

WELCOME



# 2022年4月朝食メニュー

**3(日)** チーズオムレツ  
食べるトマトスープ  
コーンサラダ

**4(月)** 鶏ごぼう  
野菜の味噌風味  
白菜のおかかポン酢和え

**5(火)** 納豆  
豚バラとじゃが芋の山椒炒め  
菜の花のきのこの和え物

**6(水)** がんもと白菜の煮物  
蕪のとうとう煮  
レモンかぼちゃ

**7(木)** 温泉玉子  
大根と豚肉の甘辛煮  
ごぼうのごま酢和え

**1(金)** 納豆  
菜の花と牛肉の煮物  
マカロニマリネサラダ

**2(土)** 肉団子と白菜の煮物  
赤玉南瓜の揚げ煮  
なすの中華風南蛮漬け

カロリー 215 kcal  
蛋白質 10.3 g 脂質 14.0 g  
炭水化物 12.1 g 塩分 1.0 g

カロリー 150 kcal  
蛋白質 5.6 g 脂質 7.2 g  
炭水化物 14.4 g 塩分 1.4 g

**8(金)** 納豆  
牛肉の辛煮  
キャベツのピーナッツ和え

**9(土)** 豚肉としめじの生煮バター風味  
揚げナスの肉味噌からめ  
白菜の辛子柚子和え

カロリー 158 kcal  
蛋白質 5.7 g 脂質 9.1 g  
炭水化物 13.0 g 塩分 1.4 g

**10(日)** クラムチャウダー  
スパトマト炒め  
キャベツの白ドレ和え

カロリー 161 kcal  
蛋白質 8.4 g 脂質 6.5 g  
炭水化物 17.3 g 塩分 1.5 g

**11(月)** 高野豆腐と牛肉の煮込み  
白菜とミンチの中華炒め  
インゲンのごま和え

カロリー 154 kcal  
蛋白質 8.4 g 脂質 8.6 g  
炭水化物 12.0 g 塩分 1.1 g

**12(火)** 納豆  
じぶ風煮物  
若芽とパインの酢の物

カロリー 161 kcal  
蛋白質 5.8 g 脂質 7.8 g  
炭水化物 17.2 g 塩分 1.7 g

**13(水)** 白菜と厚揚げの中華とほろ煮  
中華うま煮  
じゃが芋の中華風サラダ

カロリー 178 kcal  
蛋白質 8.3 g 脂質 10.9 g  
炭水化物 9.7 g 塩分 1.3 g

**14(木)** 温泉玉子  
豚肉と里芋のごま煮  
春雨のサラダ

カロリー 153 kcal  
蛋白質 7.9 g 脂質 8.6 g  
炭水化物 11.7 g 塩分 0.6 g

**15(金)** 納豆  
牛肉の甘酢炒め  
ハムの和風サラダ

カロリー 199 kcal  
蛋白質 8.6 g 脂質 12.0 g  
炭水化物 12.3 g 塩分 2.0 g

**16(土)** 鶏肉ピーマン炒め  
ツナの玉子とし  
春菊のごまポン酢和え

カロリー 237 kcal  
蛋白質 6.6 g 脂質 12.6 g  
炭水化物 24.0 g 塩分 1.4 g

**17(日)** ロールキャベツのスーフ煮  
フロッキーとハムのクリーム煮  
大根の梅和え

カロリー 185 kcal  
蛋白質 8.8 g 脂質 9.7 g  
炭水化物 16.0 g 塩分 1.5 g

**18(月)** 鶏肉とじゃが芋の揚煮  
法蓮草と油揚げの煮物  
おくらのごろろ和え

カロリー 103 kcal  
蛋白質 6.7 g 脂質 3.7 g  
炭水化物 11.5 g 塩分 1.1 g

**19(火)** 納豆  
竹輪と玉ねぎの卵とし  
和風スパゲティ

カロリー 140 kcal  
蛋白質 7.1 g 脂質 5.6 g  
炭水化物 14.5 g 塩分 1.4 g

**20(水)** キャベツと豚肉のカキソース炒め  
五目巾着煮  
若芽の酢の物

カロリー 191 kcal  
蛋白質 8.9 g 脂質 11.4 g  
炭水化物 12.0 g 塩分 1.1 g

**21(木)** 鶏肉と厚揚げの煮物  
五色煮  
さっぱりポテトサラダ

カロリー 195 kcal  
蛋白質 7.7 g 脂質 12.9 g  
炭水化物 11.6 g 塩分 1.2 g

**22(金)** 納豆  
牛肉ときこの甘辛炒め  
大根と青菜の柚子和え

カロリー 185 kcal  
蛋白質 11.3 g 脂質 9.9 g  
炭水化物 14.0 g 塩分 1.6 g

**23(土)** 炒り豆腐  
五目炒め煮  
白菜と若芽のナムル

カロリー 115 kcal  
蛋白質 5.0 g 脂質 4.9 g  
炭水化物 13.7 g 塩分 1.9 g

**24(日)** 豚肉と白菜のトマト煮込み  
じゃが芋の洋風あんかけ  
キャベツのピーナッツ和え

カロリー 178 kcal  
蛋白質 9.8 g 脂質 8.2 g  
炭水化物 17.7 g 塩分 1.5 g

**25(月)** 筑前煮  
コーンと挽肉の炒め物  
春雨の酢の物

カロリー 132 kcal  
蛋白質 7.0 g 脂質 5.8 g  
炭水化物 13.9 g 塩分 1.1 g

**26(火)** 納豆  
豚肉と厚揚げの煮物  
バンバンジーサラダ

カロリー 186 kcal  
蛋白質 7.4 g 脂質 12.1 g  
炭水化物 11.9 g 塩分 1.4 g

**27(水)** がんもどきの含め煮  
じゃが芋と人参のカレー炒め  
青菜のおろし和え

カロリー 214 kcal  
蛋白質 9.9 g 脂質 12.5 g  
炭水化物 14.9 g 塩分 1.4 g

**28(木)** さつまいもと豚肉の揚煮  
大根とツナの炒め物  
ごぼうのめかぶ和え

カロリー 131 kcal  
蛋白質 7.7 g 脂質 7.0 g  
炭水化物 10.5 g 塩分 1.5 g

**29(金)** 納豆  
カジキの和風煮  
根菜の柚子マリネ

カロリー 156 kcal  
蛋白質 10.2 g 脂質 6.2 g  
炭水化物 15.6 g 塩分 1.7 g

**30(土)** 大根と鶏肉のバター醤油  
白菜のスーフ煮  
もずくの酢の物

カロリー 186 kcal  
蛋白質 5.8 g 脂質 11.8 g  
炭水化物 14.3 g 塩分 0.9 g

カロリー 189 kcal  
蛋白質 11.6 g 脂質 7.5 g  
炭水化物 18.9 g 塩分 1.8 g

カロリー 139 kcal  
蛋白質 9.7 g 脂質 7.4 g  
炭水化物 9.2 g 塩分 0.9 g

カロリー 129 kcal  
蛋白質 5.9 g 脂質 4.7 g  
炭水化物 16.5 g 塩分 1.8 g

カロリー 183 kcal  
蛋白質 8.7 g 脂質 6.5 g  
炭水化物 22.4 g 塩分 1.7 g

カロリー 121 kcal  
蛋白質 8.4 g 脂質 4.6 g  
炭水化物 12.2 g 塩分 1.1 g

カロリー 102 kcal  
蛋白質 6.5 g 脂質 4.7 g  
炭水化物 9.0 g 塩分 1.3 g



# 2022年4月昼食メニュー

お花見



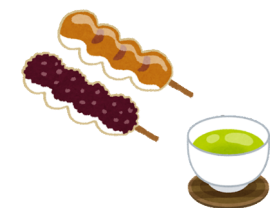
- |   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
| <b>3 (日)</b> ロールキャベツクリーム煮<br>野菜と大豆のカレー煮<br>法蓮草とハムのマリネ | <b>4 (月)</b> ホイコーロー<br>菜の花とベーコンのパスタ<br>メンマの中華和え | <b>5 (火)</b> 野菜コロッケー<br>大根と鶏肉のバター醤油<br>フロッコリーのサラダ | <b>6 (水)</b> 照焼千辛<br>ひき肉と豆腐のうま煮<br>春雨の酢の物 | <b>7 (木)</b> サワラの磯辺焼<br>ベーコンポテト<br>菜の花の粒マスタード和え | <b>1 (金)</b> えびのケチャップ炒め<br>豚すき風煮物<br>オクラととぼろのピーナツ味噌和え | <b>2 (土)</b> 牛肉と厚揚げの甘辛煮<br>春雨のごま炒め<br>青菜のおろし和え |
|---|---|---|---|---|---|--|

- |   |   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
|---|---|--|---|--|--|---|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|-------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|
| <table border="1"> <tr><td>カロリー</td><td>181 kcal</td></tr> <tr><td>蛋白質</td><td>7.4 g</td></tr> <tr><td>脂質</td><td>9.4 g</td></tr> <tr><td>炭水化物</td><td>17.6 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー  | 181 kcal                                     | 蛋白質   | 7.4 g  | 脂質   | 9.4 g   | 炭水化物 | 17.6 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>304 kcal</td></tr> <tr><td>蛋白質</td><td>11.1 g</td></tr> <tr><td>脂質</td><td>18.8 g</td></tr> <tr><td>炭水化物</td><td>21.1 g</td></tr> <tr><td>塩分</td><td>2.2 g</td></tr> </table> | カロリー | 304 kcal | 蛋白質 | 11.1 g | 脂質 | 18.8 g | 炭水化物 | 21.1 g | 塩分 | 2.2 g | <table border="1"> <tr><td>カロリー</td><td>226 kcal</td></tr> <tr><td>蛋白質</td><td>6.9 g</td></tr> <tr><td>脂質</td><td>13.6 g</td></tr> <tr><td>炭水化物</td><td>20.2 g</td></tr> <tr><td>塩分</td><td>1.1 g</td></tr> </table> | カロリー | 226 kcal | 蛋白質 | 6.9 g | 脂質 | 13.6 g | 炭水化物 | 20.2 g | 塩分 | 1.1 g | <table border="1"> <tr><td>カロリー</td><td>245 kcal</td></tr> <tr><td>蛋白質</td><td>12.2 g</td></tr> <tr><td>脂質</td><td>13.2 g</td></tr> <tr><td>炭水化物</td><td>17.4 g</td></tr> <tr><td>塩分</td><td>1.7 g</td></tr> </table> | カロリー | 245 kcal | 蛋白質 | 12.2 g | 脂質 | 13.2 g | 炭水化物 | 17.4 g | 塩分 | 1.7 g | <table border="1"> <tr><td>カロリー</td><td>171 kcal</td></tr> <tr><td>蛋白質</td><td>13.5 g</td></tr> <tr><td>脂質</td><td>7.1 g</td></tr> <tr><td>炭水化物</td><td>13.3 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 171 kcal | 蛋白質 | 13.5 g | 脂質 | 7.1 g | 炭水化物 | 13.3 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>320 kcal</td></tr> <tr><td>蛋白質</td><td>14.1 g</td></tr> <tr><td>脂質</td><td>22.3 g</td></tr> <tr><td>炭水化物</td><td>14.0 g</td></tr> <tr><td>塩分</td><td>2.0 g</td></tr> </table> | カロリー | 320 kcal | 蛋白質 | 14.1 g | 脂質 | 22.3 g | 炭水化物 | 14.0 g | 塩分 | 2.0 g | <table border="1"> <tr><td>カロリー</td><td>219 kcal</td></tr> <tr><td>蛋白質</td><td>14.5 g</td></tr> <tr><td>脂質</td><td>9.2 g</td></tr> <tr><td>炭水化物</td><td>18.7 g</td></tr> <tr><td>塩分</td><td>2.0 g</td></tr> </table> | カロリー | 219 kcal | 蛋白質 | 14.5 g | 脂質 | 9.2 g | 炭水化物 | 18.7 g | 塩分 | 2.0 g |
| カロリー  | 181 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 7.4 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 9.4 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 17.6 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 1.6 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 304 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 11.1 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 18.8 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 21.1 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 2.2 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 226 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 6.9 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 13.6 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 20.2 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 1.1 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 245 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 12.2 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 13.2 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 17.4 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 1.7 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 171 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 13.5 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 7.1 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 13.3 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 1.6 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 320 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 14.1 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 22.3 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 14.0 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 2.0 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー  | 219 kcal  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質   | 14.5 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質  | 9.2 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物  | 18.7 g  |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分  | 2.0 g   |  |   |  |  |   |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| <b>10 (日)</b> 花野菜と鶏肉のバジル炒め<br>油揚げの玉子とじ<br>ひじきとごぼうのナムル   | <b>11 (月)</b> ハムカツ<br>ベーコンと野菜のソテー<br>鶏肉とオクラの中華風 | <b>12 (火)</b> 豚ロースの生姜焼<br>揚げナスの煮物<br>野菜のおひたし | <b>13 (水)</b> ミックスカレー<br>ミートインオムレツ<br>法蓮草とツナのトマトマリネ | <b>14 (木)</b> フリの塩焼<br>キャベツと鶏肉の甘酢生姜和え<br>ひじきとベーコンの煮物 | <b>15 (金)</b> サーモンフライ<br>豆腐としめじのとうもろこし煮<br>若布の塩こうじ和え | <b>16 (土)</b> 豚肉のおろし煮<br>ひき肉と里芋の味噌煮<br>青菜のわさび和え |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |

- |   |  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
|---|--|--|---------------------------------|---|--|--|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|--------|----|--------|------|-------|----|-------|--|------|----------|-----|-------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|
| <table border="1"> <tr><td>カロリー</td><td>215 kcal</td></tr> <tr><td>蛋白質</td><td>11.4 g</td></tr> <tr><td>脂質</td><td>14.1 g</td></tr> <tr><td>炭水化物</td><td>11.3 g</td></tr> <tr><td>塩分</td><td>1.7 g</td></tr> </table> | カロリー   | 215 kcal                                   | 蛋白質                             | 11.4 g  | 脂質                                       | 14.1 g   | 炭水化物 | 11.3 g | 塩分 | 1.7 g | <table border="1"> <tr><td>カロリー</td><td>230 kcal</td></tr> <tr><td>蛋白質</td><td>10.8 g</td></tr> <tr><td>脂質</td><td>10.1 g</td></tr> <tr><td>炭水化物</td><td>23.2 g</td></tr> <tr><td>塩分</td><td>1.3 g</td></tr> </table> | カロリー | 230 kcal | 蛋白質 | 10.8 g | 脂質 | 10.1 g | 炭水化物 | 23.2 g | 塩分 | 1.3 g | <table border="1"> <tr><td>カロリー</td><td>227 kcal</td></tr> <tr><td>蛋白質</td><td>13.3 g</td></tr> <tr><td>脂質</td><td>12.7 g</td></tr> <tr><td>炭水化物</td><td>11.8 g</td></tr> <tr><td>塩分</td><td>1.8 g</td></tr> </table> | カロリー | 227 kcal | 蛋白質 | 13.3 g | 脂質 | 12.7 g | 炭水化物 | 11.8 g | 塩分 | 1.8 g | <table border="1"> <tr><td>カロリー</td><td>259 kcal</td></tr> <tr><td>蛋白質</td><td>11.2 g</td></tr> <tr><td>脂質</td><td>14.2 g</td></tr> <tr><td>炭水化物</td><td>21.7 g</td></tr> <tr><td>塩分</td><td>2.4 g</td></tr> </table> | カロリー | 259 kcal | 蛋白質 | 11.2 g | 脂質 | 14.2 g | 炭水化物 | 21.7 g | 塩分 | 2.4 g | <table border="1"> <tr><td>カロリー</td><td>196 kcal</td></tr> <tr><td>蛋白質</td><td>15.5 g</td></tr> <tr><td>脂質</td><td>11.4 g</td></tr> <tr><td>炭水化物</td><td>7.1 g</td></tr> <tr><td>塩分</td><td>1.5 g</td></tr> </table> | カロリー | 196 kcal | 蛋白質 | 15.5 g | 脂質 | 11.4 g | 炭水化物 | 7.1 g | 塩分 | 1.5 g | <table border="1"> <tr><td>カロリー</td><td>233 kcal</td></tr> <tr><td>蛋白質</td><td>8.4 g</td></tr> <tr><td>脂質</td><td>15.7 g</td></tr> <tr><td>炭水化物</td><td>15.2 g</td></tr> <tr><td>塩分</td><td>1.3 g</td></tr> </table> | カロリー | 233 kcal | 蛋白質 | 8.4 g | 脂質 | 15.7 g | 炭水化物 | 15.2 g | 塩分 | 1.3 g | <table border="1"> <tr><td>カロリー</td><td>293 kcal</td></tr> <tr><td>蛋白質</td><td>11.0 g</td></tr> <tr><td>脂質</td><td>20.8 g</td></tr> <tr><td>炭水化物</td><td>13.8 g</td></tr> <tr><td>塩分</td><td>1.8 g</td></tr> </table> | カロリー | 293 kcal | 蛋白質 | 11.0 g | 脂質 | 20.8 g | 炭水化物 | 13.8 g | 塩分 | 1.8 g |
| カロリー  | 215 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 11.4 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 14.1 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 11.3 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.7 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 230 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 10.8 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 10.1 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 23.2 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.3 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 227 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 13.3 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 12.7 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 11.8 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.8 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 259 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 11.2 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 14.2 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 21.7 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 2.4 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 196 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 15.5 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 11.4 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 7.1 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.5 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 233 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 8.4 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 15.7 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 15.2 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.3 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| カロリー  | 293 kcal   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 蛋白質   | 11.0 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 脂質  | 20.8 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 炭水化物  | 13.8 g   |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| 塩分  | 1.8 g  |  |                                 |   |  |  |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |
| <b>17 (日)</b> 鶏肉のレモン風味焼<br>白菜と麩の玉子とじ<br>なすの中華風南蛮漬け  | <b>18 (月)</b> アジのみりん焼<br>野菜のチリソース煮<br>蓮根と春菊のごま和え | <b>19 (火)</b> ポークチャップ<br>野菜炒め<br>人参と春雨のサラダ | <b>20 (水)</b> 豆腐の五目煮<br>春菊のおひたし | <b>21 (木)</b> サワラのごま醤油焼<br>しめじの中華玉子とじ<br>キャベツの白だし和え | <b>22 (金)</b> えびかつ<br>焼きそば<br>フロッコリーのサラダ | <b>23 (土)</b> 赤魚のカレー焼<br>キャベツと鶏肉の甘酢生姜和え<br>三色炒め煮 |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |  |      |          |     |       |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |

- |  |  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
|--|--|---|---|---|--|--|------|-------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|---|------|----------|-----|-------|----|-------|------|--------|----|-------|--|------|----------|-----|--------|----|--------|------|-------|----|-------|---|------|----------|-----|-------|----|-------|------|--------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|
| <table border="1"> <tr><td>カロリー</td><td>174 kcal</td></tr> <tr><td>蛋白質</td><td>10.7 g</td></tr> <tr><td>脂質</td><td>10.1 g</td></tr> <tr><td>炭水化物</td><td>7.2 g</td></tr> <tr><td>塩分</td><td>1.4 g</td></tr> </table> | カロリー   | 174 kcal  | 蛋白質   | 10.7 g  | 脂質   | 10.1 g   | 炭水化物 | 7.2 g | 塩分 | 1.4 g | <table border="1"> <tr><td>カロリー</td><td>174 kcal</td></tr> <tr><td>蛋白質</td><td>12.4 g</td></tr> <tr><td>脂質</td><td>5.4 g</td></tr> <tr><td>炭水化物</td><td>18.9 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 174 kcal | 蛋白質 | 12.4 g | 脂質 | 5.4 g | 炭水化物 | 18.9 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>250 kcal</td></tr> <tr><td>蛋白質</td><td>11.1 g</td></tr> <tr><td>脂質</td><td>11.8 g</td></tr> <tr><td>炭水化物</td><td>24.6 g</td></tr> <tr><td>塩分</td><td>2.0 g</td></tr> </table> | カロリー | 250 kcal | 蛋白質 | 11.1 g | 脂質 | 11.8 g | 炭水化物 | 24.6 g | 塩分 | 2.0 g | <table border="1"> <tr><td>カロリー</td><td>162 kcal</td></tr> <tr><td>蛋白質</td><td>8.7 g</td></tr> <tr><td>脂質</td><td>7.1 g</td></tr> <tr><td>炭水化物</td><td>16.3 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 162 kcal | 蛋白質 | 8.7 g | 脂質 | 7.1 g | 炭水化物 | 16.3 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>179 kcal</td></tr> <tr><td>蛋白質</td><td>12.7 g</td></tr> <tr><td>脂質</td><td>11.4 g</td></tr> <tr><td>炭水化物</td><td>7.2 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 179 kcal | 蛋白質 | 12.7 g | 脂質 | 11.4 g | 炭水化物 | 7.2 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>217 kcal</td></tr> <tr><td>蛋白質</td><td>9.2 g</td></tr> <tr><td>脂質</td><td>8.6 g</td></tr> <tr><td>炭水化物</td><td>24.4 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 217 kcal | 蛋白質 | 9.2 g | 脂質 | 8.6 g | 炭水化物 | 24.4 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>135 kcal</td></tr> <tr><td>蛋白質</td><td>13.7 g</td></tr> <tr><td>脂質</td><td>3.8 g</td></tr> <tr><td>炭水化物</td><td>11.9 g</td></tr> <tr><td>塩分</td><td>1.7 g</td></tr> </table> | カロリー | 135 kcal | 蛋白質 | 13.7 g | 脂質 | 3.8 g | 炭水化物 | 11.9 g | 塩分 | 1.7 g |
| カロリー   | 174 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 10.7 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 10.1 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 7.2 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.4 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 174 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 12.4 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 5.4 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 18.9 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.6 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 250 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 11.1 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 11.8 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 24.6 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 2.0 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 162 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 8.7 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 7.1 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 16.3 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.6 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 179 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 12.7 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 11.4 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 7.2 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.6 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 217 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 9.2 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 8.6 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 24.4 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.6 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| カロリー   | 135 kcal   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 蛋白質  | 13.7 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 脂質   | 3.8 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 炭水化物   | 11.9 g   |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| 塩分   | 1.7 g  |   |   |   |  |  |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |
| <b>24 (日)</b> ハニーマスタード千辛<br>油揚げの玉子とじ<br>和風サラダ  | <b>25 (月)</b> カレイの甘酢野菜あんかけ<br>ゴロゴロ野菜の塩炒め<br>大根と若芽の梅おほか | <b>26 (火)</b> ナスと鶏肉のしぎ焼<br>蒸しシューマイ<br>キャベツとベーコンの和え物 | <b>27 (水)</b> 白身魚の生姜煮<br>大根とひじきのうま煮<br>法蓮草のごま和え | <b>28 (木)</b> ささみ大葉フライ<br>えびのスーフ炒め<br>蒸し野菜の塩こうじ和え | <b>29 (金)</b> オムレツイタリアンソース<br>豚肉ときこのペペロンチーノ<br>南瓜サラダ | <b>30 (土)</b> クリーム煮込みハンバーグ<br>野菜のバジルチーズ焼き<br>マカロニサラダ |      |       |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |        |      |       |    |       |   |      |          |     |       |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |

- |   |          |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
|---|----------|----------|-----|--------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|--|------|----------|-----|--------|----|-------|------|--------|----|-------|---|------|----------|-----|--------|----|--------|------|--------|----|-------|--|------|----------|-----|-------|----|--------|------|--------|----|-------|
| <table border="1"> <tr><td>カロリー</td><td>219 kcal</td></tr> <tr><td>蛋白質</td><td>12.5 g</td></tr> <tr><td>脂質</td><td>12.8 g</td></tr> <tr><td>炭水化物</td><td>12.9 g</td></tr> <tr><td>塩分</td><td>1.5 g</td></tr> </table> | カロリー     | 219 kcal | 蛋白質 | 12.5 g | 脂質 | 12.8 g | 炭水化物 | 12.9 g | 塩分 | 1.5 g | <table border="1"> <tr><td>カロリー</td><td>217 kcal</td></tr> <tr><td>蛋白質</td><td>13.3 g</td></tr> <tr><td>脂質</td><td>11.0 g</td></tr> <tr><td>炭水化物</td><td>16.2 g</td></tr> <tr><td>塩分</td><td>1.4 g</td></tr> </table> | カロリー | 217 kcal | 蛋白質 | 13.3 g | 脂質 | 11.0 g | 炭水化物 | 16.2 g | 塩分 | 1.4 g | <table border="1"> <tr><td>カロリー</td><td>311 kcal</td></tr> <tr><td>蛋白質</td><td>13.1 g</td></tr> <tr><td>脂質</td><td>17.6 g</td></tr> <tr><td>炭水化物</td><td>19.5 g</td></tr> <tr><td>塩分</td><td>2.0 g</td></tr> </table> | カロリー | 311 kcal | 蛋白質 | 13.1 g | 脂質 | 17.6 g | 炭水化物 | 19.5 g | 塩分 | 2.0 g | <table border="1"> <tr><td>カロリー</td><td>141 kcal</td></tr> <tr><td>蛋白質</td><td>15.2 g</td></tr> <tr><td>脂質</td><td>3.3 g</td></tr> <tr><td>炭水化物</td><td>12.0 g</td></tr> <tr><td>塩分</td><td>1.6 g</td></tr> </table> | カロリー | 141 kcal | 蛋白質 | 15.2 g | 脂質 | 3.3 g | 炭水化物 | 12.0 g | 塩分 | 1.6 g | <table border="1"> <tr><td>カロリー</td><td>194 kcal</td></tr> <tr><td>蛋白質</td><td>11.3 g</td></tr> <tr><td>脂質</td><td>7.8 g</td></tr> <tr><td>炭水化物</td><td>20.0 g</td></tr> <tr><td>塩分</td><td>1.3 g</td></tr> </table> | カロリー | 194 kcal | 蛋白質 | 11.3 g | 脂質 | 7.8 g | 炭水化物 | 20.0 g | 塩分 | 1.3 g | <table border="1"> <tr><td>カロリー</td><td>285 kcal</td></tr> <tr><td>蛋白質</td><td>10.7 g</td></tr> <tr><td>脂質</td><td>20.5 g</td></tr> <tr><td>炭水化物</td><td>14.7 g</td></tr> <tr><td>塩分</td><td>1.7 g</td></tr> </table> | カロリー | 285 kcal | 蛋白質 | 10.7 g | 脂質 | 20.5 g | 炭水化物 | 14.7 g | 塩分 | 1.7 g | <table border="1"> <tr><td>カロリー</td><td>287 kcal</td></tr> <tr><td>蛋白質</td><td>9.1 g</td></tr> <tr><td>脂質</td><td>16.5 g</td></tr> <tr><td>炭水化物</td><td>23.2 g</td></tr> <tr><td>塩分</td><td>1.3 g</td></tr> </table> | カロリー | 287 kcal | 蛋白質 | 9.1 g | 脂質 | 16.5 g | 炭水化物 | 23.2 g | 塩分 | 1.3 g |
| カロリー  | 219 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 12.5 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 12.8 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 12.9 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.5 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 217 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 13.3 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 11.0 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 16.2 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.4 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 311 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 13.1 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 17.6 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 19.5 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 2.0 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 141 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 15.2 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 3.3 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 12.0 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.6 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 194 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 11.3 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 7.8 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 20.0 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.3 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 285 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 10.7 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 20.5 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 14.7 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.7 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| カロリー  | 287 kcal |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 蛋白質   | 9.1 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 脂質  | 16.5 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 炭水化物  | 23.2 g   |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |
| 塩分  | 1.3 g    |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |  |      |          |     |        |    |       |      |        |    |       |   |      |          |     |        |    |        |      |        |    |       |  |      |          |     |       |    |        |      |        |    |       |



HAPPY  
EASTER!



# 2022年4月夕食メニュー

**3 (日)** ホッケの照焼  
れんごんの五目炒め煮  
和風サラダ

**4 (月)** 豆腐ハンバーグ(かけだれ)  
和風ポトフ  
コールスローサラダ

**5 (火)** 牛丼の具  
麩の野菜あんかけ  
法蓮草のおひたし

**6 (水)** 鯖のレモンペッパー焼き  
マカロニと白菜のツナクリーム煮  
ポテトサラダ

**7 (木)** 八宝菜  
さつま揚げの味噌炒め  
青菜のおかかマヨネーズ和え

**1 (金)** ヒレカツ  
野菜と昆布の煮物  
竹輪とキャベツの磯辺マヨ和え

**2 (土)** 鶏肉の韓国風炒め  
ジャガイモのとぼろ煮  
フロッコリーのゴマ和え

カロリー 289 kcal  
蛋白質 9.2 g 脂質 19.4 g  
炭水化物 20.6 g 塩分 1.3 g

カロリー 259 kcal  
蛋白質 15.5 g 脂質 13.2 g  
炭水化物 18.4 g 塩分 1.8 g

**8 (金)** 鶏のごまタレ煮  
ふきと大根のスーフ煮  
もずくの酢の物

**9 (土)** 揚げ豆腐の挽肉あん  
鶏肉と野菜の中華炒め  
南瓜サラダ

カロリー 186 kcal  
蛋白質 13.9 g 脂質 9.0 g  
炭水化物 12.2 g 塩分 1.6 g

カロリー 176 kcal  
蛋白質 4.7 g 脂質 10.3 g  
炭水化物 15.8 g 塩分 1.4 g

カロリー 316 kcal  
蛋白質 13.3 g 脂質 20.7 g  
炭水化物 17.6 g 塩分 2.5 g

カロリー 338 kcal  
蛋白質 12.1 g 脂質 25.9 g  
炭水化物 12.4 g 塩分 2.0 g

カロリー 225 kcal  
蛋白質 10.7 g 脂質 13.6 g  
炭水化物 14.4 g 塩分 2.3 g

カロリー 254 kcal  
蛋白質 14.5 g 脂質 17.1 g  
炭水化物 8.8 g 塩分 1.6 g

カロリー 268 kcal  
蛋白質 15.1 g 脂質 15.7 g  
炭水化物 17.7 g 塩分 1.8 g

**10 (日)** 豚ヒレ肉の酢豚  
三井寺煮  
パンサンズー

**11 (月)** 鶏団子のケチャップ煮  
大根とツナの炒め物  
カボチャとレンコンのサラダ

**12 (火)** 白身魚の青じそ焼  
豆腐のかに風あんかけ  
切干と人参のハリハリ

**13 (水)** 千キン南蛮  
白菜と油揚げの味噌煮  
キャベツサラダ

**14 (木)** オニオンソースハンバーグ  
スッキーニのトマト炒め  
春菊のおかか和え

**15 (金)** ハーフチキンソテー  
白菜のスーフ煮  
フロッコリーのカニカママヨネーズ

**16 (土)** すき焼  
豚肉とキャベツのごま風味炒め  
明太ポテトサラダ

カロリー 237 kcal  
蛋白質 11.6 g 脂質 10.5 g  
炭水化物 23.2 g 塩分 2.4 g

カロリー 222 kcal  
蛋白質 8.2 g 脂質 10.6 g  
炭水化物 24.1 g 塩分 2.2 g

カロリー 115 kcal  
蛋白質 11.5 g 脂質 3.9 g  
炭水化物 7.3 g 塩分 1.5 g

カロリー 323 kcal  
蛋白質 13.8 g 脂質 19.8 g  
炭水化物 23.7 g 塩分 2.8 g

カロリー 147 kcal  
蛋白質 8.6 g 脂質 3.9 g  
炭水化物 16.7 g 塩分 1.8 g

カロリー 166 kcal  
蛋白質 10.7 g 脂質 10.6 g  
炭水化物 6.6 g 塩分 1.2 g

カロリー 279 kcal  
蛋白質 9.9 g 脂質 18.8 g  
炭水化物 16.5 g 塩分 1.8 g

**17 (日)** ホッケの幽庵焼  
蕪のとぼろ煮  
蒸し鶏の醤油マヨネーズ

**18 (月)** 肉カボチャ  
白身魚のしんじょう  
白菜の生姜和え

**19 (火)** 中華丼  
里芋のかに風あんかけ  
ゴボウのピリ辛サラダ

**20 (水)** 白身魚の味噌煮  
鶏じゃが煮  
ベーコンのごま酢和え

**21 (木)** 肉団子の柚子風味野菜あん  
根菜のごま酢炒め  
菜の花と錦糸玉子のおひたし

**22 (金)** 鶏のちゃんちゃん焼き  
里芋のおろし煮  
小松菜の辛子和え

**23 (土)** カルビ丼の具  
ツナあっさり煮  
たたきごぼう

カロリー 162 kcal  
蛋白質 11.9 g 脂質 7.4 g  
炭水化物 9.5 g 塩分 1.0 g

カロリー 249 kcal  
蛋白質 7.7 g 脂質 11.5 g  
炭水化物 28.4 g 塩分 2.2 g

カロリー 199 kcal  
蛋白質 8.7 g 脂質 10.2 g  
炭水化物 18.3 g 塩分 1.9 g

カロリー 162 kcal  
蛋白質 15.7 g 脂質 4.3 g  
炭水化物 14.9 g 塩分 1.7 g

カロリー 197 kcal  
蛋白質 7.8 g 脂質 5.3 g  
炭水化物 30.2 g 塩分 2.1 g

カロリー 169 kcal  
蛋白質 10.4 g 脂質 6.1 g  
炭水化物 18.8 g 塩分 2.1 g

カロリー 257 kcal  
蛋白質 8.7 g 脂質 15.1 g  
炭水化物 20.7 g 塩分 2.4 g

**24 (日)** えび団子の炊き合せ  
鶏大豆  
パスタのサラダ

**25 (月)** 牛肉とキャベツの炒め物  
豆腐の柚子あんかけ  
オクラとツナの胡麻マヨネーズ

**26 (火)** ポークジンジャー  
麩とえのきのさっと煮  
ポテトサラダ

**27 (水)** ロールキャベツの白味噌仕立て  
鶏肉ピーマン炒め  
ハムとフロッコリーのマリーネ

**28 (木)** さわらの南蛮焼  
ひき肉と里芋の味噌煮  
菜の花と人参の白和え

**29 (金)** 麻婆豆腐  
チャプチェ  
キャベツと蒸し鶏のおかかドレッシング

**30 (土)** ホッケの磯辺焼  
キャベツと豚肉の味噌炒め  
ゴボウのピリ辛サラダ

カロリー 295 kcal  
蛋白質 13.1 g 脂質 15.6 g  
炭水化物 19.8 g 塩分 1.9 g

カロリー 346 kcal  
蛋白質 13.1 g 脂質 25.0 g  
炭水化物 14.7 g 塩分 2.0 g

カロリー 283 kcal  
蛋白質 13.8 g 脂質 15.7 g  
炭水化物 20.9 g 塩分 2.1 g

カロリー 162 kcal  
蛋白質 8.0 g 脂質 7.6 g  
炭水化物 15.8 g 塩分 1.6 g

カロリー 163 kcal  
蛋白質 12.8 g 脂質 6.0 g  
炭水化物 13.1 g 塩分 1.6 g

カロリー 261 kcal  
蛋白質 10.5 g 脂質 16.0 g  
炭水化物 17.9 g 塩分 1.9 g

カロリー 197 kcal  
蛋白質 14.4 g 脂質 10.7 g  
炭水化物 10.0 g 塩分 1.7 g

