

Table for days 2 (Sun), 3 (Mon), 4 (Tue), 5 (Wed), 6 (Thu). Includes menu items like 牛乳, ごはん, and illustrations for 憲法記念日 and みどりの日.

Table for days 9 (Sun), 10 (Mon), 11 (Tue), 12 (Wed), 13 (Thu). Includes menu items like 牛乳, ごはん, and illustrations for 福神漬け and 和風あんかけ.

Table for days 16 (Sun), 17 (Mon), 18 (Tue), 19 (Wed), 20 (Thu). Includes menu items like 牛乳, ごはん, and illustrations for 昆布の佃煮 and ちくわの磯辺揚げ.

Table for days 23 (Sun), 24 (Mon), 25 (Tue), 26 (Wed), 27 (Thu). Includes menu items like 牛乳, ごはん, and illustrations for じゃがいものマヨネーズ焼き and 揚げごぼう.

Table for days 30 (Sun), 31 (Mon). Includes menu items like 牛乳, ごはん, and illustrations for じゃがいものマヨネーズ焼き and しほ漬け.



※栄養価は、左からエネルギー (kcal)、たんぱく質 (g)、脂質 (g) の順に記載しています。

Advertisement for '新献立の紹介' (Introduction of New Menu Items) for 13th (Fri) featuring '里芋コロッケ' (Chestnut Croquette) with illustrations of hands holding chopsticks.

Summary table for nutritional values: エネルギー (Energy) 830kcal, たんぱく質 (Protein) 27~42g, 脂質 (Fat) 18~28g.