

2025年6月

統括Cコース

| 2日(月)        |  |       |        | 241-1,434 計 1,675 食 |  |             |  | 3日(火)                 |       |     |  | 632-1,466 計 2,098 食   |  |       |       | 4日(水)           |  |              |  | 606-1,468 計 2,074 食 |       |     |  | 5日(木)            |  |       |      | 546-1,434 計 1,980 食 |  |            |     | 6日(金)                 |       |     |  | 631-1,467 計 2,098 食   |  |  |  |
|--------------|--|-------|--------|---------------------|--|-------------|--|-----------------------|-------|-----|--|-----------------------|--|-------|-------|-----------------|--|--------------|--|---------------------|-------|-----|--|------------------|--|-------|------|---------------------|--|------------|-----|-----------------------|-------|-----|--|-----------------------|--|--|--|
| 1. 白飯 (全学年)  |  |       |        | 1. 白飯 (全学年)         |  |             |  | 1. 白飯 (全学年)           |       |     |  | 1. 白飯 (全学年)           |  |       |       | 1. 米粉あずきパン      |  |              |  | 1. 米粉あずきパン          |       |     |  | 1. 白飯 (全学年)      |  |       |      | 1. 白飯 (全学年)         |  |            |     | 1. 米粉小コッペパン           |       |     |  | 1. 米粉小コッペパン           |  |  |  |
| 2. 牛乳        |  |       |        | 2. 牛乳               |  |             |  | 2. 牛乳                 |       |     |  | 2. 牛乳                 |  |       |       | 2. 牛乳           |  |              |  | 2. 牛乳               |       |     |  | 2. 牛乳            |  |       |      | 2. 牛乳               |  |            |     | 2. 牛乳                 |       |     |  | 2. 牛乳                 |  |  |  |
| 3. 肉じゃが (油減) |  |       |        | 3. 肉じゃが (油減)        |  |             |  | 3. 芋もち汁Fe             |       |     |  | 3. 芋もち汁Fe             |  |       |       | 3. エビボールスープ(卵抜) |  |              |  | 3. エビボールスープ(卵抜)     |       |     |  | 3. 豆腐チゲ          |  |       |      | 3. 豆腐チゲ             |  |            |     | 3. スパゲティミートソース(トマト&牛) |       |     |  | 3. スパゲティミートソース(トマト&牛) |  |  |  |
| 4. いわしの梅煮43g |  |       |        | 4. いわしの梅煮43g        |  |             |  | 4. カミカミタコメンチ50g       |       |     |  | 4. カミカミタコメンチ50g       |  |       |       | 4. インドポテト       |  |              |  | 4. インドポテト           |       |     |  | 4. おひたし(もやし、ゴマ)  |  |       |      | 4. おひたし(もやし、ゴマ)     |  |            |     | 4. ベーコンエッグFe40g       |       |     |  | 4. ベーコンエッグFe50g       |  |  |  |
|              |  |       |        |                     |  |             |  | 5. タﾞレーフﾞﾌﾞﾙｰﾌﾞ(ﾙﾋﾞｰ) |       |     |  | 5. タﾞレーフﾞﾌﾞﾙｰﾌﾞ(ﾙﾋﾞｰ) |  |       |       | 5. ミニトマト(2ｸ)    |  |              |  | 5. ミニトマト(2ｸ)        |       |     |  | 5. チョコプリン        |  |       |      | 5. チョコプリン           |  |            |     | 5. ブロッコリー             |       |     |  | 5. ブロッコリー             |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     | 6. バックマヨネーズ5g         |       |     |  | 6. バックマヨネーズ5g         |  |  |  |
| 食材名          |  | 1人当   |        | 使用量                 |  | 食材名         |  | 1人当                   |       | 使用量 |  | 食材名                   |  | 1人当   |       | 使用量             |  | 食材名          |  | 1人当                 |       | 使用量 |  | 食材名              |  | 1人当   |      | 使用量                 |  | 食材名        |     | 1人当                   |       | 使用量 |  |                       |  |  |  |
| *サラダ油        |  | 1     | 1.3    |                     |  | *煮干 (だし用)   |  | 3                     | 4     |     |  | *えびボール冷凍 (Fe, Ca)     |  | 23    | 30    |                 |  | *ごま油         |  | 0.8                 | 1.04  |     |  | *スパゲティ カット       |  | 30    | 39   |                     |  | *スパゲティ カット |     | 30                    | 39    |     |  |                       |  |  |  |
| 玉ねぎ          |  | 37.23 | 47.87  |                     |  | 大根 生        |  | 16.67                 | 22.22 |     |  | にんじん 生                |  | 10.63 | 13.81 |                 |  | *豚並肉 肩       |  | 25                  | 33    |     |  | 塩                |  | 0.5   | 0.65 |                     |  | オリーブ油      |     | 1                     | 1.3   |     |  |                       |  |  |  |
| *豚並肉 肩       |  | 32    | 41.6   |                     |  | にんじん 生      |  | 7.22                  | 9.28  |     |  | 白菜                    |  | 22.64 | 28.3  |                 |  | ごぼう しぶとり     |  | 7.78                | 10    |     |  | *豚ひき肉            |  | 20    | 26   |                     |  |            |     |                       |       |     |  |                       |  |  |  |
| にんじん 生       |  | 15.46 | 20.62  |                     |  | *油揚げ (カット)  |  | 5                     | 6.5   |     |  | *豆腐                   |  | 25    | 32.5  |                 |  | にんじん 生       |  | 10.31               | 13.4  |     |  | *大豆たんぱく          |  | 5     | 7    |                     |  |            |     |                       |       |     |  |                       |  |  |  |
| しらたき         |  | 35    | 45     |                     |  | プチいももち      |  | 30                    | 40    |     |  | 長ねぎ 根深ねぎ              |  | 12.63 | 16.42 |                 |  | しめじレトルト (国産) |  | 7                   | 9     |     |  | *大豆たんぱく          |  | 5     | 7    |                     |  |            |     |                       |       |     |  |                       |  |  |  |
| じゃがいも 生      |  | 81.11 | 105.44 |                     |  | *赤味噌        |  | 0.93                  | 1.21  |     |  | 干しいたけ スライス国内          |  | 0.5   | 0.7   |                 |  | 白菜           |  | 37.23               | 47.87 |     |  | にんじん 生           |  | 15.46 | 20.1 |                     |  | 玉ねぎ        |     | 42.55                 | 55.32 |     |  |                       |  |  |  |
| 三温糖          |  | 1.2   | 1.56   |                     |  | *強化みそ       |  | 3.34                  | 4.34  |     |  | *コンソメ 粉末有塩            |  | 0.74  | 0.96  |                 |  | *チキンガラスープ    |  | 3                   | 4     |     |  | トマトダイスカット缶       |  | 15    | 19.5 |                     |  |            |     |                       |       |     |  |                       |  |  |  |
| 黒砂糖 (粉糖)     |  | 1.5   | 2      |                     |  |             |  |                       |       |     |  | 塩                     |  | 0.09  | 0.12  |                 |  | しらたき         |  | 20                  | 26    |     |  |                  |  |       |      | ケチャップ               |  | 7          | 9.1 |                       |       |     |  |                       |  |  |  |
| *醤油こいくち      |  | 8     | 10.4   |                     |  | *カミカミタコメンチ  |  | 50                    | 50    |     |  | こしょう                  |  | 0.01  | 0.02  |                 |  | *マーボー豆腐      |  | 80                  | 100   |     |  | *韓国風チゲの素         |  | 6.3   | 8.19 |                     |  | *とんかつソース   |     | 3                     | 3.9   |     |  |                       |  |  |  |
| みりん          |  | 2.4   | 3.12   |                     |  | *白絞油 (センター) |  | 5                     | 5     |     |  |                       |  |       |       |                 |  | 料理酒          |  | 2                   | 2.6   |     |  | ウスターソース          |  | 2     | 2.6  |                     |  | 塩          |     | 0.34                  | 0.44  |     |  |                       |  |  |  |
| グリーンピース 冷凍   |  | 3     | 4      |                     |  |             |  |                       |       |     |  | じゃがいも冷凍(乱切り)          |  | 80    | 100   |                 |  | *赤味噌         |  | 3                   | 3.9   |     |  | 塩                |  | 0.1   | 0.13 |                     |  | *粉チーズ      |     | 1                     | 1.3   |     |  |                       |  |  |  |
| *いわしの梅煮      |  | 43    | 43     |                     |  |             |  |                       |       |     |  | にんじん 生                |  | 5.15  | 6.7   |                 |  | 長ねぎ 根深ねぎ     |  | 11.24               | 14.61 |     |  | パセリ              |  | 0.67  | 0.87 |                     |  |            |     |                       |       |     |  |                       |  |  |  |
| *いわしの梅煮      |  | 0     | 0      |                     |  |             |  |                       |       |     |  | 冷凍ｸﾞﾘｰﾝﾋﾞｰﾝ (ｽﾗｲｽ)    |  | 5     | 6.5   |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | *サラダ油                 |  | 2     | 2.6   |                 |  | もやし 緑豆       |  | 46.39               | 51.55 |     |  | *ベーコンエッグ         |  | 40    |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | こしょう                  |  | 0.04  | 0.05  |                 |  | *ごま 白いり      |  | 1                   | 1.3   |     |  | *ベーコンエッグ         |  | 0     |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | カレー粉                  |  | 0.3   | 0.4   |                 |  | *醤油こいくち      |  | 2                   | 2.6   |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | 塩                     |  | 0.4   | 0.52  |                 |  | *チョコプリン      |  |                     |       |     |  | *ベーコンエッグ         |  |       | 50   |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | みりん                   |  | 0.3   | 0.4   |                 |  |              |  | 30                  | 30    |     |  | *ベーコンエッグ         |  | 0     |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  | ミニトマト                 |  | 30.61 | 30.61 |                 |  |              |  |                     |       |     |  | 冷凍ﾌﾞﾛｯｺﾘｰ Mﾎﾞｲｽﾞ |  | 30    | 39   |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  | *バックマヨネーズ5g      |  | 5     | 5    |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |
|              |  |       |        |                     |  |             |  |                       |       |     |  |                       |  |       |       |                 |  |              |  |                     |       |     |  |                  |  |       |      |                     |  |            |     |                       |       |     |  |                       |  |  |  |

2025年6月

統括Cコース

| 9日(月) 575-1,437 計 2,012 食 |  |              |  |       |  | 10日(火) 522-1,466 計 1,988 食 |  |                  |  |       |  | 11日(水) 630-1,258 計 1,888 食 |  |                  |  |       |  | 12日(木) 632-1,084 計 1,716 食 |  |                     |  |       |  | 13日(金) 631-1,018 計 1,649 食 |  |             |  |        |  |
|---------------------------|--|--------------|--|-------|--|----------------------------|--|------------------|--|-------|--|----------------------------|--|------------------|--|-------|--|----------------------------|--|---------------------|--|-------|--|----------------------------|--|-------------|--|--------|--|
| 1. 白飯（全学年）                |  | 1. 白飯（全学年）   |  |       |  | 1. 白飯（全学年）                 |  | 1. 白飯（全学年）       |  |       |  | 1. 米粉コッペパン                 |  | 1. 米粉コッペパン       |  |       |  | 1. 白飯（全学年）                 |  | 1. 白飯（全学年）          |  |       |  | 1. 小白飯（全学年）                |  | 1. 小白飯（全学年） |  |        |  |
| 2. 牛乳                     |  | 2. 牛乳        |  |       |  | 2. 牛乳                      |  | 2. 牛乳            |  |       |  | 2. 牛乳                      |  | 2. 牛乳            |  |       |  | 2. 牛乳                      |  | 2. 牛乳               |  |       |  | 2. 牛乳                      |  | 2. 牛乳       |  |        |  |
| 3. 米粉のカレーライス              |  | 3. 米粉のカレーライス |  |       |  | 3. 生揚げと豚肉の炒め煮              |  | 3. 生揚げと豚肉の炒め煮    |  |       |  | 3. 野菜の米粉クリームシチュー           |  | 3. 野菜の米粉クリームシチュー |  |       |  | 3. 白玉卵汁                    |  | 3. 白玉卵汁             |  |       |  | 3. しっぽくうどん                 |  | 3. しっぽくうどん  |  |        |  |
| 4. 福神漬                    |  | 4. 福神漬       |  |       |  | 4. 小松菜のおひたし(ｷｬﾂ)           |  | 4. 小松菜のおひたし(ｷｬﾂ) |  |       |  | 4. ソフトサラミ20g               |  | 4. ソフトサラミ40g     |  |       |  | 4. 豚肉とﾌｧﾊﾞｰﾙのｽﾀﾌﾞ炒め        |  | 4. 豚肉とﾌｧﾊﾞｰﾙのｽﾀﾌﾞ炒め |  |       |  | 4. ちくわの磯辺揚げ                |  | 4. ちくわの磯辺揚げ |  |        |  |
| 5. ミルクゼリー合わせ              |  | 5. ミルクゼリー合わせ |  |       |  |                            |  |                  |  |       |  | 5. 枝豆（冷）                   |  | 5. 枝豆（冷）         |  |       |  | 5. オレンジ                    |  | 5. オレンジ             |  |       |  | 5. パナナ（1/2本）               |  | 5. パナナ（1本）  |  |        |  |
| 食材名                       |  | 1人当          |  | 使用量   |  | 食材名                        |  | 1人当              |  | 使用量   |  | 食材名                        |  | 1人当              |  | 使用量   |  | 食材名                        |  | 1人当                 |  | 使用量   |  | 食材名                        |  | 1人当         |  | 使用量    |  |
| おろししょうが生 国産               |  | 0.5          |  | 0.65  |  | *サラダ油                      |  | 0.8              |  | 1.04  |  | オリーブ油                      |  | 0.3              |  | 0.39  |  | *煮干（だし用）                   |  | 3                   |  | 4     |  | *煮干（だし用）                   |  | 3           |  | 4      |  |
| ガーリック                     |  | 0.1          |  | 0.13  |  | *豚並肉 肩                     |  | 30               |  | 40    |  | *無添加ﾌﾞﾗﾝｰｺﾝ短冊冷凍            |  | 10               |  | 13    |  | *若鶏肉 胸皮付き                  |  | 10                  |  | 13    |  | 昆布エキス                      |  | 0.3         |  | 0.39   |  |
| *豚並肉 肩                    |  | 20           |  | 26    |  | 玉ねぎ                        |  | 31.91            |  | 42.55 |  | 玉ねぎ                        |  | 31.91            |  | 41.49 |  | もうそう竹（千切）外国                |  | 5                   |  | 6.5   |  | *若鶏肉 胸皮付き                  |  | 12          |  | 15.6   |  |
| にんじん 生                    |  | 15.46        |  | 20.1  |  | にんじん 生                     |  | 10.31            |  | 13.4  |  | にんじん 生                     |  | 10.31            |  | 13.4  |  | 干しいたけ ﾏｲﾁ国内                |  | 0.3                 |  | 0.4   |  | 干しいたけ ﾏｲﾁ国内                |  | 0.4         |  | 0.52   |  |
| 玉ねぎ                       |  | 37.23        |  | 48.4  |  | *和風だしの素 粉末                 |  | 0.3              |  | 0.4   |  | じゃがいも 生                    |  | 55.56            |  | 72.22 |  | *焼きちくわ半円スライス               |  | 5                   |  | 6.5   |  | 大根 生                       |  | 22.22       |  | 28.89  |  |
| 月桂樹の葉                     |  | 0.01         |  | 0.01  |  | 料理酒                        |  | 1                |  | 1.3   |  | *ｺﾝｽﾓ 粉末有塩                 |  | 1                |  | 1.3   |  | にんじん 生                     |  | 10.31               |  | 13.4  |  | にんじん 生                     |  | 5.15        |  | 7.22   |  |
| *チキンガラスープ                 |  | 2.5          |  | 3.25  |  | 三温糖                        |  | 0.4              |  | 0.52  |  | 塩                          |  | 0.25             |  | 0.33  |  | *醤油こいくち                    |  | 3                   |  | 3.9   |  | ごぼう しぶとり                   |  | 5.56        |  | 6.67   |  |
| じゃがいも 生                   |  | 53.33        |  | 69.33 |  | 黒砂糖（粉糖）                    |  | 1.2              |  | 1.6   |  | こしょう                       |  | 0.03             |  | 0.04  |  | 塩                          |  | 0.15                |  | 0.2   |  | はす（れんこん）水煮                 |  | 10          |  | 13     |  |
| *中濃ソース                    |  | 2.5          |  | 3.25  |  | *醤油こいくち                    |  | 4.4              |  | 5.72  |  | *調理用牛乳                     |  | 40               |  | 52    |  | *白玉餅 冷凍(加熱用)               |  | 30                  |  | 39    |  | *油揚げ（カット）                  |  | 5           |  | 6      |  |
| ケチャップ                     |  | 2            |  | 2.6   |  | みりん                        |  | 2                |  | 2.6   |  | 米粉                         |  | 4.15             |  | 5.4   |  | *冷凍 液卵                     |  | 15                  |  | 19.5  |  | *うどん                       |  | 70          |  | 80     |  |
| *ｶｰｱｰｸﾊﾞｰﾓﾝﾄﾞ（甘口）         |  | 4.5          |  | 5.85  |  | *生揚げ                       |  | 82               |  | 106.6 |  | 冷凍ﾌﾞﾛｯｺﾘｰ Mﾀｲｽﾞ            |  | 15               |  | 19.5  |  |                            |  |                     |  |       |  | 三温糖                        |  | 0.1         |  | 0.13   |  |
| *カレールー辛口 フレーク             |  | 6            |  | 7.8   |  | *むき枝豆 冷凍                   |  | 7                |  | 10    |  |                            |  |                  |  |       |  | *サラダ油                      |  | 0.5                 |  | 0.7   |  | *醤油こいくち                    |  | 6.6         |  | 8.58   |  |
| *バター                      |  | 0.5          |  | 0.65  |  |                            |  |                  |  |       |  | *ソフトサラミスライス20g             |  | 20               |  | 40    |  | おろしにんにく冷凍 国産               |  | 0.5                 |  | 0.7   |  | 塩                          |  | 0.33        |  | 0.43   |  |
| *調理用牛乳                    |  | 14           |  | 18.2  |  | こまつな、葉                     |  | 10.99            |  | 14.29 |  | *ソフトサラミスライス20g             |  | 0                |  | 0     |  | *豚上肉 もも                    |  | 20                  |  | 26    |  | 長ねぎ 根深ねぎ                   |  | 11.24       |  | 14.61  |  |
| カレー粉                      |  | 0.2          |  | 0.26  |  | もやし 緑豆                     |  | 36.08            |  | 46.91 |  |                            |  |                  |  |       |  | 料理酒                        |  | 1                   |  | 1.3   |  |                            |  |             |  |        |  |
| 米粉                        |  | 3            |  | 4     |  | *醤油こいくち                    |  | 2                |  | 2.6   |  | *塩枝豆 冷凍（外国）                |  | 40               |  | 53.33 |  | *醤油こいくち                    |  | 1                   |  | 1.3   |  | *ちくわ磯辺揚げ                   |  | 50          |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  | 塩                          |  | 0.23             |  | 0.29  |  | 玉ねぎ                        |  | 14.89               |  | 19.36 |  | *ちくわ磯辺揚げ                   |  |             |  | 60     |  |
| *福神漬（国内）                  |  | 10           |  | 11    |  |                            |  |                  |  |       |  | いちごジャム                     |  | 15               |  | 15    |  | ピーマン（赤）輸入                  |  | 3.33                |  | 4.44  |  | *白紋油（センター）                 |  | 5           |  | 6      |  |
| *ｷｬｰﾌﾞｶｯﾄﾄﾞ（ミルク味）         |  | 20           |  | 26    |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | 冷ﾀﾞｲｰﾝｽﾌｧﾊﾞｰﾙ(ｷｯﾄ)外国       |  | 20                  |  | 26    |  | *バナナ                       |  | 93.33       |  |        |  |
| ﾊｲﾝ缶 ﾁﾋﾞｯﾄ                |  | 40           |  | 52    |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | 三温糖                        |  | 0.83                |  | 1.08  |  |                            |  |             |  |        |  |
| みかん缶                      |  | 15           |  | 19.5  |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | 料理酒                        |  | 0.7                 |  | 0.9   |  | *バナナ                       |  |             |  | 186.67 |  |
| *黄桃缶 ﾀﾞｲｽｷｯﾄ（外国）          |  | 15           |  | 19.5  |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | *醤油こいくち                    |  | 1.65                |  | 2.15  |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | *ごま 白すり                    |  | 1                   |  | 1.3   |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | *ごま油                       |  | 0.5                 |  | 0.7   |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  | *オレンジ                      |  | 50                  |  | 50    |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |
|                           |  |              |  |       |  |                            |  |                  |  |       |  |                            |  |                  |  |       |  |                            |  |                     |  |       |  |                            |  |             |  |        |  |

2025年6月

統括Cコース

| 16日(月) 631-1,466 計 2,097 食 |  |                    |       | 17日(火) 632-1,466 計 2,098 食 |  |                |        | 18日(水) 630-1,468 計 2,098 食 |  |              |       | 19日(木) 632-1,466 計 2,098 食 |  |                |       | 20日(金) 610-24 計 634 食 |  |                |       |
|----------------------------|--|--------------------|-------|----------------------------|--|----------------|--------|----------------------------|--|--------------|-------|----------------------------|--|----------------|-------|-----------------------|--|----------------|-------|
| 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)        |       | 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)    |        | 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)  |       | 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)    |       | 1. 食パン                |  | 1. 食パン         |       |
| 2. 牛乳                      |  | 2. 牛乳              |       | 2. 牛乳                      |  | 2. 牛乳          |        | 2. 牛乳                      |  | 2. 牛乳        |       | 2. 牛乳                      |  | 2. 牛乳          |       | 2. 牛乳                 |  | 2. 牛乳          |       |
| 3. 豆腐と豚肉のみそ炒めFe            |  | 3. 豆腐と豚肉のみそ炒めFe    |       | 3. 豚肉と芋の南蛮煮                |  | 3. 豚肉と芋の南蛮煮    |        | 3. わかめスープ                  |  | 3. わかめスープ    |       | 3. カミカミごぼう汁                |  | 3. カミカミごぼう汁    |       | 3. シーフードクリーム煮         |  | 3. シーフードクリーム煮  |       |
| 4. からしあえ                   |  | 4. からしあえ           |       | 4. ひじき入り厚焼卵1/10            |  | 4. ひじき入り厚焼卵1/8 |        | 4. ビビンバ (増量)               |  | 4. ビビンバ (増量) |       | 4. さばしょうが煮50g              |  | 4. さばしょうが煮50g  |       | 4. 国産鶏肉のチキンカツ4        |  | 4. 国産鶏肉のチキンカツ6 |       |
| 5. グレープ フルーワ(ホワイト)         |  | 5. グレープ フルーワ(ホワイト) |       | 5. バナナ (1/2本)              |  | 5. バナナ (1/2本)  |        | 5. アーモンド10g                |  | 5. アーモンド15g  |       | 5. スティックパイ(1個)             |  | 5. スティックパイ(1個) |       | 5. 温野菜 (ソース和え)        |  | 5. 温野菜 (ソース和え) |       |
| 食材名                        |  | 1人当                | 使用量   | 食材名                        |  | 1人当            | 使用量    | 食材名                        |  | 1人当          | 使用量   | 食材名                        |  | 1人当            | 使用量   | 食材名                   |  | 1人当            | 使用量   |
| *ごま油                       |  | 2                  | 2.6   | *サラダ油                      |  | 0.5            | 0.7    | *わかめ、カットわかめ(外国)            |  | 0.4          | 0.52  | *サラダ油                      |  | 0.5            | 0.65  | *サラダ油                 |  | 1              | 1.3   |
| *豚並肉 肩                     |  | 20                 | 26    | *豚並肉 肩                     |  | 20             | 26     | 長ねぎ 根深ねぎ                   |  | 8.99         | 11.24 | *若鶏肉 胸皮付き                  |  | 15             | 19.5  | 玉ねぎ                   |  | 31.91          | 42.55 |
| にんじん 生                     |  | 15.46              | 20.62 | つきこんにやく                    |  | 20             | 26     | 干しいたけ ｽﾀｲ国内                |  | 0.4          | 0.6   | ごぼう しぶとり                   |  | 22.22          | 28.89 | にんじん 生                |  | 10.31          | 13.4  |
| もうそう竹(短冊) 外国               |  | 20                 | 26    | にんじん 生                     |  | 20.62          | 26.8   | *コンソメ 粉末有塩                 |  | 0.93         | 1.2   | にんじん 生                     |  | 10.31          | 13.4  | じゃがいも 生               |  | 33.33          | 44.44 |
| 干しいたけ ｽﾀｲ国内                |  | 0.5                | 0.7   | ごぼう しぶとり                   |  | 16.67          | 22.22  | *醤油こいくち                    |  | 0.46         | 0.59  | *焼きちくわ半円スライス               |  | 5              | 6.5   | *えび 冷凍(L)             |  | 25             | 32.5  |
| 料理酒                        |  | 2                  | 2.6   | じゃがいも 生                    |  | 88.89          | 111.11 | *チキンガラスープ                  |  | 8            | 10    | *油揚げ(カット)                  |  | 10             | 13    | *かのこいか冷凍1cm市(外国)      |  | 25             | 32.5  |
| 三温糖                        |  | 2.94               | 3.82  | 三温糖                        |  | 2.2            | 2.86   | *ごま油                       |  | 0.05         | 0.07  | *チキンガラスープ                  |  | 2              | 2.6   | ホタテ冷凍(ベビーホタテ)         |  | 10             | 13    |
| *醤油こいくち                    |  | 2.2                | 2.86  | *醤油こいくち                    |  | 3              | 3.9    | 塩                          |  | 0.32         | 0.41  | *かつおぶしエキス                  |  | 0.4            | 0.52  | 白ワイン                  |  | 1              | 1.3   |
| *強化みそ                      |  | 5.4                | 7.02  | *みそ(白)                     |  | 3.6            | 4.68   |                            |  |              |       | *豆腐                        |  | 20             | 26    | マッシュルーム水煮 スライス缶       |  | 5              | 6.5   |
| 唐がらし                       |  | 0.01               | 0.01  | みりん                        |  | 1              | 1.3    | *サラダ油                      |  | 0.6          | 0.78  | こまつな、葉                     |  | 9.34           | 12.14 | パセリ                   |  | 0.78           | 1     |
| *アーモンド粉末(皮無)               |  | 2                  | 2.6   | 唐がらし                       |  | 0.01           | 0.01   | おろししょうが生 国産                |  | 0.8          | 1     | *醤油こいくち                    |  | 3              | 3.9   | *小麦粉                  |  | 5.4            | 7     |
| ピーマン 青                     |  | 5.88               | 8.24  | グリーンピース 冷凍                 |  | 3              | 4      | ガーリック                      |  | 0.08         | 0.1   | 塩                          |  | 0.32           | 0.42  | *サラダ油                 |  | 5              | 6.5   |
| *冷凍 豆腐(マーボー豆腐系)            |  | 100                | 130   | 水                          |  | 38             | 49.4   | *豚ひき肉                      |  | 22           | 28.6  | 長ねぎ 根深ねぎ                   |  | 8.99           | 11.69 | *スキムミルク               |  | 3              | 4     |
|                            |  |                    |       |                            |  |                |        | みじん切りメンマ水煮                 |  | 8.3          | 10.79 |                            |  |                |       | *調理用牛乳                |  | 50             | 65    |
| もやし 緑豆                     |  | 41.24              | 51.55 | *ヒジキ入り厚焼玉子 (1/10カット)       |  | 50             |        | *大豆たんぱく                    |  | 2.2          | 2.86  | *さばしょうが煮                   |  | 50             | 50    | *スープストック              |  | 0.5            | 0.7   |
| にんじん 生                     |  | 10.31              | 13.4  | *ヒジキ入り厚焼玉子 (1/10カット)       |  | 0              |        | *紋り豆腐                      |  | 30           | 40    | *さばしょうが煮                   |  | 0              | 0     | 塩                     |  | 0.42           | 0.49  |
| 洋がらし                       |  | 0.1                | 0.13  |                            |  |                |        | 三温糖                        |  | 3.1          | 4.03  |                            |  |                |       | こしょう                  |  | 0.03           | 0.04  |
| *醤油こいくち                    |  | 2                  | 2.6   | *ヒジキ入り厚焼玉子 (1/8カット)        |  |                | 62.5   | 料理酒                        |  | 0.8          | 1     | スティックパイ                    |  | 35             | 35    | *バター                  |  | 0.5            | 0.65  |
|                            |  |                    |       | *ヒジキ入り厚焼玉子 (1/8カット)        |  |                | 0      | *醤油こいくち                    |  | 4.86         | 6.32  |                            |  |                |       |                       |  |                |       |
| グレープフルーツ ホワイト              |  | 57.14              | 57.14 |                            |  |                |        | *豆板醤                       |  | 0.41         | 0.53  |                            |  |                |       | *国産鶏肉のチンカツFeCa        |  | 40             |       |
|                            |  |                    |       | *バナナ                       |  | 93.33          | 93.33  | 塩                          |  | 0.05         | 0.07  |                            |  |                |       | *白絞油(センター)            |  | 4              | 6     |
|                            |  |                    |       |                            |  |                |        | ほうれん草                      |  | 16.67        | 22.22 |                            |  |                |       | *国産鶏肉のチンカツFeCa        |  |                | 60    |
|                            |  |                    |       |                            |  |                |        | もやし 緑豆                     |  | 28.87        | 37.53 |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        | にんじん 生                     |  | 11.34        | 14.43 |                            |  |                |       | キャベツ 生                |  | 35.29          | 47.06 |
|                            |  |                    |       |                            |  |                |        | *ごま油                       |  | 0.45         | 0.59  |                            |  |                |       | *中濃ソース                |  | 3              | 3.9   |
|                            |  |                    |       |                            |  |                |        | *醤油こいくち                    |  | 0.9          | 1.17  |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        | 塩                          |  | 0.16         | 0.21  |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        | *ごま 白いり                    |  | 2            | 2.6   |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        |                            |  |              |       |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        | *アーモンド 小袋                  |  | 10           |       |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        |                            |  |              |       |                            |  |                |       |                       |  |                |       |
|                            |  |                    |       |                            |  |                |        | *アーモンド 小袋                  |  |              | 15    |                            |  |                |       |                       |  |                |       |
| 小皿使用                       |  |                    |       | 小皿使用                       |  |                |        |                            |  |              |       |                            |  |                |       |                       |  |                |       |

2025年6月

統括Cコース

| 23日(月) 570-1,465 計 2,035 食 |  |             |       | 24日(火) 571-1,466 計 2,037 食 |  |               |  | 25日(水) 569-1,467 計 2,036 食 |       |            |  | 26日(木) 632-1,465 計 2,097 食 |  |              |       | 27日(金) 671-1,468 計 2,139 食 |  |                |  |       |       |     |  |
|----------------------------|--|-------------|-------|----------------------------|--|---------------|--|----------------------------|-------|------------|--|----------------------------|--|--------------|-------|----------------------------|--|----------------|--|-------|-------|-----|--|
| 1. 白飯 (全学年)                |  | 1. 白飯 (全学年) |       | 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)   |  | 1. 米粉ココアパン                 |       | 1. 米粉ココアパン |  | 1. 白飯 (全学年)                |  | 1. 白飯 (全学年)  |       | 1. 小白飯 (全学年)               |  | 1. 小白飯 (全学年)   |  |       |       |     |  |
| 2. 牛乳                      |  | 2. 牛乳       |       | 2. 牛乳                      |  | 2. 牛乳         |  | 2. 牛乳                      |       | 2. 牛乳      |  | 2. 牛乳                      |  | 2. 牛乳        |       | 2. 牛乳                      |  | 2. 牛乳          |  |       |       |     |  |
| 3. カレー                     |  | 3. カレー      |       | 3. 鮭のごまみそ鍋Fe               |  | 3. 鮭のごまみそ鍋Fe  |  | 3. ポークビーンズ                 |       | 3. ポークビーンズ |  | 3. 炒り豆腐                    |  | 3. 炒り豆腐      |       | 3. 豚骨ラーメン                  |  | 3. 豚骨ラーメン      |  |       |       |     |  |
| 4. 福神漬                     |  | 4. 福神漬      |       | 4. ひじきと切干大根炒め              |  | 4. ひじきと切干大根炒め |  | 4. コーンソテー                  |       | 4. コーンソテー  |  | 4. 炒り豆腐と中華あえ               |  | 4. 炒り豆腐と中華あえ |       | 4. 柔らか肉団子 (和風)             |  | 4. 柔らか肉団子 (和風) |  |       |       |     |  |
| 5. 黄桃ミックス                  |  | 5. 黄桃ミックス   |       |                            |  |               |  |                            |       |            |  | 5. オレンジ                    |  | 5. オレンジ      |       | 5. パナナ (1/2本)              |  | 5. パナナ (1本)    |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
| 食材名                        |  | 1人当         |       | 使用量                        |  | 食材名           |  | 1人当                        |       | 使用量        |  | 食材名                        |  | 1人当          |       | 使用量                        |  | 食材名            |  | 1人当   |       | 使用量 |  |
| おろししょうが生 国産                |  | 0.5         | 0.7   |                            |  | 昆布エキス         |  | 0.25                       | 0.33  |            |  | *サラダ油                      |  | 1            | 1.3   |                            |  | *冷凍ラーメン        |  | 60    | 80    |     |  |
| ガーリック                      |  | 0.1         | 0.13  |                            |  | *かつおぶしエキス     |  | 0.57                       | 0.74  |            |  | 玉ねぎ                        |  | 42.55        | 53.19 |                            |  | *豚並肉 肩         |  | 10    | 13    |     |  |
| *豚並肉 肩                     |  | 15          | 20    |                            |  | にんじん 生        |  | 8.25                       | 10.72 |            |  | *豚並肉 肩                     |  | 20           | 26    |                            |  | にんじん 生         |  | 10.31 | 13.4  |     |  |
| にんじん 生                     |  | 15.46       | 20.1  |                            |  | *鮭角切り 皮なし 冷凍  |  | 30                         | 39    |            |  | じゃがいも 生                    |  | 55.56        | 72.22 |                            |  | *絞豆腐           |  | 110   | 143   |     |  |
| 玉ねぎ                        |  | 37.23       | 48.4  |                            |  | キャベツ 生        |  | 35.29                      | 45.88 |            |  | にんじん 生                     |  | 10.31        | 13.4  |                            |  | しめじレトルト (国産)   |  | 5     | 7     |     |  |
| 月桂樹の葉                      |  | 0.01        | 0.01  |                            |  | *豆腐           |  | 25                         | 32.5  |            |  | *ゆで大豆                      |  | 20           | 26    |                            |  | キャベツ 生         |  | 23.53 | 29.41 |     |  |
| *チキンガラスープ                  |  | 2.5         | 3.25  |                            |  | *みそ (白)       |  | 1.6                        | 2.1   |            |  | トマトダイスカット缶                 |  | 10           | 13    |                            |  | *博多どんこラーメンスープ  |  | 9.5   | 12.35 |     |  |
| じゃがいも 生                    |  | 55.56       | 72.22 |                            |  | *強化みそ         |  | 4.5                        | 5.85  |            |  | *スープストック                   |  | 0.5          | 0.7   |                            |  | こしょう           |  | 0.04  | 0.05  |     |  |
| *グレープフルーツ(甘口)              |  | 4.5         | 5.85  |                            |  | *ごま 白すり       |  | 3                          | 3.9   |            |  | *バター                       |  | 1            | 1.3   |                            |  | *冷凍がら十五分湯ボー    |  | 7     | 9.1   |     |  |
| *カレールー辛口 フレーク              |  | 6           | 7.8   |                            |  | 長ねぎ 根深ねぎ      |  | 11.24                      | 14.61 |            |  | *粉チーズ                      |  | 1            | 1.3   |                            |  | *白湯スープ         |  | 3.6   | 4.68  |     |  |
| ケチャップ                      |  | 1.3         | 1.69  |                            |  |               |  |                            |       |            |  | ケチャップ                      |  | 7            | 9.1   |                            |  | 塩              |  | 0.1   | 0.13  |     |  |
| *中濃ソース                     |  | 2.5         | 3.25  |                            |  | *サラダ油         |  | 1                          | 1.3   |            |  | 白ワイン                       |  | 1            | 1.3   |                            |  | 長ねぎ 根深ねぎ       |  | 11.24 | 14.61 |     |  |
| *サラダ油                      |  | 2           | 2.6   |                            |  | 切り干し大根        |  | 5                          | 7     |            |  | ウスターソース                    |  | 4.26         | 5.54  |                            |  | *醤油こいくち        |  | 2.4   | 3.12  |     |  |
| *小麦粉                       |  | 2.2         | 2.86  |                            |  | ヒジキ           |  | 0.7                        | 0.9   |            |  | 三温糖                        |  | 1            | 1.3   |                            |  | 食酢 (穀物酢)       |  | 1.2   | 1.56  |     |  |
| *調理用牛乳                     |  | 12          | 15.6  |                            |  | にんじん 生        |  | 8.25                       | 10.31 |            |  | パセリ                        |  | 0.56         | 0.78  |                            |  | *ラー油           |  | 0.01  | 0.01  |     |  |
| カレー粉                       |  | 0.2         | 0.3   |                            |  | *油揚げ (カット)    |  | 5                          | 7     |            |  |                            |  |              |       |                            |  | 三温糖            |  | 0.56  | 0.73  |     |  |
|                            |  |             |       |                            |  | 干しいたけ ｽﾗｲｽ国内  |  | 0.6                        | 0.8   |            |  | ホールコーン (外国)                |  | 40           | 50    |                            |  | *ごま 白いり        |  | 1     | 1.3   |     |  |
| *福神漬 (国内)                  |  | 10          | 11    |                            |  | *さつま揚げ (ｽﾗｲｽ) |  | 10                         | 13    |            |  | 塩                          |  | 0.2          | 0.26  |                            |  | *ごま油           |  | 0.3   | 0.39  |     |  |
|                            |  |             |       |                            |  | *和風だしの素 粉末    |  | 0.2                        | 0.3   |            |  | こしょう                       |  | 0.01         | 0.01  |                            |  | 細切り茎わかめ (冷凍)   |  | 6     | 7.8   |     |  |
| バイン缶 チビット                  |  | 40          | 52    |                            |  | みりん           |  | 1                          | 1.3   |            |  | *サラダ油                      |  | 1            | 1.3   |                            |  | もやし 緑豆         |  | 30.93 | 36.08 |     |  |
| みかん缶                       |  | 10          | 13    |                            |  | 三温糖           |  | 2                          | 2.6   |            |  |                            |  |              |       |                            |  | にんじん 生         |  | 5.15  | 6.7   |     |  |
| *黄桃缶 ｸﾞﾗｲﾝｽﾀｯﾄﾞ (外国)       |  | 10          | 13    |                            |  | *醤油こいくち       |  | 4                          | 5.2   |            |  |                            |  |              |       |                            |  | 塩              |  | 0.07  | 0.09  |     |  |
|                            |  |             |       |                            |  | *むき枝豆 冷凍      |  | 5                          | 7     |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  | *オレンジ          |  | 50    | 50    |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |
|                            |  |             |       |                            |  |               |  |                            |       |            |  |                            |  |              |       |                            |  |                |  |       |       |     |  |

2025年6月

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