

| 献立名 | 麦ごはん | | 牛乳 | | じゃがいもだんご汁 | | ぶた肉井 | | ミニトマト | | 行事等 | | | | | | | | | | 合計 | | 換算人 | | | | | |
|-------|-------|------|------|------|-----------|-----|------|-------|-------|--------|-----|-----|-----------|--------|---------|-------|--------|-------|-----|-------------|----|------|--------|--|--|--|--|--|
| | 人数 | 単価 | 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 | | | | | | | | | | | |
| | 1700 | 0.00 | | | 1800 | | 2600 | | | | | | | | | | | | | | | | | | | | | |
| 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 | 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 | g | | 単位 | g | | | | | | |
| 251 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 53.9 | 0 | 5 | 16 | 1.1 | 1.0 | 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 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | | 麦ごはん 60g | * | | 0.00 | | | | | |
| 251 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 53.9 | 0 | 5 | 16 | 1.1 | 1.0 | 0 | 0.29 | 0.03 | 0 | 1.0 | 0.0 | | 麦ごはん 70g | * | 1.00 | 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 | 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 | 206.00 | | | | | |
| 111 | 4.3 | 2.9 | 1.4 | 5.2 | 3.8 | 1.4 | 12.6 | 465 | 19 | 15 | 0.5 | 0.1 | 90 | 0.04 | 0.04 | 6 | 1.5 | 1.2 | | [じゃがいもだんご汁] | | | | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| 4 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 1.0 | 5 | 6 | 2 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 3 | 0.3 | 0.0 | | だいこん | | | 24.60 | | | | | |
| 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 | | 干しいたけ | | | 0.41 | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| 68 | 0.3 | 0.0 | 0.3 | 3.6 | 3.6 | 0.0 | 8.6 | 49 | 2 | 3 | 0.1 | 0.0 | 0 | 0.01 | 0.00 | 2 | 0.3 | 0.1 | | じゃがいもだんご | | | 24.60 | | | | | |
| 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 | | | | | |
| 73 | 7.6 | 7.1 | 0.5 | 2.4 | 2.0 | 0.4 | 5.6 | 252 | 17 | 13 | 0.5 | 0.7 | 4 | 0.32 | 0.08 | 3 | 1.0 | 0.6 | | [ぶた肉井] | | | | | | | | |
| 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 | | | | | |
| 45 | 7.1 | 7.1 | 0.0 | 2.0 | 2.0 | 0.0 | 0.1 | 16 | 1 | 8 | 0.2 | 0.7 | 1 | 0.31 | 0.07 | 0 | 0.0 | 0.0 | | ぶたもも肉 | | | 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 | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0 | 2 | 0 | 0.0 | 0.0 | 3 | 0.00 | 0.00 | 1 | 0.1 | 0.0 | | はねぎ | | | 2.46 | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | | でんぷん | | | 0.41 | | | | | |
| 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 | 24.00 | | | | | |
| 580 | 23.3 | 16.8 | 6.5 | 16.0 | 13.6 | 2.4 | 83.7 | 802 | 271 | 68 | 2.2 | 2.6 | 193 | 0.75 | 0.47 | 19 | 3.8 | 2.0 | | 単純合計 | | | 561.13 | | | | | |
| 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 | 麦ごはん | | 牛乳 | | 米粉のカレーライス | | | | | | | | | | 行事等 | | | | | | | | | | 合計 | | | | | | | | | | 換算人 | | | | | | | | | | | | | | | | | | | |
|-------|-------------|------|------|------|-----------|-----|------|-------|-------|--------|------|-----|-----------|--------|--------|-------|--------|-------|------|---------------|--|--|--|--|----|--|--|--|--|------|------|--------|--|--|-----|--|------|------|--|--|--|--|--|--|--|------|---------|--|--|--|--|--|--|--|
| | えだ豆とコーンのソテー | | 福神漬 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人数 | 1700 | | | | | | | | | 1800 | | | | | | | | | 2600 | | | | | | | | | | | | | | | | | | 6100 | | | | | | | | | 6100.00 | | | | | | | |
| 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 | 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 | g | | | | | | | | | | | | 単位 | g | | | | | | | | | | | | | | | | | | | | | | |
| 251 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 53.9 | 0 | 5 | 16 | 1.1 | 1.0 | 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 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | | 麦ごはん 60g | | | | | | | | | | * | | 0.00 | | | | | | | | | | | | | | | | | | | | | | |
| 251 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 53.9 | 0 | 5 | 16 | 1.1 | 1.0 | 0 | 0.29 | 0.03 | 0 | 1.0 | 0.0 | | 麦ごはん 70g | | | | | | | | | | * | 1.00 | 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 | 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 | | | | | | | | | | | | | | | | | | | | | | |
| 136 | 6.6 | 5.0 | 1.6 | 4.2 | 3.2 | 1.0 | 19.4 | 538 | 32 | 23 | 0.8 | 0.6 | 186 | 0.26 | 0.08 | 11 | 3.7 | 1.3 | | [米粉のカレーライス] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 2.3 | 7 | 7 | 2 | 0.0 | 0.0 | 177 | 0.02 | 0.01 | 1 | 0.7 | 0.0 | | にんじん | | | | | | | | | | | | 24.60 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 12 | 0.3 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 3.5 | 0 | 1 | 4 | 0.1 | 0.0 | 0 | 0.02 | 0.01 | 6 | 1.8 | 0.0 | | じゃがいも | | | | | | | | | | | | 20.50 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 0.3 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 0.3 | 41 | 0 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.1 | | 洋風だし | | | | | | | | | | | | 0.82 | | | | | | | | | | | | | | | | | | | | | | |
| 6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.3 | 162 | 3 | 1 | 0.1 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.4 | | ソース | | | | | | | | | | | | 4.92 | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 0.0 | 0.0 | 0.0 | 0.2 | 0.2 | 0.0 | 0.6 | 24 | 1 | 0 | 0.0 | 0.0 | 1 | 0.00 | 0.00 | 0 | 0.0 | 0.1 | | 米粉のカレールウ | | | | | | | | | | | | 1.00 | | | | | | | | | | | | | | | | | | | | | | |
| 43 | 0.4 | 0.4 | 0.0 | 1.7 | 1.7 | 0.0 | 6.6 | 293 | 9 | 3 | 0.4 | 0.1 | 7 | 0.01 | 0.01 | 0 | 0.4 | 0.7 | | 米粉のカレールウ (甘口) | | | | | | | | | | | | 10.50 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 78 | 4.2 | 1.9 | 2.3 | 5.1 | 3.5 | 1.6 | 4.0 | 135 | 12 | 17 | 0.9 | 0.6 | 6 | 0.12 | 0.05 | 2 | 1.4 | 0.4 | | [えだ豆とコーンのソテー] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 41 | 1.9 | 1.9 | 0.0 | 3.5 | 3.5 | 0.0 | 0.1 | 73 | 0 | 2 | 0.5 | 0.3 | 1 | 0.07 | 0.02 | 0 | 0.0 | 0.2 | | カットウインナー | | | | | | | | | | | | 12.30 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 2.1 | 128 | 2 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 1 | 0.1 | 0.3 | | [福神漬] | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 2.1 | 128 | 2 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 1 | 0.1 | 0.3 | | 福神漬 | | | | | | | | | | | | 9.84 | | | | | | | | | | | | | | | | | | | | | | |
| 612 | 22.0 | 13.7 | 8.3 | 17.7 | 14.5 | 3.2 | 89.3 | 885 | 278 | 78 | 2.8 | 3.0 | 272 | 0.75 | 0.47 | 16 | 6.2 | 2.2 | | 単純合計 | | | | | | | | | | | | 560.97 | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 白玉うどん | | | 牛乳 | | | 山菜うどん | | | 行事等 | | | | | | | | | | 合計 | | 換算人 | | | | | | | | | |
|-------|--------|------|------|--------|------|------|-------|-------|-------|--------|-----|------|-----------|--------|--------|-------|--------|-------|-----|------------|------|--------|--------|------|----|----|----|---|------|---------|------|
| | いかの天ぷら | | | きゅうりあえ | | | | | | | | | | | | | 人数 | 1700 | 2年 | 3年 | 4年 | 5年 | 6年 | 特1 | 特2 | 特3 | 職員 | 他 | 6100 | 6100.00 | |
| | | | | | | | | | | | | | | | | | 単価 | 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 | 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 | μgRE | mg | mg | mg | g | g | g | | | 単位 | g | | | | | | | | | |
| 256 | 6.0 | 0.0 | 6.0 | 1.0 | 0.0 | 1.0 | 52.8 | 252 | 12 | 12 | 0.4 | 0.4 | 0 | 0.06 | 0.02 | 0 | 1.8 | 0.6 | | [白玉うどん] | | | | | | | | | | | |
| 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 | | 白玉うどん 180g | * | | 0.00 | | | | | | | | |
| 256 | 6.0 | 0.0 | 6.0 | 1.0 | 0.0 | 1.0 | 52.8 | 252 | 12 | 12 | 0.4 | 0.4 | 0 | 0.06 | 0.02 | 0 | 1.8 | 0.6 | | 白玉うどん 200g | * | 1.00 個 | 200.00 | | | | | | | | |
| 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 | | 白玉うどん 220g | * | | 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 | | | | | | | | |
| 71 | 7.6 | 5.7 | 1.9 | 1.9 | 0.5 | 1.4 | 6.6 | 420 | 28 | 22 | 0.6 | 0.4 | 65 | 0.05 | 0.05 | 3 | 1.4 | 1.1 | | [山菜うどん] | | | | | | | | | | | |
| 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 | | | | | | | | |
| 17 | 3.8 | 3.8 | 0.0 | 0.3 | 0.3 | 0.0 | 0.0 | 7 | 1 | 5 | 0.0 | 0.1 | 1 | 0.02 | 0.02 | 0 | 0.0 | 0.0 | | とりむね肉 | | | 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 | | 酒 | | | 0.82 | | | | | | | | |
| 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 | | | | | | | | |
| 11 | 0.3 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 2.8 | 1 | 6 | 3 | 0.1 | 0.1 | 0 | 0.01 | 0.00 | 2 | 0.5 | 0.0 | | たまねぎ | | | 32.80 | | | | | | | | |
| 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 | | 干しいたけ | | | 0.41 | | | | | | | | |
| 16 | 0.8 | 0.0 | 0.8 | 1.4 | 0.0 | 1.4 | 0.1 | 0 | 12 | 5 | 0.2 | 0.1 | 0 | 0.00 | 0.00 | 0 | 0.1 | 0.0 | | 山菜 | | | 6.56 | | | | | | | | |
| 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | 0 | 2 | 0 | 0.0 | 0.0 | 3 | 0.00 | 0.00 | 1 | 0.1 | 0.0 | | 油揚げ | | | 4.10 | | | | | | | | |
| 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 | 0.5 | | はねぎ | | | 2.46 | | | | | | | | |
| 2 | 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 | | しょうゆ | | | 3.28 | | | | | | | | |
| 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 | | うすくちしょうゆ | | | 3.28 | | | | | | | | |
| 3 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.7 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | | みりん | | | 1.64 | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | でんぷん | | | 0.82 | | | | | | | |
| 156 | 4.8 | 4.8 | 0.0 | 11.7 | 3.5 | 8.2 | 7.6 | 231 | 14 | 12 | 0.1 | 0.3 | 1 | 0.01 | 0.01 | 0 | 0.2 | 0.6 | | [いかの天ぷら] | | | | | | | | | | | |
| 83 | 4.8 | 4.8 | 0.0 | 3.5 | 3.5 | 0.0 | 7.6 | 231 | 14 | 12 | 0.1 | 0.3 | 1 | 0.01 | 0.01 | 0 | 0.2 | 0.6 | | いかの天ぷら 40g | | 1.00 個 | 40.00 | | | | | | | | |
| 73 | 0.0 | 0.0 | 0.0 | 8.2 | 0.0 | 8.2 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | | なたね油 | | | 8.20 | | | | | | | | |
| 8 | 0.5 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 2.0 | 106 | 13 | 5 | 0.1 | 0.0 | 7 | 0.01 | 0.00 | 10 | 0.6 | 0.3 | | [きゅうりあえ] | | | | | | | | | | | |
| 3 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.9 | 1 | 7 | 2 | 0.0 | 0.0 | 1 | 0.01 | 0.00 | 7 | 0.3 | 0.0 | | キャベツ | | | 16.40 | | | | | | | | |
| 2 | 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 | | きゅうり | | | 12.30 | | | | | | | | |
| 3 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.7 | 105 | 3 | 1 | 0.1 | 0.0 | 3 | 0.00 | 0.00 | 1 | 0.2 | 0.3 | | きゅうり漬 | | | 6.56 | | | | | | | | |
| 629 | 25.7 | 17.3 | 8.4 | 22.4 | 11.8 | 10.6 | 78.9 | 1093 | 294 | 72 | 1.2 | 1.9 | 153 | 0.21 | 0.39 | 15 | 4.0 | 2.8 | | 単純合計 | | | 572.85 | | | | | | | | |
| 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 | | | 573.96 | | | | | | | | |

