

Table for days 1-5 (Monday to Friday). Columns include date, meal name, ingredients with quantities, and energy/nutrient values. Includes icons for allergen-free and vegetarian options.

Table for days 6-10 (Saturday to Sunday and Monday to Friday). Columns include date, meal name, ingredients with quantities, and energy/nutrient values. Includes icons for allergen-free and vegetarian options.

Table for days 11-15 (Saturday to Sunday and Monday to Friday). Columns include date, meal name, ingredients with quantities, and energy/nutrient values. Includes icons for allergen-free and vegetarian options.

Table for days 16-20 (Saturday to Sunday and Monday to Friday). Columns include date, meal name, ingredients with quantities, and energy/nutrient values. Includes icons for allergen-free and vegetarian options.

Table for days 21-30 (Saturday to Sunday and Monday to Friday). Columns include date, meal name, ingredients with quantities, and energy/nutrient values. Includes icons for allergen-free and vegetarian options.

※栄養価は、左からエネルギー(kcal)、たんぱく質(g)、脂質(g)の順に記載しています。 ※飲み物は、乳アレルギー等で変更を希望された場合は、お茶を提供します。

新しい献立の紹介 (Introduction of new menu items). Lists dates and meal names: 1日(月)ソーセージときのこのアヒージョ風, 2日(火)ジャーマン長芋, 9日(火)味付けのり, 11日(木)鮭のねぎだれ, 18日(木)豚ひき肉とにらのそぼろ丼, 19日(金)パーカーパン・野菜のマヨ和え, 30日(火)きゅうりとわかめの酢の物. Includes a QR code and a note: '新しい献立には★がついています。' (New menu items have ★).

給食の感想や要望は こちらのQRコードから お願いします♪

