

令和7年  
3月 中学校給食  
予定献立表



※写真はイメージです。予定献立は内容の一部変更する場合があります。  
※特定原材料及び特定原材料に準ずるものを使用したり、加工食品の原材料として使用している場合は「●」を表示しています。  
※揚げ油を使用しており、同じ油で別の食材を調理しているため、アレルギー物質が揚げ油に溶出もしくは混入している可能性がある場合に「△」と表示しています。  
★学校外で製造されるパンは、製造工程上、原材料として乳類を含まないパンにおいても乳類の混入は避けられません。

堺市教育委員会

毎日、牛乳(200ml)が付きます。



給食のときはおはしを忘れずに！



スプーンがあると食べやすい日は



を表示します。

スプーンマーク

くるで、万博！

2025年には大阪・関西万博が開催され、世界中からたくさんの人が集まります。今年度は毎月世界の食文化を紹介します。

【オーストラリアの食文化】



オーストラリアはカンガルーやコアラなどの動物が多く住み、自然豊かな国です。  
オーストラリア料理には、牛肉やラム（子羊の肉）などがよく使われます。それは、広い土地を利用し、牛や羊の放牧が盛んなためです。  
また、カンガルー・ワニ・エミューなどのオーストラリアならではの肉料理もあります。シンプルに焼く料理が多いそうです。

【4日(火) オーストラリア】

チキンパルミジャーナ

メルボルンの名物料理で、鶏肉にトマトソース・チーズ・パン粉をかけて焼く料理です。

ポテトウェッジ

ウェッジとは「くさび」という意味です。じゃがいもをくし型に切り、ガーリックパウダーなどで味付けし揚げた料理です。

ビーンスープ

いんげん豆の入ったスープです。給食ではパイオンのスープですが、ポタージュ風のものも食べられています。

中学生アイデア料理

テーマ

私が考えた給食で食べたい大阪産(もん)レシピ

令和5年度に募集した「中学校給食料理コンテスト」で優秀作品に選ばれた献立です。

5日(水) 小松菜とキャベツのナムル

月州中学校2年生のアイデア料理です。大阪産のキャベツと小松菜を使い、料理を考えてくれました。栄養のバランスをよくするために緑黄色野菜とその他野菜の両方を使います。



|                                                                                                                                                                                                                                                                                     |                                                    |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----|----|----|-----|-----|---|---|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|---|----|-----|---|---|---|---|----|----|----|-----|---|---|---|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|---|----|-----|---|---|---|---|----|----|----|-----|---|---|---|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|---|----|-----|---|---|---|---|----|----|----|-----|---|---|---|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|---|----|-----|---|---|---|---|----|----|----|-----|---|---|---|---|
| 3日<br>(月)                                                                                                                                                                                                                                                                           | おでん<br>さわらの風味焼き<br>小松菜のみそ汁                         | 4日<br>(火)                                                                           | チキンパルミジャーナ<br>ポテトウェッジ<br>ビーンスープ<br>コッペパン★ | 5日<br>(水)                                                                            | 和風ハンバーグ<br>肉入り高野豆腐<br>ポテトサラダ<br>★小松菜と<br>キャベツのナムル | 6日<br>(木)                                                                             | カレー豆腐<br>揚げシューマイ<br>中華スープ             | 7日<br>(金)                                                                                                                                                                            | 油淋鶏<br>ちんげん菜と<br>豚肉の炒め煮<br>もやしのからしあえ<br>にんじんしりしり |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                    |                                                    |   |                                           |   |                                                   |   |                                       |                                                                                                  |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>●</td><td></td><td>●</td><td></td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 738 kcal<br/>○たんぱく質 33.2 g<br/>○脂質 20.2 g</p>       |                                                    | 卵                                                                                   | 乳                                         | 小麦                                                                                   | 落花生                                               | ●                                                                                     |                                       | ●                                                                                                                                                                                    |                                                  | えび | そば | かに | くるみ |     |   |   |   | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>●</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 786 kcal<br/>○たんぱく質 33.0 g<br/>○脂質 34.1 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | △ | ● | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td></td><td></td><td>●</td><td></td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 740 kcal<br/>○たんぱく質 29.6 g<br/>○脂質 20.6 g</p>        |  | 卵 | 乳 | 小麦 | 落花生 |   |   | ● |   | えび | そば | かに | くるみ |   |   |   |   | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 749 kcal<br/>○たんぱく質 28.1 g<br/>○脂質 23.8 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | △ | △ | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 760 kcal<br/>○たんぱく質 27.4 g<br/>○脂質 23.7 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | △ | △ | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| ●                                                                                                                                                                                                                                                                                   |                                                    | ●                                                                                   |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                                                                                                     |                                                    |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | ●                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                                                                                                     |                                                    | ●                                                                                   |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                                                                                                     |                                                    |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 10日<br>(月)                                                                                                                                                                                                                                                                          | さばの塩こうじ焼き<br>厚揚げのそぼろあん<br>じゃがいものみそ汁                | 11日<br>(火)                                                                          | ブルコギ<br>長崎天ぷら<br>クッパ                      | 12日<br>(水)                                                                           | 肉団子の甘酢あんかけ<br>春雨の炒め煮<br>ツナキャベツ<br>ピリ辛こんにゃく        | 13日<br>(木)                                                                            | ハヤシライス<br>じゃがいもの<br>チーズ焼き<br>キャロットソテー | ○給食の予約<br>・予約方法:「ずっと予約」への登録<br>・登録締切:利用月の前々月末<br><br>○利用月の前月1日に自動予約を行いますので、前々月末までにお支払いが必要です。<br>※コンビニエンスストア又は給食予約システムからクレジットカードでお支払いください。<br>※「クレジット自動支払い」を利用すると支払い忘れの心配がなくなるため便利です。 |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                   |                                                    |  |                                           |  |                                                   |  |                                       | ○給食を食べない月は、前月20日までにキャンセルが必要です。<br>キャンセルは1か月単位です。                                                                                                                                     |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>●</td><td></td><td>●</td><td></td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 751 kcal<br/>○たんぱく質 33.6 g<br/>○脂質 23.7 g</p>       |                                                    | 卵                                                                                   | 乳                                         | 小麦                                                                                   | 落花生                                               | ●                                                                                     |                                       | ●                                                                                                                                                                                    |                                                  | えび | そば | かに | くるみ |     |   |   |   | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>●</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 758 kcal<br/>○たんぱく質 26.7 g<br/>○脂質 20.4 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | ● | △ | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td></td><td></td><td>●</td><td></td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 754 kcal<br/>○たんぱく質 24.9 g<br/>○脂質 21.1 g</p>        |  | 卵 | 乳 | 小麦 | 落花生 |   |   | ● |   | えび | そば | かに | くるみ |   |   |   |   | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>●</td><td>●</td><td></td><td></td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 753 kcal<br/>○たんぱく質 25.8 g<br/>○脂質 21.9 g</p>       |  | 卵 | 乳 | 小麦 | 落花生 | ● | ● |   |   | えび | そば | かに | くるみ |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| ●                                                                                                                                                                                                                                                                                   |                                                    | ●                                                                                   |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| ●                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| ●                                                                                                                                                                                                                                                                                   | ●                                                  |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
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| 17日<br>(月)                                                                                                                                                                                                                                                                          | 鶏肉の<br>から揚げ野菜あん<br>大根の炒め煮<br>みそワントン                | 18日<br>(火)                                                                          | 白身魚フライ<br>浦上そぼろ<br>だんご汁                   | 19日<br>(水)                                                                           | 豚肉のしょうが焼き<br>高野豆腐のふくめ煮<br>大学いも<br>春雨の甘酢煮          | 20日<br>(木)                                                                            | 春分の日                                  |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                   |                                                    |  |                                           |  |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 770 kcal<br/>○たんぱく質 27.4 g<br/>○脂質 23.3 g</p> |                                                    | 卵                                                                                   | 乳                                         | 小麦                                                                                   | 落花生                                               | △                                                                                     | △                                     | ●                                                                                                                                                                                    | △                                                | えび | そば | かに | くるみ | △   | △ | △ | △ | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 736 kcal<br/>○たんぱく質 28.1 g<br/>○脂質 17.3 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | △ | △ | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ | <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td>△</td><td>△</td><td>△</td><td>△</td></tr></table> <p>○エネルギー 794 kcal<br/>○たんぱく質 31.9 g<br/>○脂質 19.9 g</p> |  | 卵 | 乳 | 小麦 | 落花生 | △ | △ | ● | △ | えび | そば | かに | くるみ | △ | △ | △ | △ |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | △                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 21日<br>(金)                                                                                                                                                                                                                                                                          | ドライカレー<br>じゃがいものバジル焼き<br>小松菜とエリンギのソテー<br>フルーツコンポート |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                |                                                    |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| <table><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td></tr><tr><td>△</td><td>△</td><td>●</td><td>△</td></tr><tr><td>えび</td><td>そば</td><td>かに</td><td>くるみ</td></tr><tr><td></td><td></td><td></td><td></td></tr></table> <p>○エネルギー 738 kcal<br/>○たんぱく質 25.9 g<br/>○脂質 19.6 g</p>     |                                                    |                                                                                     | 卵                                         | 乳                                                                                    | 小麦                                                | 落花生                                                                                   | △                                     | △                                                                                                                                                                                    | ●                                                | △  | えび | そば | かに  | くるみ |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| 卵                                                                                                                                                                                                                                                                                   | 乳                                                  | 小麦                                                                                  | 落花生                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| △                                                                                                                                                                                                                                                                                   | △                                                  | ●                                                                                   | △                                         |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
| えび                                                                                                                                                                                                                                                                                  | そば                                                 | かに                                                                                  | くるみ                                       |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |
|                                                                                                                                                                                                                                                                                     |                                                    |                                                                                     |                                           |                                                                                      |                                                   |                                                                                       |                                       |                                                                                                                                                                                      |                                                  |    |    |    |     |     |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |                                                                                                                                                                                                                                                                                     |  |   |   |    |     |   |   |   |   |    |    |    |     |   |   |   |   |

桃の節句

3月3日は、「桃の節句」とも「上巳(じょうし)の節句」とも呼ばれ、こどもの健やかな成長と幸せを願う日です。ひな人形を飾る風習は、室町時代頃に始まり、一般に広まったのは、明治時代以降といわれています。それまでは、厄をはらうための紙の人形だったといわれています。桃の節句につくられる行事食には、ちらしずしやはまぐりのお吸い物、ひしもちなどがあります。



3年生のみなさん

ご卒業おめでとうございます

中学校の思い出を大切に、新しい舞台で活躍してください。これからも、食生活を大切に、毎日を過ごしてくださいね。

