



週間献立表 11月

舞鶴工業高等専門学校

| 日付 | 2023年11月1日(水) | 2023年11月2日(木) | 2023年11月3日(金) | 2023年11月4日(土) | 2023年11月5日(日) | |
|----|---|---|--|--|--|---|
| 朝食 | [A] ごはん [B] 食パン [共通料理] 豆腐ハンバーグ 白菜の中華煮 コールスローサラダ 味噌汁 コーヒー牛乳 [A] 1材料 - 828kcal 蛋白質 23.8g 脂質 12.4g 食塩 2.5g [B] 1材料 - 777kcal 蛋白質 27.4g 脂質 24.7g 食塩 4.3g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | [A] ごはん [B] 食パン [共通料理] 鶏肉とごぼうの炒め煮 牛肉コロッケ 温野菜サラダ 味噌汁 牛乳 [A] 1材料 - 953kcal 蛋白質 26.9g 脂質 23.1g 食塩 2.4g [B] 1材料 - 902kcal 蛋白質 30.5g 脂質 35.4g 食塩 4.2g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | [A] ごはん [B] 食パン [共通料理] 大根のそばろ煮 鯖の付焼き コールスローサラダ 味噌汁 ジョア [A] 1材料 - 804kcal 蛋白質 27.3g 脂質 7.5g 食塩 3g [B] 1材料 - 753kcal 蛋白質 30.9g 脂質 19.8g 食塩 4.8g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | [A] ごはん [B] 食パン [共通料理] ペペロンチーノ 温泉卵 コールスローサラダ 味噌汁 牛乳 [A] 1材料 - 973kcal 蛋白質 27.5g 脂質 27.3g 食塩 3.2g [B] 1材料 - 922kcal 蛋白質 31.1g 脂質 39.6g 食塩 5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | [A] ごはん [B] 食パン [共通料理] 五目炒め 納豆 オクラのおかか和え 味噌汁 牛乳 [A] 1材料 - 847kcal 蛋白質 28.8g 脂質 16.6g 食塩 2.9g [B] 1材料 - 796kcal 蛋白質 32.4g 脂質 28.9g 食塩 4.7g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | |
| | 昼食 | [A] 他人丼 [B] 酢豚風煮 ごはん [共通料理] ミックスサラダ コンソメスープ フルーツ杏仁 [A] 1材料 - 856kcal 蛋白質 26.1g 脂質 17.8g 食塩 2.6g [B] 1材料 - 855kcal 蛋白質 25.2g 脂質 10.8g 食塩 2.5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | かやくうどん 菜種和え 味噌汁 パイン缶 ごはん [A] 1材料 - 864kcal 蛋白質 26.6g 脂質 11.9g 食塩 7.8g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | ポークカレー スナックえんどうサラダ 味噌汁 青りんごゼリー [A] 1材料 - 983kcal 蛋白質 28.2g 脂質 22.8g 食塩 5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | 牛丼 ツナサラダ フルーツヨーグルト 味噌汁 [A] 1材料 - 847kcal 蛋白質 29.1g 脂質 13.1g 食塩 2.5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | ビビンバ なめ茸和え ストロベリーゼリー わかめスープ [A] 1材料 - 827kcal 蛋白質 22.5g 脂質 18.3g 食塩 2.5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● |
| | | 夕食 | [A] 鶏肉のから揚げ [B] 白身魚のカレーマヨ焼 [共通料理] じゃが芋の粒マスタード和え おかか和え 味噌汁 ごはん [A] 1材料 - 1053kcal 蛋白質 35.4g 脂質 34.5g 食塩 3.6g [B] 1材料 - 853kcal 蛋白質 28.9g 脂質 18.5g 食塩 3.5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | 豚のチンジャオロース風 高野豆腐の卵とじ ごぼうの焙煎ごまサラダ 味噌汁 ごはん [A] 1材料 - 916kcal 蛋白質 36.5g 脂質 16g 食塩 4g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | チキンチャップ ひじき煮 春雨の中華和え 味噌汁 ごはん [A] 1材料 - 1066kcal 蛋白質 34.5g 脂質 25.8g 食塩 3.5g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● | 煮込みハンバーグ 湯豆腐 かに風味和え 味噌汁 ごはん [A] 1材料 - 924kcal 蛋白質 32.1g 脂質 18.4g 食塩 4.9g アレルギー 卵 ● 乳 ● 小麦 ● エビ ● カニ ● そば ● 落花生 ● A ● ● ● ● ● ● ● B ● ● ● ● ● ● ● |





週間献立表



舞鶴工業高等専門学校

| 日付 | 2023年11月6日(月) | 2023年11月7日(火) | 2023年11月8日(水) | 2023年11月9日(木) | 2023年11月10日(金) | 2023年11月11日(土) | 2023年11月12日(日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 朝食 | [A] ごはん [B] 食パン [共通料理] ウインナー ナポリタンスパゲティ コールスローサラダ 味噌汁 牛乳 [A] I1111- 1082kcal 蛋白質 30.5g 脂質 35.5g 食塩 3.5g [B] I1111- 1031kcal 蛋白質 34.1g 脂質 47.8g 食塩 5.3g | [A] ごはん [B] 食パン [共通料理] チャプチェ オムレツ 大根サラダ 味噌汁 牛乳 [A] I1111- 910kcal 蛋白質 25.2g 脂質 19.8g 食塩 2.6g [B] I1111- 859kcal 蛋白質 28.8g 脂質 32.1g 食塩 4.4g | [A] ごはん [B] 食パン [共通料理] ミートボールケチャップ煮 スクランプルエッグ コールスローサラダ 味噌汁 コーヒー牛乳 [A] I1111- 906kcal 蛋白質 23g 脂質 18.8g 食塩 2.6g [B] I1111- 855kcal 蛋白質 26.6g 脂質 31.1g 食塩 4.4g | [A] ごはん [B] 食パン [共通料理] 鯖の塩焼 きんぴらごぼう コールスローサラダ 味噌汁 牛乳 [A] I1111- 863kcal 蛋白質 27.8g 脂質 18.4g 食塩 2.5g [B] I1111- 812kcal 蛋白質 31.4g 脂質 30.7g 食塩 4.3g | [A] ごはん [B] 食パン [共通料理] 焼きそば イカリングフライ コールスローサラダ 味噌汁 ショア [A] I1111- 861kcal 蛋白質 25.1g 脂質 10.2g 食塩 3.1g [B] I1111- 810kcal 蛋白質 28.7g 脂質 22.5g 食塩 4.9g | [A] ごはん [B] 食パン [共通料理] ハンバーグ ほうれん草のソテー スパゲティ-サラダ 味噌汁 牛乳 [A] I1111- 999kcal 蛋白質 29g 脂質 26.8g 食塩 3.3g [B] I1111- 948kcal 蛋白質 32.6g 脂質 39.1g 食塩 5.1g | [A] ごはん [B] 食パン [共通料理] 温泉卵 納豆 ブロッコリーのおかか和え 味噌汁 牛乳 [A] I1111- 866kcal 蛋白質 31g 脂質 18.9g 食塩 2.9g [B] I1111- 815kcal 蛋白質 34.6g 脂質 31.2g 食塩 4.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | | <table border="1"> <tr><td>アレルギー</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>A</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>B</td><td>●</td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td><td></td></tr> </table> | アレルギー | | | | | | | | | | A | ● | ● | ● | ● | | | | | | B | ● | ● | ● | ● | | | | | |
| | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| B | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 昼食 | [A] 木の葉丼 [B] 豚しゃぶ明太子風味 ごはん [共通料理] 茄子とオクラのさっぱり和え シュークリーム 味噌汁 [A] I1111- 893kcal 蛋白質 27.8g 脂質 20.7g 食塩 4g [B] I1111- 871kcal 蛋白質 28.9g 脂質 21.9g 食塩 2.7g | [A] ちくわ天うどん [B] 白身魚のホワイトソース [共通料理] コーンサラダ フルーチェ(メロン) 味噌汁 ごはん [A] I1111- 844kcal 蛋白質 23g 脂質 8.1g 食塩 8.3g [B] I1111- 744kcal 蛋白質 24.1g 脂質 8.2g 食塩 2.9g | [A] 麻婆丼 [B] たら香味ソース [共通料理] 中華和え オレンジゼリー 味噌汁 [A] I1111- 938kcal 蛋白質 29.2g 脂質 21.1g 食塩 4.1g [B] I1111- 842kcal 蛋白質 27.2g 脂質 13.5g 食塩 2.7g | [A] 塩ラーメン [B] 白身魚のマヨネーズ焼き [共通料理] 大根の煮物 フルーツ白玉 味噌汁 ごはん [A] I1111- 903kcal 蛋白質 28.1g 脂質 8.7g 食塩 5.4g [B] I1111- 866kcal 蛋白質 29.6g 脂質 13.4g 食塩 2.5g | 牛すじカレー ツナサラダ ココアワッフル 味噌汁 [A] I1111- 1035kcal 蛋白質 28g 脂質 27.7g 食塩 4.3g | 焼肉丼 ゆかり和え もも缶 キャベたまスープ [A] I1111- 838kcal 蛋白質 24.2g 脂質 13.2g 食塩 4.7g | 味噌そばろ丼 かぼちゃサラダ 青りんごゼリー 味噌汁 [A] I1111- 936kcal 蛋白質 26.6g 脂質 20.7g 食塩 3.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 夕食 | [A] 肉じゃがコロッケと串カツ [B] 鯖の味噌煮 [共通料理] 炒り豆腐 グリーンサラダ 味噌汁 ごはん [A] I1111- 897kcal 蛋白質 23.6g 脂質 19.8g 食塩 2.5g [B] I1111- 930kcal 蛋白質 36.6g 脂質 20.1g 食塩 3g | [A] 鶏の和風おろしソース [B] 豚肉きのご焼き [共通料理] 里芋のそぼろ煮 菜種和え 味噌汁 ごはん [A] I1111- 1070kcal 蛋白質 40.3g 脂質 31.4g 食塩 3.9g [B] I1111- 1017kcal 蛋白質 40.4g 脂質 27.6g 食塩 4g | [A] プルコギ風 [B] 白身魚フライとカリカリ-ムロツク [共通料理] ごま和え 菜種アンサラダ 味噌汁 ごはん [A] I1111- 900kcal 蛋白質 30.6g 脂質 17.8g 食塩 3.9g [B] I1111- 1048kcal 蛋白質 26.4g 脂質 31.1g 食塩 3.4g | [A] バーベキューチキン [B] あじの唐揚げ [共通料理] もやしとニラのナムル マカロニサラダ 味噌汁 ごはん [A] I1111- 1041kcal 蛋白質 36.1g 脂質 29.3g 食塩 3.7g [B] I1111- 964kcal 蛋白質 32.1g 脂質 27g 食塩 2.9g | ヒレカツ 筍炒め煮 錦糸和え 卵スープ ごはん [A] I1111- 912kcal 蛋白質 23.7g 脂質 20g 食塩 3.5g | ダッカルビ 焼売 コールスローサラダ 味噌汁 ごはん [A] I1111- 974kcal 蛋白質 37.8g 脂質 24.9g 食塩 3.7g | 回鍋肉 ツナじゃが はりはりサラダ コンソメスープ ごはん [A] I1111- 864kcal 蛋白質 33.4g 脂質 11.1g 食塩 3.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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週間献立表 11月

舞鶴工業高等専門学校

| 日付 | 2023年11月13日(月) | 2023年11月14日(火) | 2023年11月15日(水) | 2023年11月16日(木) | 2023年11月17日(金) | 2023年11月18日(土) | 2023年11月19日(日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 朝食 | [A] ごはん [B] 食パン [共通料理] 茹で卵 筑前煮 コーンサラダ 味噌汁 牛乳 [A] 1人分 - 883kcal 蛋白質 28.5g 脂質 19.7g 食塩 2.6g [B] 1人分 - 832kcal 蛋白質 32.1g 脂質 32g 食塩 4.4g | [A] ごはん [B] 食パン [共通料理] スランブルエッグ 照焼きミートボール 温野菜サラダ 味噌汁 牛乳 [A] 1人分 - 890kcal 蛋白質 25.3g 脂質 20.5g 食塩 2.6g [B] 1人分 - 839kcal 蛋白質 28.9g 脂質 32.8g 食塩 4.4g | [A] ごはん [B] 食パン [共通料理] チキンナゲット じゃが芋のソテー コールスローサラダ 味噌汁 コーヒー牛乳 [A] 1人分 - 903kcal 蛋白質 20.9g 脂質 17.9g 食塩 2.3g [B] 1人分 - 852kcal 蛋白質 24.5g 脂質 30.2g 食塩 4.1g | [A] ごはん [B] 食パン [共通料理] ほうれん草のソテー 白身フライ 海藻サラダ 味噌汁 牛乳 [A] 1人分 - 846kcal 蛋白質 23.3g 脂質 19.8g 食塩 2.9g [B] 1人分 - 795kcal 蛋白質 26.9g 脂質 32.1g 食塩 4.7g | [A] ごはん [B] 食パン [共通料理] 納豆 ニラ卵炒め コールスローサラダ 味噌汁 ショア [A] 1人分 - 843kcal 蛋白質 28.7g 脂質 13.4g 食塩 2.4g [B] 1人分 - 792kcal 蛋白質 32.3g 脂質 25.7g 食塩 4.2g | [A] ごはん [B] 食パン [共通料理] 野菜炒め ウィンナー 大根サラダ 味噌汁 牛乳 [A] 1人分 - 909kcal 蛋白質 27.1g 脂質 25.6g 食塩 3.2g [B] 1人分 - 858kcal 蛋白質 30.7g 脂質 37.9g 食塩 5g | [A] ごはん [B] 食パン [共通料理] 鯖の塩焼 オクラのなめ茸和え コールスローサラダ 味噌汁 牛乳 [A] 1人分 - 833kcal 蛋白質 27.8g 脂質 17g 食塩 2.3g [B] 1人分 - 782kcal 蛋白質 31.4g 脂質 29.3g 食塩 4.1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 昼食 | [A] ミートソーススパゲティ [B] さばのから揚げピリ辛だれ [共通料理] 大豆サラダ 青りんごゼリー 野菜スープ ごはん [A] 1人分 - 994kcal 蛋白質 29.4g 脂質 22.7g 食塩 3.6g [B] 1人分 - 893kcal 蛋白質 28.6g 脂質 35.7g 食塩 2.4g | [A] 豚のネギ塩丼 [B] 白身魚の野菜あんかけ [共通料理] ごはん [共通料理] 塩こぶ和え ワッフル わかめスープ [A] 1人分 - 815kcal 蛋白質 29.2g 脂質 10.7g 食塩 3.5g [B] 1人分 - 874kcal 蛋白質 28g 脂質 15.3g 食塩 2.9g | [A] 豚骨ラーメン [B] あじのカレー風味唐揚げ [共通料理] 春巻き ストロベリーゼリー 味噌汁 ごはん [A] 1人分 - 950kcal 蛋白質 24.1g 脂質 17g 食塩 5.5g [B] 1人分 - 974kcal 蛋白質 29.7g 脂質 25.7g 食塩 2.8g | [A] きつねうどん [B] ハンバーグ デミソース [共通料理] 高野豆腐の卵とじ フルーツ杏仁 味噌汁 ごはん [A] 1人分 - 887kcal 蛋白質 25.3g 脂質 11.5g 食塩 7.8g [B] 1人分 - 979kcal 蛋白質 35g 脂質 21.4g 食塩 3.6g | [A] チキンカレー [B] 白身魚のピカタ ごはん [共通料理] グリーンサラダ みかん缶 ミネストローネ [A] 1人分 - 967kcal 蛋白質 25.6g 脂質 22.6g 食塩 4.9g [B] 1人分 - 772kcal 蛋白質 29.4g 脂質 7.9g 食塩 2.7g | 焼き飯 揚げ餃子 プリン 中華スープ [A] 1人分 - 877kcal 蛋白質 21g 脂質 18.2g 食塩 6.2g | 鶏ごぼう丼 小松菜のツナ和え オレンジゼリー 味噌汁 [A] 1人分 - 839kcal 蛋白質 26.4g 脂質 13g 食塩 4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 夕食 | [A] 鶏肉のごまだれ焼き [B] 豚キムチ [共通料理] がんもの含め煮 ポン酢あえ 味噌汁 ごはん [A] 1人分 - 979kcal 蛋白質 38.7g 脂質 28.9g 食塩 3.3g [B] 1人分 - 858kcal 蛋白質 34.8g 脂質 15.8g 食塩 4.6g | [A] チキンソテーマトソース [B] ポトフ [共通料理] ツナ和え 春雨サラダ 味噌汁 ごはん [A] 1人分 - 992kcal 蛋白質 35.5g 脂質 29.5g 食塩 2.2g [B] 1人分 - 928kcal 蛋白質 29.6g 脂質 21g 食塩 4.5g | [A] 蒸し鶏 [B] 麻婆なす [共通料理] うの花炒り煮 おかか和え 味噌汁 ごはん [A] 1人分 - 908kcal 蛋白質 34.7g 脂質 21.9g 食塩 5.3g [B] 1人分 - 930kcal 蛋白質 26.3g 脂質 27.4g 食塩 4.5g | [A] 鶏の南蛮漬け [B] ハッシュドポーク [共通料理] マカロニサラダ 錦糸和え ごはん 味噌汁 [A] 1人分 - 926kcal 蛋白質 32.7g 脂質 35.9g 食塩 3.3g [B] 1人分 - 858kcal 蛋白質 30.3g 脂質 21.4g 食塩 5.8g | [A] 豚肉と蓮根の甘辛炒め [B] サーモソライと牛肉ロック [共通料理] ポテトサラダ のり和え 味噌汁 ごはん [A] 1人分 - 892kcal 蛋白質 31g 脂質 16.1g 食塩 3.6g [B] 1人分 - 1008kcal 蛋白質 29.4g 脂質 26.3g 食塩 3.2g | チキンカツ 里芋と野菜の土佐煮 [B] ごま和え 味噌汁 ごはん [A] 1人分 - 1046kcal 蛋白質 31g 脂質 13.7g 食塩 3.6g | 豚のみそ焼き じゃが芋の粒マスタード和え ナムル 味噌汁 ごはん [A] 1人分 - 1012kcal 蛋白質 33.6g 脂質 32.1g 食塩 3.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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週間献立表

11月

| 日付 | 2023年11月27日(月) | 2023年11月28日(火) | 2023年11月29日(水) | 2023年11月30日(木) |
|----|--|--|--|--|
| 朝食 | [A] ごはん [B] 食パン [共通料理] 五目炒め 納豆 ごま和え 味噌汁 牛乳 [A] 11月27日 - 899kcal 蛋白質 30.8g 脂質 21.5g 食塩 3.1g [B] 11月27日 - 848kcal 蛋白質 34.4g 脂質 33.8g 食塩 4.9g | [A] ごはん [B] 食パン [共通料理] ミートボール甘酢あん 温泉卵 海藻サラダ 味噌汁 牛乳 [A] 11月28日 - 893kcal 蛋白質 29.2g 脂質 18.7g 食塩 3.1g [B] 11月28日 - 842kcal 蛋白質 32.8g 脂質 31g 食塩 4.9g | [A] ごはん [B] 食パン [共通料理] ナポリタンスパゲティ ス克蘭ブルエッグ コールスローサラダ 味噌汁 コーヒー牛乳 [A] 11月29日 - 904kcal 蛋白質 22g 脂質 16.1g 食塩 2.5g [B] 11月29日 - 853kcal 蛋白質 25.6g 脂質 28.4g 食塩 4.3g | [A] ごはん [B] 食パン [共通料理] ボークビーンズ 野菜コロッケ 温野菜サラダ 味噌汁 牛乳 [A] 11月30日 - 994kcal 蛋白質 28.6g 脂質 23.3g 食塩 3.9g [B] 11月30日 - 943kcal 蛋白質 32.2g 脂質 35.6g 食塩 5.7g |
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| 昼食 | [A] 和風スパゲッティ [B] 白身魚のカレームニエル [共通料理] マセドアンサラダ 味噌汁 プリン ごはん [A] 11月27日 - 994kcal 蛋白質 24g 脂質 21.7g 食塩 3.4g [B] 11月27日 - 963kcal 蛋白質 27.6g 脂質 24.1g 食塩 2.6g | [A] カレーうどん [B] 白身魚の唐揚 [共通料理] 豆腐のあんかけ 味噌汁 ワッフル ごはん [A] 11月28日 - 1042kcal 蛋白質 32.8g 脂質 24g 食塩 4.3g [B] 11月28日 - 887kcal 蛋白質 33.1g 脂質 15.7g 食塩 2.6g | [A] 豚肉と切干大根ナムル丼 [B] 麻婆豆腐 ごはん [共通料理] からし和え 味噌汁 ストロベリーゼリー [A] 11月29日 - 759kcal 蛋白質 25.6g 脂質 7.8g 食塩 3.1g [B] 11月29日 - 896kcal 蛋白質 29.9g 脂質 19.7g 食塩 4.1g | [A] 醤油ラーメン [B] さわらの照焼き [共通料理] 厚揚げ煮物 味噌汁 パイン缶 ごはん [A] 11月30日 - 885kcal 蛋白質 27.6g 脂質 12.4g 食塩 5.4g [B] 11月30日 - 885kcal 蛋白質 33.8g 脂質 18.1g 食塩 2.7g |
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| 夕食 | [A] 豚しゃぶ胡麻だれ [B] イカのチリソース [共通料理] なすの揚げ浸し 中華和え 味噌汁 ごはん [A] 11月27日 - 866kcal 蛋白質 27.8g 脂質 19.7g 食塩 3.3g [B] 11月27日 - 901kcal 蛋白質 27.9g 脂質 13.8g 食塩 4g | [A] 豚肉の生姜炒め [B] チキンマリネ [共通料理] 小松菜の煮浸し コールスローサラダ 味噌汁 ごはん [A] 11月28日 - 759kcal 蛋白質 29.5g 脂質 8g 食塩 2.6g [B] 11月28日 - 969kcal 蛋白質 33.7g 脂質 29.5g 食塩 2.8g | [A] ヤンニョムチキン [B] ポークチャップ風 [共通料理] はりはり煮 南瓜サラダ 味噌汁 ごはん [A] 11月29日 - 1194kcal 蛋白質 37g 脂質 40g 食塩 4.5g [B] 11月29日 - 884kcal 蛋白質 31.3g 脂質 17g 食塩 3.9g | [A] ハンバーグおろしポン酢 [B] 鶏の天ぷら [共通料理] 三度豆サラダ ほうれん草の和え物 味噌汁 ごはん [A] 11月30日 - 908kcal 蛋白質 29.5g 脂質 21.9g 食塩 4.2g [B] 11月30日 - 1047kcal 蛋白質 35.5g 脂質 34.5g 食塩 2.9g |
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