

月 火 水 木 金

Table for Monday (1) featuring 'コッペパン' (Coppo Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'わかめスープ', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Tuesday (2) featuring 'げんまいごはん' (Genmai Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'ボークカレー', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Wednesday (3) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'みそしる', 'たまねぎ', 'じゃがいも', and 'しょうゆ'.

Table for Thursday (4) featuring 'ごまパン' (Goma Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'レタススープ', 'じゃがいも', 'カリカリあげ', and 'しょうゆ'.

Table for Friday (5) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'マーボーどうふ', 'ぶたミンチ', 'じゃがいも', and 'しょうゆ'.

Table for Monday (8) featuring 'コッペパン' (Coppo Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'キャベツのスープ', 'ベーコン', 'たまねぎ', and 'しょうゆ'.

Table for Tuesday (9) featuring 'わかめごはん' (Wakame Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'きざみうどん', 'うすあげ', 'たまねぎ', and 'しょうゆ'.

Table for Wednesday (10) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'ごじる', 'だいず', 'うすあげ', and 'しょうゆ'.

Table for Thursday (11) featuring 'しょくパン' (Shokupan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'ミネストローネ', 'にんじん', 'たまねぎ', and 'しょうゆ'.

Table for Friday (12) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'かんどうに', 'ぶたにく', 'じゃがいも', and 'しょうゆ'.

Table for Monday (15) featuring 'しょくパン' (Shokupan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'オニオンスープ', 'ベーコン', 'たまねぎ', and 'しょうゆ'.

Table for Tuesday (16) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'ホイコウロウ', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Wednesday (17) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'とりだんごじる', 'とりだんご', 'にんじん', and 'しょうゆ'.

Table for Thursday (18) featuring 'パーカーパン' (Parker Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'いんげんまめの', 'クリームスープ', 'ベーコン', and 'しょうゆ'.

Table for Friday (19) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'タツリタン', 'ぶたにく', 'じゃがいも', and 'しょうゆ'.

Table for Monday (22) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'とうがんじる', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Tuesday (23) featuring 'こくとうパン' (Kokutou Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'おきなそば', 'やきぶた', 'たまねぎ', and 'しょうゆ'.

Table for Wednesday (24) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'たまごコーンの', 'スープ', 'ベーコン', and 'しょうゆ'.

Table for Thursday (25) featuring 'コッペパン' (Coppo Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'やさいいため', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Friday (26) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'たまねぎのおつゆ', 'にんじん', 'たまねぎ', and 'しょうゆ'.

Table for Monday (29) featuring 'ごはん' (Gohan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'おやこに', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for Tuesday (30) featuring 'コッペパン' (Coppo Pan) and 'ぎゅうにゅう' (Milk). Includes ingredients like 'サムゲタン', 'ぶたにく', 'たまねぎ', and 'しょうゆ'.

Table for monthly nutrition summary, including '今月の炊き込みごはん' and '今月使用する枚方産の農産物'.

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Text block containing '季節の食材を使った、ごはんにかうおかず' theme information, contest results for June 10th, and a note about using local produce.