


|        |                   | <div><div></div></div> |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|--------|-------------------|--|----|---|---|-----|----|----|-----|----|-----|------|---------|----|----|----|----|----|----|-------|-----|------|----|------|-----|---------|-------|
| 日・曜日   | 献立名               | 小麦   | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレシジ | キウィフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | さくらんぼ | りんご | やまいも | もも | ゼラチン | バナナ | カシューナッツ | アーモンド |
| 9日(金)  | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | から揚げ              | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  |    |       |     |      |    |      |     |         |       |
|        | 茎わかめの炒め煮          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  |    | ●     |     |      |    |      |     |         | ●     |
|        | ポテトサラダ            |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    | ●     |     |      |    |      |     |         |       |
| 13日(火) | やみつぎキャベツ          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  |    |    |       |     |      |    |      |     |         | ●     |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | 麻婆豆腐              | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     | ●       | ●     |
|        | 揚げきょうざ            | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     | ●       | ●     |
| 14日(水) | チンゲン菜のナムル         | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     | ●       | ●     |
|        | ミルクメーク(ココア)       |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     | ●       | ●     |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | 炊き込みご飯            | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  |    |       |     |      |    |      |     |         |       |
|        | 鮭のおろしたまねぎだれ       | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    | ●  |    | ●  |    | ●     |     |      |    |      |     |         | ●     |
| 15日(木) | 肉野菜炒め             | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         | ●     |
|        | 白菜のサラダ            |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    | ●     |     |      |    |      |     |         |       |
|        | みだらし団子(よもぎ)       | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         | ●     |
| 16日(金) | ピピンパ              | ●  |    |   |   |     |    |    |     |    |     |      |         | ●  |    |    | ●  | ●  |    |       |     |      |    |      |     |         | ●     |
|        | キムチとにらの炒め物        | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | かぼちゃひき肉フライ        | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    | ●    |     |         |       |
|        | ブロッコリーのツナ和え       | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    | ●    |     |         |       |
|        | コービー牛乳            | ●  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
| 19日(月) | コッペパン             | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | チキンのトマトソース        | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | 野菜ソテー             | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | ミンチカツ・キャベツとハムのソテー | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | りんごジャム            |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     | ●    |    |      |     |         |       |
| 20日(火) | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | から揚げレモンソース        | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | ひき肉と小松菜のにんにく炒め    | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | もやしのナムル           | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    | ●     |     |      |    |      |     |         | ●     |
| 21日(水) | しば漬け              | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    | ●  | ●  | ●  |       |     |      |    |      |     |         |       |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | 中華うま煮             | ●  |    | ● |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     | ●       | ●     |
|        | 揚げしゅうまい           | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     | ●       | ●     |
| 22日(木) | 磯香和え              | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         |       |
|        | 無限ピーマン            | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | 鶏にら丼              | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
| 23日(金) | チンジャオロース          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         |       |
|        | カリフラワーとブロッコリーのサラダ | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         |       |
|        | 大豆の炒り煮            | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
| 26日(月) | 厚揚げのみそ炒め          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | クレープリッチ           | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | ホキの香味ソース          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         |       |
|        | フルーツミックス          |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     | ●    |    |      |     |         |       |
|        | 牛乳                |  |    |   | ● |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      | ●  |      |     |         |       |
|        | ごはん               |  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    |    |    |       |     |      |    |      |     |         |       |
|        | 鶏子丼               | ●  |    | ● |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | にんじんしりしり          | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | きんぴら・さつまいもの天ぷら    | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |
|        | 小松菜とえのきのしらす和え     | ●  |    |   |   |     |    |    |     |    |     |      |         |    |    |    |    | ●  | ●  | ●     |     |      |    |      |     |         | ●     |