

月 火 水 木 金

中学年(3・4年生)の一人一食あたりの平均栄養価

Table with 6 columns: エネルギー, たんぱく質, 脂質, ナトリウム, カルシウム, マグネシウム. Rows include intake, standard, and sufficiency rates.

Table with 7 columns: 鉄, 亜鉛, ビタミン (A, B1, B2, C), 食物繊維. Rows include intake, standard, and sufficiency rates.

*牛乳は毎食つきます

*諸事情により使用食材の数量を変更することがあります

*揚げ油は、菜種油を複数回使用します

Menu for Wednesday (水) featuring 'ごはん' (rice) with 'ぶりのてりやき' (fried salmon) and 'ぞうに' (soybean paste). Includes an image of a bowl of rice.

Menu for Thursday (木) featuring 'ごはん' (rice) with 'あじつけのり' (sea bream with seaweed) and 'そばろに' (fried soboro). Includes an image of a bowl of rice.

Menu for Friday (金) featuring 'こくとうパン' (cotton candy bread) with 'はくさいと' (lettuce) and 'あげごぼうの' (fried burdock). Includes an image of a carrot.

Menu for Saturday (16) featuring 'わかめごはん' (wakame rice) with 'うどん' (udon) and 'はくさいの' (lettuce). Includes an image of a bowl of udon.

Menu for Sunday (17) featuring 'しょくパン' (school bread) with 'ポークビーンズ' (pork beans) and 'ライスソテー' (rice sauté). Includes an image of a bowl of rice.

Menu for Monday (18) featuring 'ごはん' (rice) with 'とりすき' (chicken skewers) and 'れんごんの' (mushroom). Includes an image of a red apple.

Menu for Tuesday (19) featuring 'コッペパン' (coppo pan) with 'わかめスープ' (wakame soup) and 'でんぶん' (dombu). Includes an image of a bowl of soup.

Menu for Wednesday (20) featuring 'ごはん' (rice) with 'ぶたじる' (pork stew) and 'ししゃも' (cherry salmon). Includes an image of a carrot.

Menu for Thursday (23) featuring 'げんまいごはん' (genmai rice) with 'ふくじんづけ' (fukujin-juke) and 'ふゆやさいの' (winter vegetable). Includes an image of a bowl of rice.

Menu for Friday (24) featuring 'コッペパン' (coppo pan) with 'タイピーエン' (Thai pen) and 'ごぼうソテー' (burdock sauté). Includes an image of a bowl of rice.

Menu for Saturday (25) featuring 'ごはん' (rice) with 'すましじる' (sumashi-ju) and 'さとう' (sugar). Includes an image of a bowl of rice.

Menu for Sunday (26) featuring 'コッペパン' (coppo pan) with 'キャロットスープ' (carrot soup) and 'こいくちしょうゆ' (kikuchi soy sauce). Includes an image of a bowl of soup.

Menu for Monday (27) featuring 'ごはん' (rice) with 'やさいたっぷり' (easy full) and 'あつあげの' (hot fried). Includes an image of a bowl of rice.

Menu for Tuesday (30) featuring 'ごはん' (rice) with 'さつまもスティック' (satsuma mo sticks) and 'みそおでん' (miso oden). Includes an image of a bowl of rice.

Menu for Wednesday (31) featuring 'うずまきパン' (uzumaki pan) with 'ふゆやさいの' (winter vegetable) and 'くらにの' (kurano). Includes an image of a blue whale.

今月使用する旬の野菜

里芋、大根、白菜、れんこん、ほうれん草、金時人参を使用する予定です。



今月の炊き込みごはん

「わかめごはん」(16日) こめ 80g たきこみわかめ 2.3g 「げんまいごはん」(23日) こめ 65g げんまい 10g



給食食材の産地について 主な食材の産地情報を記した「給食食材の産地について」を、枚方市のホームページ(学校給食)に掲載しています。 給食食材に関する問い合わせ先 おいしい給食課 電話:050-7105-8030