

夏バテを防ぐために...



1 しっかり食べよう朝ごはん! Illustration of a breakfast table with rice, miso soup, and vegetables.

2 のどがかわいたら牛乳や麦茶を飲もう! Illustration of a child drinking from a water bottle.



3 色のこい野菜を食べよう! Illustration of a variety of colorful vegetables in a bowl.

4 卵・肉・魚などのたんぱく質をしっかりとりよう! Illustration of an egg, meat, and fish.

7月1日(木) 2日(金) Menu table for July 1st and 2nd with ingredients and nutritional values.

5日(月) Menu for July 5th including 五目炒め and さばのみそ煮.

6日(火) Menu for July 6th including ハヤシライス and フライドポテト.

7日(水) Menu for July 7th including 鮭のおろしたまねぎだれ and 中華あえ.

8日(木) Menu for July 8th including チキン南蛮 and 小松菜とベーコンのスパゲッティ.

9日(金) Menu for July 9th including 中華うま煮 and 揚げぎょうざ.

12日(月) Menu for July 12th including 夏野菜のカレーライス and ヒレカツ.

13日(火) Menu for July 13th including 鶏にら丼 and みかん缶.

14日(水) Menu for July 14th including 肉じゃが and きびなごの天ぷら.

15日(木) Menu for July 15th including ビビンバ and キムチとらの炒め物.

16日(金) Menu for July 16th including コッペパン and 野菜ソテー.

19日(月) Menu for July 19th including さばの香味揚げ and 高野豆腐の卵とじ.

20日(火) Menu for July 20th including 終業式 and 小松菜とひじきのナムル.

8月25日(水) Menu for August 25th including 始業式 and ツナ大豆そぼろ.

26日(木) Menu for August 26th including ハンバーグのトマトソース and ベベロンチーノ.

27日(金) Menu for August 27th including コッペパン and ひき肉と小松菜のにんにく炒め.

30日(月) Menu for August 30th including いわしのかば焼き and 里芋のそぼろ煮.

31日(火) Menu for August 31th including ぶっかけうどん and 鶏肉のから揚げ.

~新献立紹介~ 8月31日(火) ぶっかけうどん. Advertisement for a new menu item.

”水なす”は貝塚市の特産品です! Advertisement for 'Mizunasu' (water eggplant) as a local specialty.