

2026年 5月 1日 金曜日

献立1

昼食

0:通常献立

[ 予定献立表 (日毎) ]

1(中学校)

豊川市南部学校給食センター

| 献立名   | 牛乳     |      |      |      |      |     |       |       |       |        |     |     |           | すまし汁     |        | 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  |      |         |
|-------|--------|------|------|------|------|-----|-------|-------|-------|--------|-----|-----|-----------|----------|--------|-------|--------|-------|-----|-----|-------------|------|------|---|--------|------|----|----|----|----|----|----|----|----|---|----|------|------|---------|
|       | わかめごはん |      |      |      |      |     |       |       |       |        |     |     |           | ごぼう入りつくね |        | 人数    |        |       |     |     |             |      |      |   |        | 3100 |    |    |    |    |    |    |    |    |   |    |      | 3100 | 3100.00 |
|       | 赤しそあえ  |      |      |      |      |     |       |       |       |        |     |     |           | かしわもち    |        | 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 |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
|       |        |      |      |      |      |     |       |       |       |        |     |     |           |          |        |       |        |       |     |     |             | 単位   | g    |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 363   | 6.2    | 0.0  | 6.2  | 0.9  | 0.0  | 0.9 | 78.8  | 617   | 14    | 25     | 1.6 | 1.4 | 2         | 0.44     | 0.05   | 0     | 0.9    | 1.6   |     |     | [わかめごはん]    | *    | 1.00 | 個 | 231.00 |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 363   | 6.2    | 0.0  | 6.2  | 0.9  | 0.0  | 0.9 | 78.8  | 617   | 14    | 25     | 1.6 | 1.4 | 2         | 0.44     | 0.05   | 0     | 0.9    | 1.6   |     |     | わかめごはん 100g |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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 |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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          |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 59    | 5.8    | 2.9  | 2.9  | 1.5  | 0.2  | 1.3 | 5.9   | 455   | 42    | 54     | 0.9 | 0.4 | 113       | 0.07     | 0.06   | 4     | 1.4    | 1.2   |     |     | [すまし汁]      |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 10    | 2.3    | 2.3  | 0.0  | 0.2  | 0.2  | 0.0 | 0.0   | 14    | 1     | 3      | 0.3 | 0.1 | 1         | 0.01     | 0.02   | 0     | 0.0    | 0.1   |     |     | 厚削節         |      |      |   | 3.00   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 0     | 0.0    | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.1   | 5     | 2     | 1      | 0.0 | 0.0 | 0         | 0.00     | 0.00   | 0     | 0.1    | 0.0   |     |     | だし用こんぶ      |      |      |   | 0.20   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 5     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.4   | 4     | 4     | 2      | 0.0 | 0.0 | 108       | 0.01     | 0.01   | 1     | 0.4    | 0.0   |     |     | にんじん        |      |      |   | 15.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 10    | 0.3    | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 2.5   | 1     | 5     | 3      | 0.1 | 0.1 | 0         | 0.01     | 0.00   | 2     | 0.5    | 0.0   |     |     | たまねぎ        |      |      |   | 30.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 2     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.4   | 0     | 0     | 1      | 0.1 | 0.0 | 0         | 0.01     | 0.01   | 0     | 0.2    | 0.0   |     |     | えのきたけ       |      |      |   | 5.00   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 22    | 2.0    | 0.0  | 2.0  | 1.3  | 0.0  | 1.3 | 0.5   | 3     | 26    | 39     | 0.3 | 0.2 | 0         | 0.03     | 0.01   | 0     | 0.1    | 0.0   |     |     | とうふ         |      |      |   | 30.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 5     | 0.6    | 0.6  | 0.0  | 0.0  | 0.0  | 0.0 | 0.5   | 50    | 1     | 1      | 0.0 | 0.0 | 0         | 0.00     | 0.00   | 0     | 0.0    | 0.1   |     |     | かまぼこ        |      |      |   | 3.00   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 1     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.2   | 0     | 2     | 1      | 0.0 | 0.0 | 4         | 0.00     | 0.00   | 1     | 0.1    | 0.0   |     |     | はねぎ         |      |      |   | 3.00   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 4     | 0.3    | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 0.3   | 378   | 1     | 3      | 0.1 | 0.0 | 0         | 0.00     | 0.01   | 0     | 0.0    | 1.0   |     |     | うすくちしょうゆ    |      |      |   | 6.00   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 97    | 5.6    | 3.4  | 2.2  | 3.8  | 3.8  | 0.0 | 9.6   | 205   | 14    | 17     | 0.4 | 0.3 | 3         | 0.04     | 0.03   | 1     | 1.1    | 0.5   |     |     | [ごぼう入りつくね]  |      | 3.00 | 個 | 60.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 97    | 5.6    | 3.4  | 2.2  | 3.8  | 3.8  | 0.0 | 9.6   | 205   | 14    | 17     | 0.4 | 0.3 | 3         | 0.04     | 0.03   | 1     | 1.1    | 0.5   |     |     | ごぼう入りつくね    |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 9     | 0.7    | 0.0  | 0.7  | 0.1  | 0.0  | 0.1 | 2.3   | 87    | 18    | 6      | 0.1 | 0.1 | 9         | 0.01     | 0.01   | 14    | 0.8    | 0.2   |     |     | [赤しそあえ]     |      |      |   | 30.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 6     | 0.4    | 0.0  | 0.4  | 0.1  | 0.0  | 0.1 | 1.6   | 2     | 13    | 4      | 0.1 | 0.1 | 1         | 0.01     | 0.01   | 12    | 0.5    | 0.0   |     |     | キャベツ        |      |      |   | 15.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 2     | 0.2    | 0.0  | 0.2  | 0.0  | 0.0  | 0.0 | 0.5   | 0     | 4     | 2      | 0.0 | 0.0 | 4         | 0.00     | 0.00   | 2     | 0.2    | 0.0   |     |     | きゅうり        |      |      |   | 0.50   |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 1     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.2   | 85    | 1     | 0      | 0.0 | 0.0 | 4         | 0.00     | 0.00   | 0     | 0.1    | 0.2   |     |     | 赤しそ粉        |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 61    | 1.2    | 0.0  | 1.2  | 0.1  | 0.0  | 0.1 | 14.0  | 17    | 5     | 4      | 0.3 | 0.2 | 0         | 0.01     | 0.01   | 0     | 0.5    | 0.0   |     |     | [かしわもち]     |      | 1.00 | 個 | 30.00  |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 61    | 1.2    | 0.0  | 1.2  | 0.1  | 0.0  | 0.1 | 14.0  | 17    | 5     | 4      | 0.3 | 0.2 | 0         | 0.01     | 0.01   | 0     | 0.5    | 0.0   |     |     | かしわもち       |      |      |   |        |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 727   | 26.3   | 13.1 | 13.2 | 14.2 | 11.8 | 2.4 | 120.5 | 1465  | 320   | 127    | 3.3 | 3.2 | 207       | 0.65     | 0.47   | 21    | 4.7    | 3.7   |     |     | 単純合計        |      |      |   | 669.70 |      |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 830   | 34.2   | 17.1 | 17.1 | 23.1 |      |     | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50     | 0.60   | 35    | 7.0    | 2.5   |     |     | 基準          |      |      |   | 704.70 |      |    |    |    |    |    |    |    |    |   |    |      |      |         |

| 献立名   | ごはん<br>にしんの塩焼き |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        | 牛乳<br>やさいサラダ |     |            | 白みそ汁<br>ごまドレッシング |        |        | 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 3100<br>単価 0.00<br>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      |        |  |  |  |  |  |  |  |  |  |  |
| 358   | 6.0            | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0          |     | [ごはん]      | *                | 1.00 個 | 224.00 |  |  |  |  |  |  |  |  |  |  |
| 358   | 6.0            | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0          |     | にしん 100g   |                  |        |        |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |
| 102   | 7.7            | 2.6  | 5.1  | 3.7  | 0.2  | 3.5 | 11.5  | 609   | 61    | 63     | 1.6 | 0.7 | 7         | 0.08   | 0.07   | 12    | 4.4    | 1.7          |     | [白みそ汁]     |                  |        |        |  |  |  |  |  |  |  |  |  |  |
| 12    | 2.6            | 2.6  | 0.0  | 0.2  | 0.2  | 0.0 | 0.0   | 17    | 2     | 3      | 0.3 | 0.1 | 1         | 0.01   | 0.02   | 0     | 0.0    | 0.2          |     | 厚削節        |                  |        | 3.50   |  |  |  |  |  |  |  |  |  |  |
| 10    | 0.3            | 0.0  | 0.3  | 0.0  | 0.0  | 0.0 | 2.5   | 1     | 5     | 3      | 0.1 | 0.1 | 0         | 0.01   | 0.00   | 2     | 0.5    | 0.0          |     | たまねぎ       |                  |        | 30.00  |  |  |  |  |  |  |  |  |  |  |
| 18    | 0.5            | 0.0  | 0.5  | 0.0  | 0.0  | 0.0 | 5.2   | 0     | 1     | 6      | 0.1 | 0.1 | 0         | 0.03   | 0.01   | 8     | 2.7    | 0.0          |     | じゃがいも      |                  |        | 30.00  |  |  |  |  |  |  |  |  |  |  |
| 18    | 1.7            | 0.0  | 1.7  | 1.1  | 0.0  | 1.1 | 0.4   | 2     | 22    | 33     | 0.2 | 0.2 | 0         | 0.02   | 0.01   | 0     | 0.1    | 0.0          |     | とうふ        |                  |        | 25.00  |  |  |  |  |  |  |  |  |  |  |
| 19    | 0.9            | 0.0  | 0.9  | 1.7  | 0.0  | 1.7 | 0.1   | 1     | 15    | 7      | 0.2 | 0.1 | 0         | 0.00   | 0.00   | 0     | 0.1    | 0.0          |     | 油揚げ        |                  |        | 5.00   |  |  |  |  |  |  |  |  |  |  |
| 2     | 0.1            | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.4   | 0     | 0     | 1      | 0.1 | 0.0 | 0         | 0.01   | 0.01   | 0     | 0.2    | 0.0          |     | えのきたけ      |                  |        | 5.00   |  |  |  |  |  |  |  |  |  |  |
| 1     | 0.1            | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3   | 0     | 4     | 1      | 0.1 | 0.0 | 6         | 0.00   | 0.01   | 2     | 0.2    | 0.0          |     | はねぎ        |                  |        | 5.00   |  |  |  |  |  |  |  |  |  |  |
| 22    | 1.5            | 0.0  | 1.5  | 0.7  | 0.0  | 0.7 | 2.6   | 588   | 12    | 9      | 0.5 | 0.1 | 0         | 0.00   | 0.01   | 0     | 0.6    | 1.5          |     | 白みそ        |                  |        | 12.00  |  |  |  |  |  |  |  |  |  |  |
| 94    | 8.4            | 8.4  | 0.0  | 7.2  | 7.2  | 0.0 | 0.0   | 53    | 104   | 16     | 0.5 | 0.5 | 9         | 0.00   | 0.08   | 0     | 0.0    | 0.1          |     | [にしんの塩焼き]  |                  |        |        |  |  |  |  |  |  |  |  |  |  |
| 94    | 8.4            | 8.4  | 0.0  | 7.2  | 7.2  | 0.0 | 0.0   | 53    | 104   | 16     | 0.5 | 0.5 | 9         | 0.00   | 0.08   | 0     | 0.0    | 0.1          |     | にしん 40g    |                  | 1.00 個 | 40.00  |  |  |  |  |  |  |  |  |  |  |
| 11    | 0.6            | 0.0  | 0.6  | 0.1  | 0.0  | 0.1 | 2.8   | 5     | 19    | 7      | 0.1 | 0.1 | 76        | 0.02   | 0.02   | 14    | 0.9    | 0.0          |     | [やさいサラダ]   |                  |        |        |  |  |  |  |  |  |  |  |  |  |
| 4     | 0.1            | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.9   | 3     | 3     | 1      | 0.0 | 0.0 | 72        | 0.01   | 0.01   | 1     | 0.3    | 0.0          |     | にんじん       |                  |        | 10.00  |  |  |  |  |  |  |  |  |  |  |
| 6     | 0.4            | 0.0  | 0.4  | 0.1  | 0.0  | 0.1 | 1.6   | 2     | 13    | 4      | 0.1 | 0.1 | 1         | 0.01   | 0.01   | 12    | 0.5    | 0.0          |     | キャベツ       |                  |        | 30.00  |  |  |  |  |  |  |  |  |  |  |
| 1     | 0.1            | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3   | 0     | 3     | 2      | 0.0 | 0.0 | 3         | 0.00   | 0.00   | 1     | 0.1    | 0.0          |     | きゅうり       |                  |        | 10.00  |  |  |  |  |  |  |  |  |  |  |
| 6     | 0.1            | 0.0  | 0.1  | 0.1  | 0.0  | 0.1 | 1.3   | 80    | 2     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2          |     | [ごまドレッシング] |                  |        |        |  |  |  |  |  |  |  |  |  |  |
| 6     | 0.1            | 0.0  | 0.1  | 0.1  | 0.0  | 0.1 | 1.3   | 80    | 2     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2          |     | ごまドレッシング   |                  |        | 5.00   |  |  |  |  |  |  |  |  |  |  |
| 709   | 29.6           | 17.8 | 11.8 | 19.8 | 15.2 | 4.6 | 103.2 | 831   | 417   | 130    | 3.8 | 3.4 | 172       | 0.63   | 0.52   | 28    | 5.7    | 2.2          |     | 単純合計       |                  |        | 640.50 |  |  |  |  |  |  |  |  |  |  |
| 830   | 34.2           | 17.1 | 17.1 | 23.1 |      |     | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5          |     | 基準         |                  |        | 704.70 |  |  |  |  |  |  |  |  |  |  |

| 献立名   | ごはん   |      | 牛乳      |      |      |     | わかめスープ |       |       |        |     |      |           |        |        |       | 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  |      |         |
|-------|-------|------|---------|------|------|-----|--------|-------|-------|--------|-----|------|-----------|--------|--------|-------|--------|-------|-----|-----|----|------|---|--------|--------|--|------|--|----|----|----|----|----|----|----|----|----|---|------|------|------|---------|
|       | 酢ぶた   |      | あまなつみかん |      |      |     |        |       |       |        |     |      |           |        |        |       |        |       |     |     |    |      |   |        |        |  | 3100 |  |    |    |    |    |    |    |    |    |    |   |      |      | 3100 | 3100.00 |
|       | 単価    |      | 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  | μgRE | mg        | mg     | mg     | g     | g      | g     |     |     | 単位 | g    |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 358   | 6.0   | 0.0  | 6.0     | 0.9  | 0.0  | 0.9 | 77.7   | 0     | 4     | 22     | 1.6 | 1.3  | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0   |     |     | *  | 1.00 | 個 | 224.00 |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 358   | 6.0   | 0.0  | 6.0     | 0.9  | 0.0  | 0.9 | 77.7   | 0     | 4     | 22     | 1.6 | 1.3  | 0         | 0.45   | 0.04   | 0     | 0.4    | 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   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 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 |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 50    | 4.3   | 1.2  | 3.1     | 1.5  | 0.1  | 1.4 | 4.8    | 638   | 38    | 58     | 0.4 | 0.4  | 10        | 0.05   | 0.05   | 3     | 1.3    | 1.6   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 9     | 0.3   | 0.0  | 0.3     | 0.1  | 0.0  | 0.1 | 2.0    | 0     | 2     | 2      | 0.0 | 0.1  | 1         | 0.01   | 0.01   | 0     | 0.5    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 3     | 0.3   | 0.0  | 0.3     | 0.0  | 0.0  | 0.0 | 0.5    | 0     | 2     | 2      | 0.0 | 0.1  | 0         | 0.01   | 0.01   | 2     | 0.3    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 22    | 2.0   | 0.0  | 2.0     | 1.3  | 0.0  | 1.3 | 0.5    | 3     | 26    | 39     | 0.3 | 0.2  | 0         | 0.03   | 0.01   | 0     | 0.1    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.4   | 0.4  | 0.0     | 0.0  | 0.0  | 0.0 | 0.6    | 40    | 1     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.3    | 53    | 6     | 9      | 0.0 | 0.0  | 5         | 0.00   | 0.01   | 0     | 0.3    | 0.1   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.2    | 0     | 2     | 1      | 0.0 | 0.0  | 4         | 0.00   | 0.00   | 1     | 0.1    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.4   | 0.4  | 0.0     | 0.1  | 0.1  | 0.0 | 0.3    | 65    | 0     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 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   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.1  | 0.0     | 0.0  | 0.0  | 0.0 | 0.1    | 88    | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.3   | 0.0  | 0.3     | 0.0  | 0.0  | 0.0 | 0.3    | 378   | 1     | 3      | 0.1 | 0.0  | 0         | 0.00   | 0.01   | 0     | 0.0    | 1.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 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   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 151   | 10.3  | 9.0  | 1.3     | 7.0  | 2.5  | 4.5 | 12.5   | 319   | 14    | 21     | 0.4 | 1.0  | 77        | 0.40   | 0.11   | 7     | 1.3    | 0.7   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.0   | 0.0  | 0.0     | 0.5  | 0.0  | 0.5 | 0.0    | 0     | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.9    | 3     | 3     | 1      | 0.0 | 0.0  | 72        | 0.01   | 0.01   | 1     | 0.3    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.2    | 0     | 1     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.1    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 12    | 0.4   | 0.0  | 0.4     | 0.0  | 0.0  | 0.0 | 2.9    | 1     | 6     | 3      | 0.1 | 0.1  | 0         | 0.01   | 0.00   | 2     | 0.5    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.3    | 0     | 0     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.01   | 0     | 0.2    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.0   | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.3    | 0     | 1     | 1      | 0.0 | 0.0  | 2         | 0.00   | 0.00   | 4     | 0.1    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.1    | 86    | 0     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 2     | 0.0   | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.5    | 0     | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 1.1    | 48    | 1     | 1      | 0.0 | 0.0  | 2         | 0.00   | 0.00   | 0     | 0.1    | 0.1   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 6     | 0.0   | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 1.5    | 0     | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 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   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 4     | 0.4   | 0.4  | 0.0     | 0.1  | 0.1  | 0.0 | 0.3    | 65    | 0     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 0     | 0.0   | 0.0  | 0.0     | 0.0  | 0.0  | 0.0 | 0.0    | 39    | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 55    | 8.6   | 8.6  | 0.0     | 2.4  | 2.4  | 0.0 | 0.1    | 20    | 2     | 10     | 0.3 | 0.8  | 1         | 0.38   | 0.09   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 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   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 1     | 0.1   | 0.0  | 0.1     | 0.0  | 0.0  | 0.0 | 0.1    | 57    | 0     | 1      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 18    | 0.3   | 0.0  | 0.3     | 0.0  | 0.0  | 0.0 | 4.1    | 0     | 0     | 1      | 0.0 | 0.1  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 35    | 0.0   | 0.0  | 0.0     | 4.0  | 4.0  | 0.0 | 4.0    | 0     | 0     | 0      | 0.0 | 0.0  | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 11    | 0.2   | 0.0  | 0.2     | 0.0  | 0.0  | 0.0 | 2.5    | 0     | 4     | 3      | 0.1 | 0.0  | 2         | 0.02   | 0.01   | 10    | 0.3    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 11    | 0.2   | 0.0  | 0.2     | 0.0  | 0.0  | 0.0 | 2.5    | 0     | 4     | 3      | 0.1 | 0.0  | 2         | 0.02   | 0.01   | 10    | 0.3    | 0.0   |     |     |    |      |   |        |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 708   | 27.6  | 17.0 | 10.6    | 17.2 | 10.4 | 6.8 | 107.4  | 1041  | 287   | 125    | 2.5 | 3.5  | 169       | 1.00   | 0.52   | 22    | 3.3    | 2.5   | 単   | 純   | 合  | 計    | 値 |        | 652.13 |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |
| 830   | 34.2  | 17.1 | 17.1    | 23.1 |      |     | 0.0    | 984   | 450   | 120    | 4.5 | 3.0  | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5   | 基   | 準   | 値  |      |   | 704.70 |        |  |      |  |    |    |    |    |    |    |    |    |    |   |      |      |      |         |



2026年 5月12日 火曜日

献立1 昼食

0:通常献立

[ 予定献立表 (日毎) ]

1(中学校)

豊川市南部学校給食センター

| 献立名   | ごはん    |      | 牛乳   |      | 生揚げのみそ煮 |     |       |       |       |        |     |     |           |        | 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  |         |  |  |  |  |
|-------|--------|------|------|------|---------|-----|-------|-------|-------|--------|-----|-----|-----------|--------|--------|-------|--------|-------|-----|------------|----|--------|--------|----|----|---|----|------|---------|--|--|--|--|
|       | 厚焼きたまご |      | 三色炒め |      |         |     |       |       |       |        |     |     |           |        | 人数     | 3100  |        |       |     |            |    |        |        |    |    |   |    | 3100 | 3100.00 |  |  |  |  |
|       |        |      |      |      |         |     |       |       |       |        |     |     |           |        | 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  | mg  | μgRE      | mg     | mg     | mg    | g      | g     | g   |            | 単位 | g      |        |    |    |   |    |      |         |  |  |  |  |
| 358   | 6.0    | 0.0  | 6.0  | 0.9  | 0.0     | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0   |     | [ごはん]      | *  | 1.00 個 | 224.00 |    |    |   |    |      |         |  |  |  |  |
| 358   | 6.0    | 0.0  | 6.0  | 0.9  | 0.0     | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0   |     | ごはん 100g   |    |        |        |    |    |   |    |      |         |  |  |  |  |
| 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 |    |    |   |    |      |         |  |  |  |  |
| 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         |    |        |        |    |    |   |    |      |         |  |  |  |  |
| 156   | 9.5    | 4.3  | 5.2  | 7.6  | 5.8     | 1.8 | 12.6  | 662   | 54    | 65     | 1.4 | 1.0 | 149       | 0.26   | 0.10   | 6     | 2.4    | 1.6   |     | [生揚げのみそ煮]  |    |        |        |    |    |   |    |      |         |  |  |  |  |
| 9     | 0.0    | 0.0  | 0.0  | 1.0  | 0.0     | 1.0 | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | 米油         |    |        | 1.00   |    |    |   |    |      |         |  |  |  |  |
| 28    | 4.3    | 4.3  | 0.0  | 1.2  | 1.2     | 0.0 | 0.0   | 10    | 1     | 5      | 0.1 | 0.4 | 1         | 0.19   | 0.04   | 0     | 0.0    | 0.0   |     | ぶたもも肉      |    |        | 20.00  |    |    |   |    |      |         |  |  |  |  |
| 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          |    |        | 2.00   |    |    |   |    |      |         |  |  |  |  |
| 7     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0     | 0.0 | 1.9   | 6     | 6     | 2      | 0.0 | 0.0 | 144       | 0.01   | 0.01   | 1     | 0.6    | 0.0   |     | にんじん       |    |        | 20.00  |    |    |   |    |      |         |  |  |  |  |
| 6     | 0.2    | 0.0  | 0.2  | 0.0  | 0.0     | 0.0 | 1.6   | 8     | 10    | 4      | 0.1 | 0.1 | 0         | 0.01   | 0.00   | 5     | 0.6    | 0.0   |     | だいこん       |    |        | 40.00  |    |    |   |    |      |         |  |  |  |  |
| 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     | 0.4    | 0.0   |     | こんにやく 1/60 |    |        | 20.00  |    |    |   |    |      |         |  |  |  |  |
| 64    | 3.0    | 0.0  | 3.0  | 4.6  | 4.6     | 0.0 | 2.4   | 15    | 12    | 40     | 0.5 | 0.3 | 2         | 0.05   | 0.02   | 0     | 0.2    | 0.0   |     | 冷凍生揚げ      |    |        | 40.00  |    |    |   |    |      |         |  |  |  |  |
| 1     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0     | 0.0 | 0.3   | 0     | 3     | 1      | 0.0 | 0.0 | 2         | 0.00   | 0.01   | 0     | 0.1    | 0.0   |     | さやいんげん     |    |        | 5.00   |    |    |   |    |      |         |  |  |  |  |
| 17    | 1.4    | 0.0  | 1.4  | 0.8  | 0.0     | 0.8 | 1.2   | 344   | 12    | 10     | 0.5 | 0.2 | 0         | 0.00   | 0.01   | 0     | 0.5    | 0.9   |     | 赤みそ        |    |        | 8.00   |    |    |   |    |      |         |  |  |  |  |
| 1     | 0.1    | 0.0  | 0.1  | 0.0  | 0.0     | 0.0 | 0.3   | 49    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     | 和風だし       |    |        | 0.50   |    |    |   |    |      |         |  |  |  |  |
| 5     | 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   |     | みりん        |    |        | 2.00   |    |    |   |    |      |         |  |  |  |  |
| 3     | 0.3    | 0.0  | 0.3  | 0.0  | 0.0     | 0.0 | 0.3   | 228   | 1     | 3      | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.6   |     | しょうゆ       |    |        | 4.00   |    |    |   |    |      |         |  |  |  |  |
| 12    | 0.0    | 0.0  | 0.0  | 0.0  | 0.0     | 0.0 | 3.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | さとう (三温)   |    |        | 3.00   |    |    |   |    |      |         |  |  |  |  |
| 67    | 4.4    | 4.4  | 0.0  | 4.1  | 4.1     | 0.0 | 2.5   | 173   | 19    | 5      | 0.7 | 0.5 | 53        | 0.02   | 0.15   | 0     | 0.0    | 0.5   |     | [厚焼きたまご]   |    | 1.00 個 | 50.00  |    |    |   |    |      |         |  |  |  |  |
| 67    | 4.4    | 4.4  | 0.0  | 4.1  | 4.1     | 0.0 | 2.5   | 173   | 19    | 5      | 0.7 | 0.5 | 53        | 0.02   | 0.15   | 0     | 0.0    | 0.5   |     | 厚焼きたまご 50g |    |        |        |    |    |   |    |      |         |  |  |  |  |
| 16    | 0.8    | 0.0  | 0.8  | 0.5  | 0.0     | 0.5 | 2.4   | 101   | 13    | 6      | 0.2 | 0.1 | 37        | 0.02   | 0.03   | 10    | 0.9    | 0.2   |     | [三色炒め]     |    |        |        |    |    |   |    |      |         |  |  |  |  |
| 4     | 0.0    | 0.0  | 0.0  | 0.5  | 0.0     | 0.5 | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | 米油         |    |        | 0.50   |    |    |   |    |      |         |  |  |  |  |
| 2     | 0.0    | 0.0  | 0.0  | 0.0  | 0.0     | 0.0 | 0.5   | 1     | 1     | 1      | 0.0 | 0.0 | 36        | 0.00   | 0.00   | 0     | 0.1    | 0.0   |     | にんじん       |    |        | 5.00   |    |    |   |    |      |         |  |  |  |  |
| 4     | 0.3    | 0.0  | 0.3  | 0.0  | 0.0     | 0.0 | 1.0   | 1     | 9     | 3      | 0.1 | 0.0 | 1         | 0.01   | 0.01   | 8     | 0.4    | 0.0   |     | キャベツ       |    |        | 20.00  |    |    |   |    |      |         |  |  |  |  |
| 5     | 0.5    | 0.0  | 0.5  | 0.0  | 0.0     | 0.0 | 0.8   | 1     | 3     | 2      | 0.1 | 0.1 | 0         | 0.01   | 0.02   | 2     | 0.4    | 0.0   |     | もやし        |    |        | 30.00  |    |    |   |    |      |         |  |  |  |  |
| 1     | 0.0    | 0.0  | 0.0  | 0.0  | 0.0     | 0.0 | 0.1   | 20    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     | 和風だし       |    |        | 0.20   |    |    |   |    |      |         |  |  |  |  |
| 0     | 0.0    | 0.0  | 0.0  | 0.0  | 0.0     | 0.0 | 0.0   | 78    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2   |     | 天日塩        |    |        | 0.20   |    |    |   |    |      |         |  |  |  |  |
| 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   |    |    |   |    |      |         |  |  |  |  |
| 735   | 27.5   | 15.5 | 12.0 | 20.9 | 17.7    | 3.2 | 105.1 | 1020  | 317   | 119    | 3.9 | 3.7 | 319       | 0.83   | 0.63   | 18    | 3.7    | 2.5   |     | 単純合計       |    |        | 701.42 |    |    |   |    |      |         |  |  |  |  |
| 830   | 34.2   | 17.1 | 17.1 | 23.1 |         |     | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5   |     | 基準         |    |        | 704.70 |    |    |   |    |      |         |  |  |  |  |





| 献立名   | ごはん   |      |      | 牛乳         |      |      | いなか汁   |      |     | 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     |
|-------|-------|------|------|------------|------|------|--------|------|-----|-------|-------|--------|-----|------|--------|--------|-------|------|-------|-----|--------------|----|--------|--------|----|----|----|----|---|------|---------|
|       | あじフライ |      |      | 糸切りこんぶの煮付け |      |      | パックソース |      |     | 3100  |       |        |     |      |        |        |       |      |       |     |              |    |        |        |    |    |    |    |   | 3100 | 3100.00 |
|       | 単価    |      |      | 0.00       |      |      | 0.00   |      |     | 0.00  |       |        |     |      |        |        |       |      |       |     |              |    |        |        |    |    |    |    |   | 0.00 | 0.00    |
| エネルギー | たんぱく質 |      |      | 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   |        |    |    |    |    |   |      |         |
|       | kcal  | g    | g    | g          | g    | g    | g      | g    | mg  | mg    | mg    | mg     | mg  | μgRE | mg     | mg     | mg    | g    | g     | g   |              |    | 単位     | g      |    |    |    |    |   |      |         |
| 358   | 6.0   | 0.0  | 6.0  | 0.9        | 0.0  | 0.9  | 77.7   | 0    | 4   | 22    | 1.6   | 1.3    | 0   | 0.45 | 0.04   | 0      | 0.4   | 0.0  |       |     | [ごはん]        |    |        |        |    |    |    |    |   |      |         |
| 358   | 6.0   | 0.0  | 6.0  | 0.9        | 0.0  | 0.9  | 77.7   | 0    | 4   | 22    | 1.6   | 1.3    | 0   | 0.45 | 0.04   | 0      | 0.4   | 0.0  |       |     | ごはん 100g     | *  | 1.00 個 | 224.00 |    |    |    |    |   |      |         |
| 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 |    |    |    |    |   |      |         |
| 61    | 4.1   | 2.3  | 1.8  | 1.8        | 0.2  | 1.6  | 8.5    | 390  | 37  | 24    | 0.8   | 0.4    | 149 | 0.06 | 0.04   | 5      | 2.7   | 1.0  |       |     | [いなか汁]       |    |        |        |    |    |    |    |   |      |         |
| 10    | 2.3   | 2.3  | 0.0  | 0.2        | 0.2  | 0.0  | 0.0    | 14   | 1   | 3     | 0.3   | 0.1    | 1   | 0.01 | 0.02   | 0      | 0.0   | 0.1  |       |     | 厚削節          |    |        | 3.00   |    |    |    |    |   |      |         |
| 0     | 0.0   | 0.0  | 0.0  | 0.0        | 0.0  | 0.0  | 0.1    | 5    | 2   | 1     | 0.0   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.1   | 0.0  |       |     | だし用こんぶ       |    |        | 0.20   |    |    |    |    |   |      |         |
| 7     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 1.9    | 6    | 6   | 2     | 0.0   | 0.0    | 144 | 0.01 | 0.01   | 1      | 0.6   | 0.0  |       |     | にんじん         |    |        | 20.00  |    |    |    |    |   |      |         |
| 13    | 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         |    |        | 40.00  |    |    |    |    |   |      |         |
| 6     | 0.2   | 0.0  | 0.2  | 0.0        | 0.0  | 0.0  | 1.5    | 2    | 5   | 5     | 0.1   | 0.1    | 0   | 0.01 | 0.00   | 0      | 0.6   | 0.0  |       |     | ごぼう          |    |        | 10.00  |    |    |    |    |   |      |         |
| 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      | 0.4   | 0.0  |       |     | こんにやく 1/60   |    |        | 20.00  |    |    |    |    |   |      |         |
| 19    | 0.6   | 0.0  | 0.6  | 1.6        | 0.0  | 1.6  | 0.5    | 0    | 3   | 4     | 0.1   | 0.1    | 0   | 0.01 | 0.00   | 0      | 0.3   | 0.0  |       |     | 冷凍油揚げ        |    |        | 5.00   |    |    |    |    |   |      |         |
| 1     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 0.2    | 0    | 2   | 1     | 0.0   | 0.0    | 4   | 0.00 | 0.00   | 1      | 0.1   | 0.0  |       |     | はねぎ          |    |        | 3.00   |    |    |    |    |   |      |         |
| 2     | 0.2   | 0.0  | 0.2  | 0.0        | 0.0  | 0.0  | 0.2    | 171  | 1   | 2     | 0.1   | 0.0    | 0   | 0.00 | 0.01   | 0      | 0.0   | 0.4  |       |     | しょうゆ         |    |        | 3.00   |    |    |    |    |   |      |         |
| 2     | 0.2   | 0.0  | 0.2  | 0.0        | 0.0  | 0.0  | 0.2    | 189  | 1   | 2     | 0.0   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.5  |       |     | うすくちしょうゆ     |    |        | 3.00   |    |    |    |    |   |      |         |
| 176   | 8.5   | 8.5  | 0.0  | 12.2       | 2.2  | 10.0 | 7.6    | 237  | 28  | 16    | 0.4   | 0.5    | 3   | 0.06 | 0.05   | 0      | 0.4   | 0.6  |       |     | [あじフライ]      |    |        |        |    |    |    |    |   |      |         |
| 87    | 8.5   | 8.5  | 0.0  | 2.2        | 2.2  | 0.0  | 7.6    | 237  | 28  | 16    | 0.4   | 0.5    | 3   | 0.06 | 0.05   | 0      | 0.4   | 0.6  |       |     | あじフライ 50g    |    | 1.00 個 | 50.00  |    |    |    |    |   |      |         |
| 89    | 0.0   | 0.0  | 0.0  | 10.0       | 0.0  | 10.0 | 0.0    | 0    | 0   | 0     | 0.0   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.0  |       |     | なたね油         |    |        | 10.00  |    |    |    |    |   |      |         |
| 34    | 2.3   | 1.9  | 0.4  | 0.6        | 0.6  | 0.0  | 5.7    | 300  | 28  | 15    | 0.2   | 0.0    | 75  | 0.03 | 0.04   | 2      | 0.9   | 0.7  |       |     | [糸切りこんぶの煮付け] |    |        |        |    |    |    |    |   |      |         |
| 4     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 0.9    | 3    | 3   | 1     | 0.0   | 0.0    | 72  | 0.01 | 0.01   | 1      | 0.3   | 0.0  |       |     | にんじん         |    |        | 10.00  |    |    |    |    |   |      |         |
| 3     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 1.3    | 52   | 16  | 11    | 0.1   | 0.0    | 3   | 0.01 | 0.01   | 1      | 0.6   | 0.1  |       |     | 糸切りこんぶ       |    |        | 2.00   |    |    |    |    |   |      |         |
| 20    | 1.9   | 1.9  | 0.0  | 0.6        | 0.6  | 0.0  | 2.1    | 110  | 9   | 2     | 0.1   | 0.0    | 0   | 0.01 | 0.02   | 0      | 0.0   | 0.3  |       |     | 揚げはん         |    |        | 15.00  |    |    |    |    |   |      |         |
| 1     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 0.3    | 49   | 0   | 0     | 0.0   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.1  |       |     | 和風だし         |    |        | 0.50   |    |    |    |    |   |      |         |
| 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  |       |     | さとう (三温)     |    |        | 1.00   |    |    |    |    |   |      |         |
| 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            |    |        | 1.00   |    |    |    |    |   |      |         |
| 1     | 0.1   | 0.0  | 0.1  | 0.0        | 0.0  | 0.0  | 0.1    | 86   | 0   | 1     | 0.0   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.2  |       |     | しょうゆ         |    |        | 1.50   |    |    |    |    |   |      |         |
| 5     | 0.0   | 0.0  | 0.0  | 0.0        | 0.0  | 0.0  | 1.2    | 92   | 2   | 1     | 0.1   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.2  |       |     | [パックソース]     |    |        |        |    |    |    |    |   |      |         |
| 5     | 0.0   | 0.0  | 0.0  | 0.0        | 0.0  | 0.0  | 1.2    | 92   | 2   | 1     | 0.1   | 0.0    | 0   | 0.00 | 0.00   | 0      | 0.0   | 0.2  |       |     | パックソース       |    |        | 4.00   |    |    |    |    |   |      |         |
| 772   | 27.7  | 19.5 | 8.2  | 23.3       | 10.8 | 12.5 | 110.6  | 1103 | 326 | 99    | 3.1   | 3.0    | 307 | 0.68 | 0.48   | 9      | 4.4   | 2.7  |       |     | 単純合計         |    |        | 632.20 |    |    |    |    |   |      |         |
| 830   | 34.2  | 17.1 | 17.1 | 23.1       |      |      | 0.0    | 984  | 450 | 120   | 4.5   | 3.0    | 300 | 0.50 | 0.60   | 35     | 7.0   | 2.5  |       |     | 基準           |    |        | 704.70 |    |    |    |    |   |      |         |











2026年 5月25日 月曜日

献立1 昼食

0:通常献立

[ 予定献立表 (日毎) ]

1(中学校)

豊川市南部学校給食センター

| 献立名   | 牛乳      |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        | じゃがいものそぼろ煮 |     |              |    |      |       |        |  |  |  |  |  |  |  |  |  |  | 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  |      |         |
|-------|---------|------|------|------|------|-----|-------|-------|-------|--------|-----|-----|-----------|--------|--------|-------|--------|------------|-----|--------------|----|------|-------|--------|--|--|--|--|--|--|--|--|--|--|----|------|----|----|----|----|----|----|----|----|----|---|----|------|------|---------|
|       | ごはん     |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        | メロン        |     |              |    |      |       |        |  |  |  |  |  |  |  |  |  |  | 人数 | 3100 |    |    |    |    |    |    |    |    |    |   |    |      | 3100 | 3100.00 |
|       | うの花はんぺん |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        |            |     |              |    |      |       |        |  |  |  |  |  |  |  |  |  |  | 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  | mg  | μgRE      | mg     | mg     | mg    | g      | g          | g   |              | 単位 | g    |       |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 358   | 6.0     | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0        |     | [ごはん]        | *  | 1.00 | 個     | 224.00 |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 358   | 6.0     | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0        |     | ごはん 100g     |    |      |       |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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 |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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           |    |      |       |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 124   | 8.5     | 6.5  | 2.0  | 3.0  | 1.8  | 1.2 | 19.1  | 410   | 32    | 31     | 0.8 | 0.9 | 183       | 0.37   | 0.13   | 19    | 6.5    | 0.9        |     | [じゃがいものそぼろ煮] |    |      |       |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 9     | 0.0     | 0.0  | 0.0  | 1.0  | 0.0  | 1.0 | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0        |     | 米油           |    |      | 1.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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      |    |      | 0.50  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 41    | 6.5     | 6.5  | 0.0  | 1.8  | 1.8  | 0.0 | 0.1   | 15    | 1     | 8      | 0.2 | 0.6 | 1         | 0.28   | 0.07   | 0     | 0.0    | 0.0        |     | ぶたももひき肉      |    |      | 30.00 |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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            |    |      | 2.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 9     | 0.2     | 0.0  | 0.2  | 0.1  | 0.0  | 0.1 | 2.3   | 7     | 7     | 3      | 0.1 | 0.1 | 180       | 0.02   | 0.02   | 2     | 0.7    | 0.0        |     | にんじん         |    |      | 25.00 |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 13    | 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         |    |      | 40.00 |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 1     | 0.0     | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.6   | 3     | 11    | 1      | 0.1 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.6    | 0.0        |     | 突こんやく        |    |      | 25.00 |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 30    | 0.8     | 0.0  | 0.8  | 0.1  | 0.0  | 0.1 | 8.7   | 1     | 2     | 10     | 0.2 | 0.1 | 0         | 0.05   | 0.02   | 14    | 4.5    | 0.0        |     | じゃがいも(皮むき)   |    |      | 50.00 |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 1     | 0.1     | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.3   | 0     | 3     | 1      | 0.0 | 0.0 | 2         | 0.00   | 0.01   | 0     | 0.1    | 0.0        |     | さやいんげん       |    |      | 5.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 3     | 0.1     | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.6   | 98    | 0     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2        |     | 和風だし         |    |      | 1.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 6     | 0.0     | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 1.5   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0        |     | さとう(三温)      |    |      | 1.50  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 4     | 0.4     | 0.0  | 0.4  | 0.0  | 0.0  | 0.0 | 0.4   | 285   | 1     | 3      | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.7        |     | しょうゆ         |    |      | 5.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 5     | 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        |     | みりん          |    |      | 2.00  |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 96    | 4.4     | 3.7  | 0.7  | 2.3  | 2.3  | 0.0 | 8.8   | 342   | 37    | 13     | 0.1 | 0.1 | 25        | 0.02   | 0.02   | 1     | 1.3    | 0.9        |     | [うの花はんぺん]    |    |      |       |        |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 96    | 4.4     | 3.7  | 0.7  | 2.3  | 2.3  | 0.0 | 8.8   | 342   | 37    | 13     | 0.1 | 0.1 | 25        | 0.02   | 0.02   | 1     | 1.3    | 0.9        |     | うの花はんぺん      |    | 3.00 | 個     | 60.00  |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 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  |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 728   | 26.0    | 17.0 | 9.0  | 14.0 | 11.9 | 2.1 | 118.6 | 838   | 302   | 91     | 2.6 | 3.2 | 289       | 0.94   | 0.51   | 27    | 8.4    | 2.0        |     | 単純合計         |    |      |       | 708.00 |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |
| 830   | 34.2    | 17.1 | 17.1 | 23.1 |      |     | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5        |     | 基準           |    |      |       | 704.70 |  |  |  |  |  |  |  |  |  |  |    |      |    |    |    |    |    |    |    |    |    |   |    |      |      |         |



| 献立名   | 牛乳<br>ごはん<br>ぎょうざ<br>もやしのナムル |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        | マーボーどうふ |     |              |    |      |        |        |  |  |  |  |  |  |  |  |  |  | 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 |    |    |    |    |    |    |    |    |    |   | 3100 |     |  |  |  |  |  |  |  |  |  | 3100 | 3100.00 |
|       |                              |      |      |      |      |     |       |       |       |        |     |     |           |        |        |       |        |         |     |              |    |      |        |        |  |  |  |  |  |  |  |  |  |  | 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  | mg  | μgRE      | mg     | mg     | mg    | g      | g       | g   |              |    | 単位   | g      |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 358   | 6.0                          | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0     |     | [ごはん]        | *  | 1.00 | 個      | 224.00 |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 358   | 6.0                          | 0.0  | 6.0  | 0.9  | 0.0  | 0.9 | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0     |     | ごはん 100g     |    |      |        |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 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 |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 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           |    |      |        |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 175   | 14.5                         | 7.3  | 7.2  | 6.9  | 5.0  | 1.9 | 14.8  | 678   | 48    | 98     | 7.4 | 1.3 | 8         | 0.42   | 0.43   | 7     | 1.9    | 1.6     |     | [マーボーどうふ]    |    |      |        |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 9     | 0.0                          | 0.0  | 0.0  | 1.0  | 0.0  | 1.0 | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | 米油           |    |      | 1.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 0     | 0.0                          | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.0   | 16    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | トウバンジャン      |    |      | 0.30   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 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      |    |      | 0.50   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 41    | 6.5                          | 6.5  | 0.0  | 1.8  | 1.8  | 0.0 | 0.1   | 15    | 1     | 8      | 0.2 | 0.6 | 1         | 0.28   | 0.07   | 0     | 0.0    | 0.0     |     | ぶたももひき肉      |    |      | 30.00  |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 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            |    |      | 2.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 23    | 0.7                          | 0.0  | 0.7  | 0.1  | 0.0  | 0.1 | 5.9   | 1     | 12    | 6      | 0.2 | 0.1 | 0         | 0.03   | 0.01   | 5     | 1.1    | 0.0     |     | たまねぎ         |    |      | 70.00  |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 62    | 5.0                          | 0.0  | 5.0  | 3.1  | 3.1  | 0.0 | 3.4   | 7     | 23    | 71     | 6.6 | 0.5 | 1         | 0.11   | 0.33   | 1     | 0.3    | 0.0     |     | 冷凍とうふ        |    |      | 100.00 |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 1     | 0.1                          | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.2   | 0     | 2     | 1      | 0.0 | 0.0 | 4         | 0.00   | 0.00   | 1     | 0.1    | 0.0     |     | はねぎ          |    |      | 3.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 2     | 0.4                          | 0.4  | 0.0  | 0.0  | 0.0  | 0.0 | 0.1   | 14    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | チキンブイヨン (中華) |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 4     | 0.4                          | 0.4  | 0.0  | 0.1  | 0.1  | 0.0 | 0.3   | 65    | 0     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.2     |     | 中華だし         |    |      | 1.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 5     | 0.1                          | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 1.4   | 60    | 1     | 1      | 0.0 | 0.0 | 2         | 0.00   | 0.00   | 0     | 0.1    | 0.2     |     | ケチャップ        |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 10    | 0.9                          | 0.0  | 0.9  | 0.5  | 0.0  | 0.5 | 0.7   | 215   | 8     | 7      | 0.3 | 0.1 | 0         | 0.00   | 0.01   | 0     | 0.3    | 0.5     |     | 赤みそ          |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 4     | 0.4                          | 0.0  | 0.4  | 0.0  | 0.0  | 0.0 | 0.4   | 285   | 1     | 3      | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.7     |     | しょうゆ         |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 2     | 0.0                          | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.5   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | さとう (三温)     |    |      | 0.50   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 7     | 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     |     | でんぷん         |    |      | 2.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 3     | 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          |    |      | 0.30   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 101   | 4.0                          | 3.1  | 0.9  | 2.6  | 1.0  | 1.6 | 14.5  | 238   | 11    | 10     | 0.3 | 0.4 | 3         | 0.09   | 0.04   | 6     | 0.8    | 0.6     |     | [ぎょうざ]       |    | 3.00 | 個      | 54.00  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 101   | 4.0                          | 3.1  | 0.9  | 2.6  | 1.0  | 1.6 | 14.5  | 238   | 11    | 10     | 0.3 | 0.4 | 3         | 0.09   | 0.04   | 6     | 0.8    | 0.6     |     | ぎょうざ         |    |      |        |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 24    | 1.0                          | 0.0  | 1.0  | 0.3  | 0.0  | 0.3 | 4.1   | 132   | 15    | 6      | 0.2 | 0.1 | 49        | 0.02   | 0.03   | 5     | 0.7    | 0.3     |     | [もやしのナムル]    |    |      |        |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 2     | 0.0                          | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.5   | 1     | 1     | 1      | 0.0 | 0.0 | 36        | 0.00   | 0.00   | 0     | 0.1    | 0.0     |     | にんじん         |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 6     | 0.7                          | 0.0  | 0.7  | 0.0  | 0.0  | 0.0 | 1.0   | 1     | 4     | 3      | 0.1 | 0.1 | 0         | 0.02   | 0.02   | 3     | 0.5    | 0.0     |     | もやし          |    |      | 40.00  |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 1     | 0.1                          | 0.0  | 0.1  | 0.0  | 0.0  | 0.0 | 0.1   | 1     | 9     | 1      | 0.1 | 0.0 | 13        | 0.00   | 0.01   | 2     | 0.1    | 0.0     |     | こまつな         |    |      | 5.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 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     |     | にんにく         |    |      | 0.10   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 8     | 0.0                          | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 2.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | さとう (三温)     |    |      | 2.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 3     | 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          |    |      | 0.30   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 2     | 0.2                          | 0.0  | 0.2  | 0.0  | 0.0  | 0.0 | 0.2   | 114   | 1     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.3     |     | しょうゆ         |    |      | 2.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 1     | 0.0                          | 0.0  | 0.0  | 0.0  | 0.0  | 0.0 | 0.2   | 15    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0     |     | テンメンジャン      |    |      | 0.50   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 1     | 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     |     | 米酢           |    |      | 2.00   |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 796   | 32.3                         | 17.2 | 15.1 | 18.5 | 13.8 | 4.7 | 121.0 | 1132  | 305   | 157    | 9.5 | 3.9 | 140       | 1.06   | 0.85   | 20    | 3.8    | 2.7     |     | 単純合計         |    |      | 771.50 |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |
| 830   | 34.2                         | 17.1 | 17.1 | 23.1 |      |     | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5     |     | 基準           |    |      | 704.70 |        |  |  |  |  |  |  |  |  |  |  |    |    |    |    |    |    |    |    |    |    |   |      |     |  |  |  |  |  |  |  |  |  |      |         |

| 献立名   | 1年    |      |      |      |      |      |       |       |       |        |     |     |           |        |        |       |        | 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    |      |      |      |      |      |       |       |       |        |     |     |           |        |        |       |        |       |     |     |               |      |      |    |        |    |    |   |    |     | 3100 |  |
|       | 単価    |      |      |      |      |      |       |       |       |        |     |     |           |        |        |       |        |       |     |     |               |      |      |    |        |    |    |   |    |     | 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 |      |    |        |    |    |   |    |     |      |  |
|       |       |      |      |      |      |      |       |       |       |        |     |     |           |        |        |       |        |       |     |     |               | 単位   | g    |    |        |    |    |   |    |     |      |  |
| 358   | 6.0   | 0.0  | 6.0  | 0.9  | 0.0  | 0.9  | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0   |     |     | [ごはん]         | *    | 1.00 | 個  | 224.00 |    |    |   |    |     |      |  |
| 358   | 6.0   | 0.0  | 6.0  | 0.9  | 0.0  | 0.9  | 77.7  | 0     | 4     | 22     | 1.6 | 1.3 | 0         | 0.45   | 0.04   | 0     | 0.4    | 0.0   |     |     | ごはん 100g      |      |      |    |        |    |    |   |    |     |      |  |
| 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 |    |    |   |    |     |      |  |
| 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            |      |      |    |        |    |    |   |    |     |      |  |
| 63    | 5.9   | 2.3  | 3.6  | 1.6  | 0.2  | 1.4  | 7.0   | 404   | 45    | 54     | 1.1 | 0.4 | 79        | 0.08   | 0.07   | 6     | 1.6    | 1.1   |     |     | [ふ玉汁]         |      |      |    |        |    |    |   |    |     |      |  |
| 10    | 2.3   | 2.3  | 0.0  | 0.2  | 0.2  | 0.0  | 0.0   | 14    | 1     | 3      | 0.3 | 0.1 | 1         | 0.01   | 0.02   | 0     | 0.0    | 0.1   |     |     | 厚削節           |      |      |    | 3.00   |    |    |   |    |     |      |  |
| 0     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.1   | 5     | 2     | 1      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.1    | 0.0   |     |     | だし用こんぶ        |      |      |    | 0.20   |    |    |   |    |     |      |  |
| 4     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 0.9   | 3     | 3     | 1      | 0.0 | 0.0 | 72        | 0.01   | 0.01   | 1     | 0.3    | 0.0   |     |     | にんじん          |      |      |    | 10.00  |    |    |   |    |     |      |  |
| 13    | 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          |      |      |    | 40.00  |    |    |   |    |     |      |  |
| 2     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 0.4   | 0     | 0     | 1      | 0.1 | 0.0 | 0         | 0.01   | 0.01   | 0     | 0.2    | 0.0   |     |     | えのきたけ         |      |      |    | 5.00   |    |    |   |    |     |      |  |
| 22    | 2.0   | 0.0  | 2.0  | 1.3  | 0.0  | 1.3  | 0.5   | 3     | 26    | 39     | 0.3 | 0.2 | 0         | 0.03   | 0.01   | 0     | 0.1    | 0.0   |     |     | とうふ           |      |      |    | 30.00  |    |    |   |    |     |      |  |
| 7     | 0.6   | 0.0  | 0.6  | 0.1  | 0.0  | 0.1  | 1.1   | 0     | 1     | 1      | 0.1 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.1    | 0.0   |     |     | 白玉ふ           |      |      |    | 2.00   |    |    |   |    |     |      |  |
| 1     | 0.1   | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 0.3   | 0     | 4     | 1      | 0.1 | 0.0 | 6         | 0.00   | 0.01   | 2     | 0.2    | 0.0   |     |     | はねぎ           |      |      |    | 5.00   |    |    |   |    |     |      |  |
| 4     | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 0.3   | 378   | 1     | 3      | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 1.0   |     |     | うすくちしょうゆ      |      |      |    | 6.00   |    |    |   |    |     |      |  |
| 156   | 11.9  | 11.4 | 0.5  | 9.0  | 3.0  | 6.0  | 7.6   | 251   | 4     | 17     | 0.5 | 1.2 | 10        | 0.07   | 0.12   | 2     | 0.0    | 0.6   |     |     | [揚げとり肉のあま酢かけ] |      | 1.00 | 個  | 60.00  |    |    |   |    |     |      |  |
| 68    | 11.4  | 11.4 | 0.0  | 3.0  | 3.0  | 0.0  | 0.0   | 41    | 3     | 14     | 0.4 | 1.1 | 10        | 0.07   | 0.11   | 2     | 0.0    | 0.1   |     |     | とりもも肉 60g     |      |      |    | 1.00   |    |    |   |    |     |      |  |
| 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             |      |      |    | 1.00   |    |    |   |    |     |      |  |
| 0     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0   | 39    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.1   |     |     | 食塩            |      |      |    | 0.10   |    |    |   |    |     |      |  |
| 0     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     | こしょう          |      |      |    | 0.03   |    |    |   |    |     |      |  |
| 18    | 0.3   | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 4.1   | 0     | 0     | 1      | 0.0 | 0.1 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     | 米粉            |      |      |    | 5.00   |    |    |   |    |     |      |  |
| 53    | 0.0   | 0.0  | 0.0  | 6.0  | 0.0  | 6.0  | 0.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     | なたね油          |      |      |    | 6.00   |    |    |   |    |     |      |  |
| 12    | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 3.0   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     | さとう (三温)      |      |      |    | 3.00   |    |    |   |    |     |      |  |
| 2     | 0.2   | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 0.2   | 171   | 1     | 2      | 0.1 | 0.0 | 0         | 0.00   | 0.01   | 0     | 0.0    | 0.4   |     |     | しょうゆ          |      |      |    | 3.00   |    |    |   |    |     |      |  |
| 1     | 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   |     |     | 米酢            |      |      |    | 2.00   |    |    |   |    |     |      |  |
| 1     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.2   | 0     | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.0   |     |     | でんぷん          |      |      |    | 0.20   |    |    |   |    |     |      |  |
| 29    | 2.0   | 0.0  | 2.0  | 1.1  | 0.0  | 1.1  | 3.6   | 7     | 17    | 18     | 0.3 | 0.3 | 8         | 0.04   | 0.03   | 3     | 1.8    | 0.0   |     |     | [大豆とひじきのサラダ]  |      |      |    |        |    |    |   |    |     |      |  |
| 9     | 0.3   | 0.0  | 0.3  | 0.1  | 0.0  | 0.1  | 2.0   | 0     | 0     | 2      | 0.0 | 0.1 | 1         | 0.01   | 0.01   | 0     | 0.5    | 0.0   |     |     | コーン           |      |      |    | 10.00  |    |    |   |    |     |      |  |
| 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          |      |      |    | 20.00  |    |    |   |    |     |      |  |
| 16    | 1.5   | 0.0  | 1.5  | 1.0  | 0.0  | 1.0  | 0.8   | 0     | 8     | 10     | 0.2 | 0.2 | 0         | 0.02   | 0.01   | 0     | 0.9    | 0.0   |     |     | 水煮大豆          |      |      |    | 10.00  |    |    |   |    |     |      |  |
| 1     | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.2   | 7     | 4     | 3      | 0.0 | 0.0 | 1         | 0.00   | 0.00   | 0     | 0.2    | 0.0   |     |     | ひじき           |      |      |    | 0.40   |    |    |   |    |     |      |  |
| 11    | 0.1   | 0.0  | 0.1  | 0.7  | 0.0  | 0.7  | 1.0   | 60    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.3   |     |     | [たまねぎドレッシング]  |      |      |    |        |    |    |   |    |     |      |  |
| 11    | 0.1   | 0.0  | 0.1  | 0.7  | 0.0  | 0.7  | 1.0   | 60    | 0     | 0      | 0.0 | 0.0 | 0         | 0.00   | 0.00   | 0     | 0.0    | 0.3   |     |     | たまねぎドレッシング    |      |      |    | 5.00   |    |    |   |    |     |      |  |
| 755   | 32.7  | 20.5 | 12.2 | 21.1 | 11.0 | 10.1 | 106.8 | 806   | 297   | 132    | 3.5 | 4.0 | 177       | 0.72   | 0.57   | 13    | 3.8    | 2.2   |     |     | 単純合計          |      |      |    | 656.93 |    |    |   |    |     |      |  |
| 830   | 34.2  | 17.1 | 17.1 | 23.1 |      |      | 0.0   | 984   | 450   | 120    | 4.5 | 3.0 | 300       | 0.50   | 0.60   | 35    | 7.0    | 2.5   |     |     | 基準            |      |      |    | 704.70 |    |    |   |    |     |      |  |

