 1850 |        | 2500   |       |        |       |     |           |   | 6100 | 6100.00 |        |
|      | 単価     |      | 0.00    |      | 0.00 |     | 0.00 |       | 0.00  |        | 0.00 |      | 0.00   |        | 0.00  |        | 0.00  |     | 0.00      |   | 0.00 |         | 0.00   |
| エネギ  | たんぱく質  | 動物性  | 植物性     | 脂質   | 動物性  | 植物性 | 炭水化物 | ナトリウム | カルシウム | マグネシウム | 鉄    | 亜鉛   | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維総量 | 食塩相当量 | 熱加工 | 食品名       |   |      | 個付      | 一人分量   |
| kcal | g      | g    | g       | g    | g    | g   | g    | mg    | mg    | mg     | mg   | mg   | mg     | mg     | mg    | g      | g     |     |           |   |      | 単位      | g      |
| 251  | 4.2    | 0.0  | 4.2     | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6  | 0.9  | 0      | 0.31   | 0.03  | 0      | 0.3   | 0.0 | [ごはん]     |   |      |         |        |
| 0    | 0.0    | 0.0  | 0.0     | 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 | ごはん 60g   |   |      | *       | 0.00   |
| 251  | 4.2    | 0.0  | 4.2     | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6  | 0.9  | 0      | 0.31   | 0.03  | 0      | 0.3   | 0.0 | ごはん 70g   |   |      | *       | 157.00 |
| 0    | 0.0    | 0.0  | 0.0     | 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 | ごはん 80g   |   |      | *       | 0.00   |
| 138  | 6.8    | 6.8  | 0.0     | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0  | 0.8  | 80     | 0.08   | 0.31  | 2      | 0.0   | 0.2 | [牛乳]      |   |      |         |        |
| 138  | 6.8    | 6.8  | 0.0     | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0  | 0.8  | 80     | 0.08   | 0.31  | 2      | 0.0   | 0.2 | 牛乳        |   |      | 1.00本   | 206.00 |
| 88   | 8.3    | 4.2  | 4.1     | 4.1  | 0.9  | 3.2 | 5.2  | 441   | 103   | 61     | 1.5  | 0.8  | 5      | 0.16   | 0.05  | 5      | 1.7   | 1.1 | [ぶた汁]     |   |      |         |        |
| 7    | 1.6    | 1.6  | 0.0     | 0.2  | 0.2  | 0.0 | 0.0  | 42    | 54    | 6      | 0.4  | 0.2  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.1 | 煮干し粉      |   |      |         | 2.46   |
| 17   | 2.6    | 2.6  | 0.0     | 0.7  | 0.7  | 0.0 | 0.0  | 6     | 0     | 3      | 0.1  | 0.3  | 0      | 0.12   | 0.03  | 0      | 0.0   | 0.0 | ぶたもも肉     |   |      |         | 12.30  |
| 1    | 0.0    | 0.0  | 0.0     | 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 | 酒         |   |      |         | 0.82   |
| 8    | 0.2    | 0.0  | 0.2     | 0.0  | 0.0  | 0.0 | 2.1  | 0     | 4     | 2      | 0.1  | 0.0  | 0      | 0.01   | 0.00  | 2      | 0.4   | 0.0 | たまねぎ      |   |      |         | 24.60  |
| 2    | 0.1    | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.7  | 3     | 4     | 2      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 2      | 0.2   | 0.0 | だいこん      |   |      |         | 16.40  |
| 18   | 1.6    | 0.0  | 1.6     | 1.0  | 0.0  | 1.0 | 0.4  | 2     | 21    | 32     | 0.2  | 0.1  | 0      | 0.02   | 0.01  | 0      | 0.1   | 0.0 | とうふ       |   |      |         | 24.60  |
| 15   | 0.5    | 0.0  | 0.5     | 1.3  | 0.0  | 1.3 | 0.4  | 0     | 3     | 3      | 0.1  | 0.0  | 0      | 0.01   | 0.00  | 0      | 0.3   | 0.0 | 冷凍油揚げ     |   |      |         | 4.10   |
| 1    | 0.1    | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.3  | 0     | 3     | 1      | 0.0  | 0.0  | 5      | 0.00   | 0.00  | 1      | 0.1   | 0.0 | はねぎ       |   |      |         | 4.10   |
| 19   | 1.6    | 0.0  | 1.6     | 0.9  | 0.0  | 0.9 | 1.3  | 388   | 14    | 12     | 0.6  | 0.2  | 0      | 0.00   | 0.01  | 0      | 0.6   | 1.0 | 赤みそ       |   |      |         | 9.02   |
| 52   | 8.7    | 8.7  | 0.0     | 1.6  | 1.6  | 0.0 | 0.0  | 26    | 6     | 0      | 0.2  | 0.0  | 4      | 0.06   | 0.08  | 0      | 0.0   | 0.8 | [さけの塩焼き]  |   |      |         |        |
| 52   | 8.7    | 8.7  | 0.0     | 1.6  | 1.6  | 0.0 | 0.0  | 26    | 6     | 0      | 0.2  | 0.0  | 4      | 0.06   | 0.08  | 0      | 0.0   | 0.8 | さけ 40g    |   |      | 1.00個   | 40.00  |
| 26   | 0.7    | 0.0  | 0.7     | 0.8  | 0.0  | 0.8 | 4.6  | 137   | 23    | 12     | 0.2  | 0.1  | 32     | 0.01   | 0.01  | 0      | 1.3   | 0.3 | [ごぼうの炒め煮] |   |      |         |        |
| 4    | 0.0    | 0.0  | 0.0     | 0.4  | 0.0  | 0.4 | 0.0  | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.0 | ごま油       |   |      |         | 0.41   |
| 1    | 0.0    | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.4  | 1     | 1     | 0      | 0.0  | 0.0  | 30     | 0.00   | 0.00  | 0      | 0.1   | 0.0 | にんじん      |   |      |         | 4.10   |
| 7    | 0.2    | 0.0  | 0.2     | 0.0  | 0.0  | 0.0 | 1.9  | 2     | 6     | 7      | 0.1  | 0.1  | 0      | 0.01   | 0.00  | 0      | 0.7   | 0.0 | ごぼう       |   |      |         | 12.30  |
| 0    | 0.0    | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.2  | 1     | 4     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.2   | 0.0 | 突こんにゃく    |   |      |         | 8.20   |
| 1    | 0.1    | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.2  | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.01  | 0      | 0.1   | 0.0 | エリンギ      |   |      |         | 4.10   |
| 1    | 0.1    | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.2  | 0     | 2     | 1      | 0.0  | 0.0  | 2      | 0.00   | 0.00  | 0      | 0.1   | 0.0 | さやいんげん    |   |      |         | 4.10   |
| 1    | 0.0    | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.2  | 40    | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.1 | 和風だし      |   |      |         | 0.41   |
| 3    | 0.0    | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.8  | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.0 | さとう(三温)   |   |      |         | 0.82   |
| 1    | 0.1    | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.1  | 93    | 0     | 1      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.2 | しょうゆ      |   |      |         | 1.64   |
| 2    | 0.0    | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.4  | 0     | 0     | 0      | 0.0  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.0   | 0.0 | みりん       |   |      |         | 0.82   |
| 5    | 0.2    | 0.0  | 0.2     | 0.4  | 0.0  | 0.4 | 0.2  | 0     | 10    | 3      | 0.1  | 0.0  | 0      | 0.00   | 0.00  | 0      | 0.1   | 0.0 | いりごま      |   |      |         | 0.82   |
| 555  | 28.7   | 19.7 | 9.0     | 14.9 | 10.3 | 4.6 | 74.2 | 688   | 362   | 110    | 2.5  | 2.6  | 121    | 0.62   | 0.48  | 7      | 3.3   | 2.4 | 単純合計      |   |      |         | 539.12 |
| 650  | 26.8   | 13.4 | 13.4    | 18.1 |      |     | 0.0  | 787   | 350   | 50     | 3.0  | 2.0  | 200    | 0.40   | 0.40  | 25     | 4.5   | 2.0 | 基準値       |   |      |         | 573.96 |



| 献立名   | ごはん   |      |      | 牛乳     |      |      | とり肉とやさいのケチャップ炒め煮 |       |       | 行事等    |     |     |        |        |       |      |       |     |                    | 合計 |       | 換算人    |         |      |      |
|-------|-------|------|------|--------|------|------|------------------|-------|-------|--------|-----|-----|--------|--------|-------|------|-------|-----|--------------------|----|-------|--------|---------|------|------|
|       | コロッケ  |      |      | コーンサラダ |      |      | コーンドレッシング        |       |       | 人数     | 1年  | 2年  | 3年     | 4年     | 5年    | 6年   | 特1    | 特2  | 特3                 | 職員 | 他     | 6100   | 6100.00 | 0.00 | 0.00 |
| エネルギー | たんぱく質 | 動物性  | 植物性  | 脂質     | 動物性  | 植物性  | 炭水化物             | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工 | 食品名                | 個付 | 一人分量  |        |         |      |      |
| kcal  | g     | g    | g    | g      | g    | g    | g                | mg    | mg    | mg     | mg  | mg  | mg     | mg     | mg    | g    | g     | g   |                    | 単位 | g     |        |         |      |      |
| 251   | 4.2   | 0.0  | 4.2  | 0.6    | 0.0  | 0.6  | 54.5             | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0 | [ごはん]              |    |       |        |         |      |      |
| 0     | 0.0   | 0.0  | 0.0  | 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 | ごはん 60g            | *  | 1.00個 | 0.00   |         |      |      |
| 251   | 4.2   | 0.0  | 4.2  | 0.6    | 0.0  | 0.6  | 54.5             | 0     | 3     | 16     | 0.6 | 0.9 | 0      | 0.31   | 0.03  | 0    | 0.3   | 0.0 | ごはん 70g            | *  |       | 157.00 |         |      |      |
| 0     | 0.0   | 0.0  | 0.0  | 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 | ごはん 80g            | *  |       | 0.00   |         |      |      |
| 138   | 6.8   | 6.8  | 0.0  | 7.8    | 7.8  | 0.0  | 9.9              | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2 | [牛乳]               |    |       |        |         |      |      |
| 138   | 6.8   | 6.8  | 0.0  | 7.8    | 7.8  | 0.0  | 9.9              | 84    | 227   | 21     | 0.0 | 0.8 | 80     | 0.08   | 0.31  | 2    | 0.0   | 0.2 | 牛乳                 |    | 1.00本 | 206.00 |         |      |      |
| 135   | 11.8  | 10.4 | 1.4  | 4.5    | 3.6  | 0.9  | 12.8             | 405   | 31    | 24     | 0.3 | 0.7 | 254    | 0.09   | 0.15  | 8    | 2.0   | 1.0 | [とり肉とやさいのケチャップ炒め煮] |    |       |        |         |      |      |
| 7     | 0.0   | 0.0  | 0.0  | 0.8    | 0.0  | 0.8  | 0.0              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | 米油                 |    |       | 0.82   |         |      |      |
| 0     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 0.0              | 4     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | トウバンジャン            |    |       | 0.08   |         |      |      |
| 0     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 0.1              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | にんにく               |    |       | 0.25   |         |      |      |
| 34    | 7.6   | 7.6  | 0.0  | 0.6    | 0.6  | 0.0  | 0.0              | 15    | 1     | 10     | 0.1 | 0.2 | 3      | 0.03   | 0.04  | 1    | 0.0   | 0.0 | とりむね肉(角)           |    |       | 32.80  |         |      |      |
| 2     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 0.1              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | 酒                  |    |       | 1.64   |         |      |      |
| 7     | 0.1   | 0.0  | 0.1  | 0.0    | 0.0  | 0.0  | 1.9              | 6     | 6     | 2      | 0.0 | 0.0 | 148    | 0.01   | 0.01  | 1    | 0.6   | 0.0 | にんじん               |    |       | 20.50  |         |      |      |
| 18    | 0.5   | 0.0  | 0.5  | 0.1    | 0.0  | 0.1  | 4.5              | 1     | 9     | 5      | 0.2 | 0.1 | 0      | 0.02   | 0.01  | 4    | 0.8   | 0.0 | たまねぎ               |    |       | 53.30  |         |      |      |
| 2     | 0.2   | 0.0  | 0.2  | 0.0    | 0.0  | 0.0  | 0.3              | 0     | 2     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.2   | 0.0 | たけのこ               |    |       | 8.20   |         |      |      |
| 2     | 0.2   | 0.0  | 0.2  | 0.0    | 0.0  | 0.0  | 0.4              | 0     | 0     | 1      | 0.0 | 0.0 | 0      | 0.01   | 0.01  | 0    | 0.2   | 0.0 | エリンギ               |    |       | 6.56   |         |      |      |
| 37    | 2.3   | 2.3  | 0.0  | 2.9    | 2.9  | 0.0  | 0.1              | 43    | 10    | 2      | 0.0 | 0.4 | 98     | 0.01   | 0.07  | 0    | 0.0   | 0.1 | うずらたまご             |    |       | 20.50  |         |      |      |
| 1     | 0.1   | 0.0  | 0.1  | 0.0    | 0.0  | 0.0  | 0.2              | 0     | 1     | 0      | 0.0 | 0.0 | 1      | 0.01   | 0.01  | 1    | 0.1   | 0.0 | グリーンアスパラガス         |    |       | 4.10   |         |      |      |
| 5     | 0.5   | 0.5  | 0.0  | 0.1    | 0.1  | 0.0  | 0.4              | 80    | 0     | 1      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2 | 中華だし               |    |       | 1.23   |         |      |      |
| 0     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 0.1              | 18    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | オイスターソース           |    |       | 0.41   |         |      |      |
| 9     | 0.1   | 0.0  | 0.1  | 0.0    | 0.0  | 0.0  | 2.3              | 98    | 1     | 1      | 0.0 | 0.0 | 4      | 0.00   | 0.00  | 1    | 0.1   | 0.3 | ケチャップ              |    |       | 8.20   |         |      |      |
| 5     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 1.2              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | さとう(三温)            |    |       | 1.23   |         |      |      |
| 2     | 0.2   | 0.0  | 0.2  | 0.0    | 0.0  | 0.0  | 0.2              | 140   | 1     | 2      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.4 | しょうゆ               |    |       | 2.46   |         |      |      |
| 4     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 1.0              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | でんぷん               |    |       | 1.23   |         |      |      |
| 197   | 3.6   | 1.7  | 1.9  | 14.1   | 1.9  | 12.2 | 14.1             | 179   | 6     | 13     | 0.4 | 0.5 | 11     | 0.07   | 0.03  | 5    | 1.0   | 0.5 | [コロッケ]             |    |       |        |         |      |      |
| 95    | 3.6   | 1.7  | 1.9  | 2.6    | 1.9  | 0.7  | 14.1             | 179   | 6     | 13     | 0.4 | 0.5 | 11     | 0.07   | 0.03  | 5    | 1.0   | 0.5 | コロッケ 60g           |    | 1.00個 | 60.00  |         |      |      |
| 102   | 0.0   | 0.0  | 0.0  | 11.5   | 0.0  | 11.5 | 0.0              | 0     | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.0 | なたね油               |    |       | 11.48  |         |      |      |
| 13    | 0.5   | 0.0  | 0.5  | 0.1    | 0.0  | 0.1  | 3.0              | 1     | 12    | 6      | 0.1 | 0.0 | 2      | 0.02   | 0.02  | 11   | 0.8   | 0.0 | [コーンサラダ]           |    |       |        |         |      |      |
| 7     | 0.2   | 0.0  | 0.2  | 0.1    | 0.0  | 0.1  | 1.6              | 0     | 0     | 2      | 0.0 | 0.0 | 0      | 0.01   | 0.01  | 0    | 0.4   | 0.0 | コーン                |    |       | 8.20   |         |      |      |
| 5     | 0.3   | 0.0  | 0.3  | 0.0    | 0.0  | 0.0  | 1.3              | 1     | 11    | 3      | 0.1 | 0.0 | 1      | 0.01   | 0.01  | 10   | 0.4   | 0.0 | キャベツ               |    |       | 24.60  |         |      |      |
| 1     | 0.0   | 0.0  | 0.0  | 0.0    | 0.0  | 0.0  | 0.1              | 0     | 1     | 1      | 0.0 | 0.0 | 1      | 0.00   | 0.00  | 1    | 0.0   | 0.0 | きゅうり               |    |       | 4.10   |         |      |      |
| 17    | 0.0   | 0.0  | 0.0  | 1.6    | 0.0  | 1.6  | 0.7              | 59    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2 | [コーンドレッシング]        |    |       |        |         |      |      |
| 17    | 0.0   | 0.0  | 0.0  | 1.6    | 0.0  | 1.6  | 0.7              | 59    | 0     | 0      | 0.0 | 0.0 | 0      | 0.00   | 0.00  | 0    | 0.0   | 0.2 | コーンドレッシング          |    |       | 4.10   |         |      |      |
| 751   | 26.9  | 18.9 | 8.0  | 28.7   | 13.3 | 15.4 | 95.0             | 728   | 279   | 80     | 1.4 | 2.9 | 347    | 0.57   | 0.54  | 26   | 4.1   | 1.9 | 単純合計               |    |       | 638.99 |         |      |      |
| 650   | 26.8  | 13.4 | 13.4 | 18.1   |      |      | 0.0              | 787   | 350   | 50     | 3.0 | 2.0 | 200    | 0.40   | 0.40  | 25   | 4.5   | 2.0 | 基準値                |    |       | 573.96 |         |      |      |

| 献立名  | ごはん   |      |      | 牛乳   |      |     | マーボー豆腐 |       |       | パックしょうゆ |     |     | 1年        |        |        | 2年    |        |       | 3年  |              |     | 4年 |    |     | 5年 |    |     | 6年 |    |     | 特1 |    |        | 特2     |    |     | 特3 |    |     | 職員 |    |     | 他  |    |     | 合計 |  |  | 換算人 |  |  |
|------|-------|------|------|------|------|-----|--------|-------|-------|---------|-----|-----|-----------|--------|--------|-------|--------|-------|-----|--------------|-----|----|----|-----|----|----|-----|----|----|-----|----|----|--------|--------|----|-----|----|----|-----|----|----|-----|----|----|-----|----|--|--|-----|--|--|
|      | 人数    | 単価   | 行事等  | 人数   | 単価   | 行事等 | 人数     | 単価    | 行事等   | 人数      | 単価  | 行事等 | 人数        | 単価     | 行事等    | 人数    | 単価     | 行事等   | 人数  | 単価           | 行事等 | 人数 | 単価 | 行事等 | 人数 | 単価 | 行事等 | 人数 | 単価 | 行事等 | 人数 | 単価 | 行事等    | 人数     | 単価 | 行事等 | 人数 | 単価 | 行事等 | 人数 | 単価 | 行事等 | 人数 | 単価 | 行事等 |    |  |  |     |  |  |
| エネギー | たんぱく質 | 動物性  | 植物性  | 脂質   | 動物性  | 植物性 | 炭水化物   | ナトリウム | カルシウム | マグネシウム  | 鉄   | 亜鉛  | レチノール活性当量 | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維総量 | 食塩相当量 | 熱加工 | 食品名          |     |    |    |     |    |    |     |    |    |     |    | 個付 | 一人分量   |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| kcal | g     | g    | g    | g    | g    | g   | g      | mg    | mg    | mg      | mg  | mg  | μgRE      | mg     | mg     | mg    | g      | g     |     |              |     |    |    |     |    |    |     |    |    |     |    |    | 単位     | g      |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 251  | 4.2   | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5   | 0     | 3     | 16      | 0.6 | 0.9 | 0         | 0.31   | 0.03   | 0     | 0.3    | 0.0   |     | [ごはん]        |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 0    | 0.0   | 0.0  | 0.0  | 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   |     | ごはん 60g      |     |    |    |     |    |    |     |    |    |     |    | *  | 1.00 個 | 0.00   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 251  | 4.2   | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5   | 0     | 3     | 16      | 0.6 | 0.9 | 0         | 0.31   | 0.03   | 0     | 0.3    | 0.0   |     | ごはん 70g      |     |    |    |     |    |    |     |    |    |     |    | *  |        | 157.00 |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 0    | 0.0   | 0.0  | 0.0  | 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   |     | ごはん 80g      |     |    |    |     |    |    |     |    |    |     |    | *  |        | 0.00   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 138  | 6.8   | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9    | 84    | 227   | 21      | 0.0 | 0.8 | 80        | 0.08   | 0.31   | 2     | 0.0    | 0.2   |     | [牛乳]         |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 138  | 6.8   | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9    | 84    | 227   | 21      | 0.0 | 0.8 | 80        | 0.08   | 0.31   | 2     | 0.0    | 0.2   |     | 牛乳           |     |    |    |     |    |    |     |    |    |     |    |    | 1.00 本 | 206.00 |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 142  | 11.8  | 5.9  | 5.9  | 5.7  | 4.1  | 1.6 | 11.9   | 555   | 41    | 80      | 6.2 | 1.1 | 9         | 0.34   | 0.34   | 6     | 1.6    | 1.2   |     | [マーボー豆腐]     |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 7    | 0.0   | 0.0  | 0.0  | 0.8  | 0.0  | 0.8 | 0.0    | 0     | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | 米油           |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.82   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 0    | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.0    | 13    | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | トウバンジャン      |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.25   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 0    | 0.0   | 0.0  | 0.0  | 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   |     | おろししょうが      |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.16   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 34   | 5.3   | 5.3  | 0.0  | 1.5  | 1.5  | 0.0 | 0.0    | 12    | 1     | 6       | 0.2 | 0.5 | 1         | 0.23   | 0.05   | 0     | 0.0    | 0.0   |     | ぶたももひき肉      |     |    |    |     |    |    |     |    |    |     |    |    |        | 24.60  |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 1    | 0.0   | 0.0  | 0.0  | 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   |     | 酒            |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.82   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 19   | 0.6   | 0.0  | 0.6  | 0.1  | 0.0  | 0.1 | 4.8    | 1     | 10    | 5       | 0.2 | 0.1 | 0         | 0.02   | 0.01   | 4     | 0.9    | 0.0   |     | たまねぎ         |     |    |    |     |    |    |     |    |    |     |    |    |        | 57.40  |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 51   | 4.1   | 0.0  | 4.1  | 2.5  | 2.5  | 0.0 | 2.8    | 6     | 19    | 58      | 5.4 | 0.4 | 1         | 0.09   | 0.27   | 1     | 0.2    | 0.0   |     | 冷凍とうふ        |     |    |    |     |    |    |     |    |    |     |    |    |        | 82.00  |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 1    | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3    | 0     | 3     | 1       | 0.0 | 0.0 | 5         | 0.00   | 0.00   | 1     | 0.1    | 0.0   |     | はねぎ          |     |    |    |     |    |    |     |    |    |     |    |    |        | 4.10   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 1    | 0.3   | 0.3  | 0.0  | 0.0  | 0.0  | 0.0 | 0.0    | 11    | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | チキンピジョン (中華) |     |    |    |     |    |    |     |    |    |     |    |    |        | 4.10   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 3    | 0.3   | 0.3  | 0.0  | 0.1  | 0.1  | 0.0 | 0.3    | 53    | 0     | 1       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     | 中華だし         |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.82   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 2    | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.4    | 0     | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | さとう (三温)     |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.41   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 4    | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.1    | 49    | 1     | 1       | 0.0 | 0.0 | 2         | 0.00   | 0.00   | 0     | 0.1    | 0.1   |     | ケチャップ        |     |    |    |     |    |    |     |    |    |     |    |    |        | 4.10   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 3    | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 0.3    | 234   | 1     | 3       | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.6   |     | しょうゆ         |     |    |    |     |    |    |     |    |    |     |    |    |        | 4.10   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 8    | 0.7   | 0.0  | 0.7  | 0.4  | 0.0  | 0.4 | 0.6    | 176   | 6     | 5       | 0.3 | 0.1 | 0         | 0.00   | 0.00   | 0     | 0.3    | 0.4   |     | 赤みそ          |     |    |    |     |    |    |     |    |    |     |    |    |        | 4.10   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 6    | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 1.3    | 0     | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | でんぷん         |     |    |    |     |    |    |     |    |    |     |    |    |        | 1.64   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 2    | 0.0   | 0.0  | 0.0  | 0.3  | 0.0  | 0.3 | 0.0    | 0     | 0     | 0       | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | ごま油          |     |    |    |     |    |    |     |    |    |     |    |    |        | 0.25   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 91   | 4.0   | 0.5  | 3.5  | 5.4  | 2.1  | 3.3 | 6.0    | 157   | 11    | 12      | 0.3 | 0.4 | 2         | 0.08   | 0.03   | 1     | 0.7    | 0.4   |     | [しゅうまい]      |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 91   | 4.0   | 0.5  | 3.5  | 5.4  | 2.1  | 3.3 | 6.0    | 157   | 11    | 12      | 0.3 | 0.4 | 2         | 0.08   | 0.03   | 1     | 0.7    | 0.4   |     | しゅうまい        |     |    |    |     |    |    |     |    |    |     |    |    | 2.00 個 | 36.00  |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 6    | 0.6   | 0.0  | 0.6  | 0.0  | 0.0  | 0.0 | 1.0    | 1     | 4     | 3       | 0.1 | 0.1 | 0         | 0.01   | 0.02   | 3     | 0.5    | 0.0   |     | [ポイルもやし]     |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 6    | 0.6   | 0.0  | 0.6  | 0.0  | 0.0  | 0.0 | 1.0    | 1     | 4     | 3       | 0.1 | 0.1 | 0         | 0.01   | 0.02   | 3     | 0.5    | 0.0   |     | もやし          |     |    |    |     |    |    |     |    |    |     |    |    |        | 36.90  |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 3    | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 0.3    | 187   | 1     | 2       | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.4   |     | [パックしょうゆ]    |     |    |    |     |    |    |     |    |    |     |    |    |        |        |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 3    | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 0.3    | 187   | 1     | 2       | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.4   |     | パックしょうゆ      |     |    |    |     |    |    |     |    |    |     |    |    |        | 3.28   |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 631  | 27.7  | 13.2 | 14.5 | 19.5 | 14.0 | 5.5 | 83.6   | 984   | 287   | 134     | 7.3 | 3.3 | 91        | 0.82   | 0.74   | 12    | 3.1    | 2.2   |     | 単純合計値        |     |    |    |     |    |    |     |    |    |     |    |    |        | 628.85 |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |
| 650  | 26.8  | 13.4 | 13.4 | 18.1 |      |     | 0.0    | 787   | 350   | 50      | 3.0 | 2.0 | 200       | 0.40   | 0.40   | 25    | 4.5    | 2.0   |     | 基準値          |     |    |    |     |    |    |     |    |    |     |    |    |        | 573.96 |    |     |    |    |     |    |    |     |    |    |     |    |  |  |     |  |  |



| 献立名   | ごはん         |      |      |      |      |     |      |       |       |        |     |     |       | 牛乳     |        |       | つくね汁 |       |      | 行事等 |               |    |        |        |    |    |   |    |      |         |
|-------|-------------|------|------|------|------|-----|------|-------|-------|--------|-----|-----|-------|--------|--------|-------|------|-------|------|-----|---------------|----|--------|--------|----|----|---|----|------|---------|
|       | 大豆と小魚のごまがらめ |      |      |      |      |     |      |       |       |        |     |     |       | ミニトマト  |        |       | 1年   | 2年    | 3年   | 4年  | 5年            | 6年 | 特1     | 特2     | 特3 | 職員 | 他 | 合計 | 換算人  |         |
|       |             |      |      |      |      |     |      |       |       |        |     |     |       |        |        |       | 1750 | 1850  | 2500 |     |               |    |        |        |    |    |   |    | 6100 | 6100.00 |
|       |             |      |      |      |      |     |      |       |       |        |     |     |       |        |        | 0.00  | 0.00 | 0.00  |      |     |               |    |        |        |    |    |   |    | 0.00 | 0.00    |
| エネルギー | たんぱく質       | 動物性  | 植物性  | 脂質   | 動物性  | 植物性 | 炭水化物 | ナトリウム | カルシウム | マグネシウム | 鉄   | 亜鉛  | ビタミンA | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維 | 食塩相当量 | 熱加工  | 食品名 | 一人分量          |    |        |        |    |    |   |    |      |         |
|       |             |      |      |      |      |     |      |       |       |        |     |     |       |        |        |       |      |       |      |     | 単位            | g  |        |        |    |    |   |    |      |         |
| 251   | 4.2         | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0     | 0.31   | 0.03   | 0     | 0.3  | 0.0   | 0    |     | [ごはん]         |    |        |        |    |    |   |    |      |         |
| 0     | 0.0         | 0.0  | 0.0  | 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   | 0    |     | ごはん 60g       | *  | 1.00 個 | 0.00   |    |    |   |    |      |         |
| 251   | 4.2         | 0.0  | 4.2  | 0.6  | 0.0  | 0.6 | 54.5 | 0     | 3     | 16     | 0.6 | 0.9 | 0     | 0.31   | 0.03   | 0     | 0.3  | 0.0   | 0    |     | ごはん 70g       | *  |        | 157.00 |    |    |   |    |      |         |
| 0     | 0.0         | 0.0  | 0.0  | 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   | 0    |     | ごはん 80g       | *  |        | 0.00   |    |    |   |    |      |         |
| 138   | 6.8         | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80    | 0.08   | 0.31   | 2     | 0.0  | 0.2   |      |     | [牛乳]          |    |        |        |    |    |   |    |      |         |
| 138   | 6.8         | 6.8  | 0.0  | 7.8  | 7.8  | 0.0 | 9.9  | 84    | 227   | 21     | 0.0 | 0.8 | 80    | 0.08   | 0.31   | 2     | 0.0  | 0.2   |      |     | 牛乳            |    | 1.00 本 | 206.00 |    |    |   |    |      |         |
| 84    | 6.7         | 4.9  | 1.8  | 3.9  | 3.0  | 0.9 | 6.4  | 412   | 45    | 25     | 0.7 | 0.5 | 105   | 0.05   | 0.05   | 4     | 1.8  | 1.1   |      |     | [つくね汁]        |    |        |        |    |    |   |    |      |         |
| 0     | 0.0         | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.1  | 4     | 1     | 1      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.1  | 0.0   |      |     | だし用こんぶ        |    |        | 0.16   |    |    |   |    |      |         |
| 8     | 1.9         | 1.9  | 0.0  | 0.2  | 0.2  | 0.0 | 0.0  | 12    | 1     | 2      | 0.2 | 0.1 | 1     | 0.01   | 0.01   | 0     | 0.0  | 0.1   |      |     | 厚削節           |    |        | 2.46   |    |    |   |    |      |         |
| 4     | 0.1         | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.1  | 3     | 3     | 1      | 0.0 | 0.0 | 89    | 0.01   | 0.01   | 1     | 0.3  | 0.0   |      |     | にんじん          |    |        | 12.30  |    |    |   |    |      |         |
| 2     | 0.1         | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.7  | 3     | 4     | 2      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 2     | 0.2  | 0.0   |      |     | だいこん          |    |        | 16.40  |    |    |   |    |      |         |
| 7     | 0.2         | 0.0  | 0.2  | 0.0  | 0.0  | 0.0 | 1.9  | 2     | 6     | 7      | 0.1 | 0.1 | 0     | 0.01   | 0.00   | 0     | 0.7  | 0.0   |      |     | ごぼう           |    |        | 12.30  |    |    |   |    |      |         |
| 45    | 3.0         | 3.0  | 0.0  | 2.8  | 2.8  | 0.0 | 1.5  | 107   | 1     | 3      | 0.1 | 0.2 | 10    | 0.01   | 0.02   | 0     | 0.0  | 0.3   |      |     | とりつくね         |    |        | 20.50  |    |    |   |    |      |         |
| 1     | 0.0         | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.3  | 1     | 5     | 0      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.3  | 0.0   |      |     | こんにやく 1/60    |    |        | 12.30  |    |    |   |    |      |         |
| 12    | 0.9         | 0.0  | 0.9  | 0.9  | 0.0  | 0.9 | 0.1  | 0     | 20    | 5      | 0.2 | 0.1 | 0     | 0.01   | 0.00   | 0     | 0.1  | 0.0   |      |     | 生揚げ           |    |        | 8.20   |    |    |   |    |      |         |
| 1     | 0.1         | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3  | 0     | 3     | 1      | 0.0 | 0.0 | 5     | 0.00   | 0.00   | 1     | 0.1  | 0.0   |      |     | はねぎ           |    |        | 4.10   |    |    |   |    |      |         |
| 4     | 0.4         | 0.0  | 0.4  | 0.0  | 0.0  | 0.0 | 0.4  | 280   | 1     | 3      | 0.1 | 0.0 | 0     | 0.00   | 0.01   | 0     | 0.0  | 0.7   |      |     | しょうゆ          |    |        | 4.92   |    |    |   |    |      |         |
| 109   | 7.9         | 3.9  | 4.0  | 6.1  | 0.4  | 5.7 | 6.6  | 183   | 167   | 44     | 1.7 | 1.0 | 0     | 0.06   | 0.03   | 0     | 2.3  | 0.5   |      |     | [大豆と小魚のごまがらめ] |    |        |        |    |    |   |    |      |         |
| 40    | 3.6         | 0.0  | 3.6  | 2.4  | 0.0  | 2.4 | 2.1  | 0     | 19    | 25     | 0.5 | 0.5 | 0     | 0.04   | 0.02   | 0     | 2.1  | 0.0   |      |     | 水煮大豆          |    |        | 24.60  |    |    |   |    |      |         |
| 6     | 0.1         | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.3  | 0     | 0     | 0      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      |     | 米粉            |    |        | 1.64   |    |    |   |    |      |         |
| 23    | 0.0         | 0.0  | 0.0  | 2.6  | 0.0  | 2.6 | 0.0  | 0     | 0     | 0      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      |     | なたね油          |    |        | 2.62   |    |    |   |    |      |         |
| 22    | 3.9         | 3.9  | 0.0  | 0.4  | 0.4  | 0.0 | 0.5  | 113   | 133   | 14     | 1.1 | 0.4 | 0     | 0.01   | 0.01   | 0     | 0.0  | 0.3   |      |     | 小魚            |    |        | 6.56   |    |    |   |    |      |         |
| 7     | 0.2         | 0.0  | 0.2  | 0.7  | 0.4  | 0.7 | 0.2  | 0     | 15    | 4      | 0.1 | 0.1 | 0     | 0.01   | 0.00   | 0     | 0.2  | 0.0   |      |     | いりごま          |    |        | 1.23   |    |    |   |    |      |         |
| 6     | 0.0         | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 1.6  | 0     | 0     | 0      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      |     | さとう(三温)       |    |        | 1.64   |    |    |   |    |      |         |
| 1     | 0.1         | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.1  | 70    | 0     | 1      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.0  | 0.2   |      |     | しょうゆ          |    |        | 1.23   |    |    |   |    |      |         |
| 4     | 0.0         | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.8  | 0     | 0     | 0      | 0.0 | 0.0 | 0     | 0.00   | 0.00   | 0     | 0.0  | 0.0   |      |     | みりん           |    |        | 1.64   |    |    |   |    |      |         |
| 7     | 0.3         | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 1.7  | 1     | 3     | 3      | 0.1 | 0.0 | 19    | 0.02   | 0.01   | 8     | 0.3  | 0.0   |      |     | [ミニトマト]       |    |        |        |    |    |   |    |      |         |
| 7     | 0.3         | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 1.7  | 1     | 3     | 3      | 0.1 | 0.0 | 19    | 0.02   | 0.01   | 8     | 0.3  | 0.0   |      |     | ミニトマト         |    | 2.00 個 | 24.00  |    |    |   |    |      |         |
| 589   | 25.9        | 15.6 | 10.3 | 18.4 | 11.2 | 7.2 | 79.1 | 680   | 445   | 109    | 3.1 | 3.2 | 204   | 0.52   | 0.43   | 14    | 4.7  | 1.8   |      |     | 単純合計          |    |        | 521.80 |    |    |   |    |      |         |
| 650   | 26.8        | 13.4 | 13.4 | 18.1 |      |     | 0.0  | 787   | 350   | 50     | 3.0 | 2.0 | 200   | 0.40   | 0.40   | 25    | 4.5  | 2.0   |      |     | 基準値           |    |        | 573.96 |    |    |   |    |      |         |