

月 火 水 木 金

今月の炊き込みごはん

「げんまいごはん」(19日)
こめ 65g
げんまい 10g

「ひじきごはん」(24日)
こめ 65g
ひじき 7.2g
にんじん 6.8g
うすあげ 1.6g
しょうゆ、みりん、さとう、しお



Table for Monday (11) featuring Appelpan and Murasaki Mochi Chips. Includes ingredients like wheat flour, soybean oil, and various seasonings.

Table for Tuesday (12) featuring Gohan (rice) and Moya-shi. Includes ingredients like rice, soybean oil, and various seasonings.

Table for Wednesday (13) featuring Shokupan (soft bread) and Taipeien. Includes ingredients like wheat flour, yeast, and various seasonings.

Table for Thursday (14) featuring Gohan (rice) and Buri no Teriyaki. Includes ingredients like rice, soybean oil, and various seasonings.



Table for Friday (17) featuring Gohan (rice) and Misoshiru. Includes ingredients like rice, miso, and various vegetables.

Table for Saturday (18) featuring Coppapan and Hakesai no Soup. Includes ingredients like wheat flour, yeast, and various seasonings.

Table for Sunday (19) featuring Genmai Gohan (whole grain rice) and Fuku-jin-zuke. Includes ingredients like whole grain rice, soybean oil, and various seasonings.

Table for Monday (20) featuring Coppapan and Soup. Includes ingredients like wheat flour, yeast, and various seasonings.

Table for Tuesday (21) featuring Gohan (rice) and Mini Fish. Includes ingredients like rice, soybean oil, and various seasonings.



Table for Wednesday (24) featuring Hijiki Gohan (hijiki rice) and Ma-itake. Includes ingredients like rice, hijiki, and various seasonings.

Table for Thursday (25) featuring Shokupan (soft bread) and Doumorigoshi. Includes ingredients like wheat flour, yeast, and various seasonings.

Table for Friday (26) featuring Gohan (rice) and Miso Odori. Includes ingredients like rice, soybean oil, and various seasonings.

Table for Saturday (27) featuring Coppapan and Lenzjamae. Includes ingredients like wheat flour, yeast, and various seasonings.

Table for Sunday (28) featuring Gohan (rice) and Hoka Hoka Chanpon. Includes ingredients like rice, soybean oil, and various seasonings.



Table for Monday (31) featuring Gohan (rice) and Dangojiru. Includes ingredients like rice, soybean oil, and various seasonings.

今月使用する枚方産の農産物

青ねぎ・里芋・大根・白菜・キャベツ・れんこん・金時人参を使用する予定です。

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。

中学年(3・4年生)の一人一食あたりの平均栄養価

Nutrition table showing energy, protein, sodium, calcium, and magnesium intake for middle school students.

Nutrition table showing iron, zinc, and vitamin intake for middle school students.

\*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
\*揚げ油には、菜種油を使用します



おいしい給食
会計年度任用職員(学校給食臨時調理員)
場所:さだ西学校給食共同調理場等
登録募集中
子どもたちの笑顔がうれしい。
やりがいのある給食の仕事です。
お気軽にお問い合わせください。
勤務日は学校給食実施日
朝8時15分から午後4時まで
お問い合わせ:おいしい給食課
☎050-7105-8032

