

※予告無しに変更の可能性があります。

おかずのみ

| 適用日 | 曜・夕 | ID | 商品コード | 商品名 | 盛付 | 単位 | エネルギー | たんぱく質 | 脂質 | 炭水化物 | 食塩相当量 |
|----------|-----|----|-------|--------------------------|----|----|-------|-------|------|------|-------|
| 1/5 月 | 昼 | A | 42397 | TVオニオンソースハンバーグ(ハンバーグ:1個) | 1 | 人分 | 101 | 5.6 | 3.4 | 8.5 | 1.2 |
| | | A' | 42064 | Tスパソティー | 10 | g | 21 | 0.5 | 0.7 | 3.1 | 0.1 |
| | | B | 42592 | T人参とコーンの和え物 | 20 | g | 13 | 0.6 | 0.0 | 2.9 | 0.2 |
| | | C | 42179 | TV五目豆腐煮 | 45 | g | 35 | 1.9 | 1.0 | 4.3 | 0.7 |
| | | D | 42077 | T昆布の佃煮 | 10 | g | 10 | 0.3 | 0.1 | 3.1 | 0.2 |
| | | F | 42571 | Tキャベツのピーナッツ和え | 20 | g | 23 | 0.9 | 1.3 | 2.3 | 0.1 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | 203 | 9.8 | 6.5 | 24.2 | 2.5 |
| 1/5 月 | 夕 | A | 42392 | Vチキンピカタ(ピカタ:2個) | 1 | 人分 | 148 | 8.3 | 9.9 | 5.3 | 0.7 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42585 | TV若芽の柚子胡椒おろし和え | 20 | g | 5 | 0.3 | 0.0 | 1.4 | 0.2 |
| | | C | 42505 | TV大豆とキャベツのコンソメ煮 | 45 | g | 47 | 3.2 | 1.9 | 4.1 | 0.5 |
| | | D | 42176 | TV人参のきんぴら | 10 | g | 8 | 0.1 | 0.3 | 0.9 | 0.0 |
| | | F | 42457 | T春雨とハムの甘酢炒め | 20 | g | 24 | 0.6 | 0.7 | 4.0 | 0.2 |
| | | S | 42256 | Tイタリアンソース | 20 | g | 16 | 0.4 | 0.4 | 3.0 | 0.2 |
| | | | | | | | 248 | 12.9 | 13.2 | 18.7 | 1.8 |
| 1/6 火 | 昼 | A | 42481 | まぐろカツ | 1 | 個 | 139 | 5.5 | 8.1 | 10.7 | 0.6 |
| | | A' | 42445 | TV塩ゆでアスパラ | 10 | g | 3 | 0.3 | 0.0 | 0.6 | 0.1 |
| | | B | 42452 | TV切干と人参のハリハリ | 20 | g | 9 | 0.2 | 0.0 | 2.1 | 0.2 |
| | | C | 42521 | TV豚肉と厚揚げの煮物 | 45 | g | 62 | 3.1 | 3.5 | 3.2 | 0.4 |
| | | D | 42656 | T白菜の土佐酢和え | 10 | g | 4 | 0.1 | 0.0 | 0.7 | 0.0 |
| | | F | 42537 | TV彩りマッシュポテト | 20 | g | 33 | 0.5 | 1.9 | 3.4 | 0.1 |
| | | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 |
| | | | | | | | 255 | 9.7 | 13.6 | 21.7 | 1.6 |

ご飯セット

アレルゲン

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|-----|---|---|----|-------|--------------------|----|----|-----|------|------|------|-----|
| 1/6 | 火 | 夕 | A | 42625 | TV豚肉とキャベツの高菜炒め | 80 | g | 139 | 8.1 | 8.6 | 6.3 | 0.9 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42382 | TV茄子の生姜煮 | 25 | g | 42 | 0.4 | 3.3 | 2.6 | 0.4 |
| | | | C | 42329 | TV鶏と大根の味噌煮 | 45 | g | 36 | 2.3 | 1.7 | 2.3 | 0.5 |
| | | | D | 42524 | TVチンゲン菜ソテー | 10 | g | 4 | 0.2 | 0.2 | 0.5 | 0.0 |
| | | | F | 42098 | TVカリフラワーの甘酢漬け | 20 | g | 9 | 0.5 | 0.0 | 2.1 | 0.0 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | | 230 | 11.5 | 13.8 | 13.8 | 1.8 |
| 1/7 | 水 | 昼 | A | 42252 | あらびき肉団子(肉団子:2個) | 1 | 人分 | 136 | 6.3 | 6.8 | 12.5 | 0.9 |
| | | | A' | 42553 | TV人参グラッセ | 10 | g | 5 | 0.1 | 0.0 | 1.1 | 0.0 |
| | | | B | 42368 | T竹輪の磯辺炒め | 20 | g | 21 | 1.2 | 0.3 | 2.9 | 0.3 |
| | | | C | 42438 | Tベーコンパスタ | 35 | g | 63 | 2.0 | 2.3 | 8.2 | 0.5 |
| | | | D | 42545 | TV一夜漬(白菜人参) | 10 | g | 2 | 0.1 | 0.0 | 0.5 | 0.1 |
| | | | F | 42244 | Tコールスローサラダ | 20 | g | 21 | 0.3 | 1.3 | 2.2 | 0.2 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | | 248 | 10.0 | 10.7 | 27.4 | 2.0 |
| 1/7 | 水 | 夕 | A | 42335 | ポテトコロッケ | 1 | 個 | 165 | 2.5 | 10.4 | 15.6 | 0.8 |
| | | | A' | 42201 | Tうま塩キャベツ | 10 | g | 3 | 0.2 | 0.0 | 0.7 | 0.1 |
| | | | B | 42482 | TVオクラとそぼろのピーナツ味噌和え | 20 | g | 18 | 1.4 | 0.6 | 2.2 | 0.3 |
| | | | C | 42307 | TV豚肉ときくらげの卵とじ | 45 | g | 74 | 3.9 | 5.0 | 3.3 | 0.4 |
| | | | D | 42202 | TV高野豆腐煮(サイコロ) | 10 | g | 12 | 1.1 | 0.7 | 0.3 | 0.0 |
| | | | F | 42148 | Tなめこおろし | 20 | g | 6 | 0.3 | 0.0 | 1.6 | 0.2 |
| | | | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 |
| | | | | | | | | 283 | 9.4 | 16.8 | 24.7 | 2.0 |
| 1/8 | 木 | 昼 | A | 42477 | TV鶏肉と野菜の甘酢炒め | 80 | g | 110 | 7.3 | 5.5 | 6.9 | 1.2 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42270 | TV白花豆煮 | 20 | g | 31 | 1.4 | 0.2 | 6.1 | 0.0 |

A 19x19 Go board diagram. The board features a thick brown border around the perimeter. Inside, there are several black circular stones (go stones) placed at various intersections. A notable cluster of stones is located in the upper-left quadrant, with a row of three stones extending horizontally across the 15th, 16th, and 17th columns and a column of three stones extending vertically down the 15th, 16th, and 17th rows. Other scattered stones are found in the lower-left, middle-right, and bottom-center areas of the board.

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|---|-------|-------------------|----|---|-----|------|-----|------|-----|
| C | 42513 | TV豆腐のカレー煮込み | 45 | g | 40 | 2.7 | 1.4 | 4.0 | 0.4 |
| D | 42517 | TVインゲンソテー | 10 | g | 3 | 0.2 | 0.0 | 0.8 | 0.1 |
| F | 42699 | TV切干大根ともずくのさっぱり和え | 20 | g | 6 | 0.1 | 0.0 | 1.3 | 0.2 |
| S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | 190 | 11.7 | 7.1 | 19.1 | 1.9 |

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| 1/8 | 夕木 | A | 42166 | Tハヤシライスのルー | 150 | g | 169 | 5.0 | 8.8 | 17.3 | 2.2 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42339 | TV麩と大根の煮物 | 45 | g | 27 | 1.5 | 0.7 | 3.7 | 0.4 |
| | | C | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | D | 42217 | T法蓮草とハムのすりごま和え | 30 | g | 26 | 1.9 | 1.1 | 3.2 | 0.6 |
| | | F | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | 222 | 8.4 | 10.6 | 24.2 | 3.2 |

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|----------|---|-------|--------------|----------|----|----|-----|-----|------|------|-----|
| 1/9 金 | 昼 | A | 42094 | TV豚肉の柳川煮 | 80 | g | 147 | 7.2 | 9.9 | 6.5 | 0.9 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | B | 42247 | T菜の花のおひたし | 20 | g | 12 | 1.1 | 0.1 | 2.4 | 0.2 | |
| | C | 42428 | Tマーボ春雨 | 40 | g | 42 | 1.2 | 1.2 | 6.9 | 0.4 | |
| | D | 42325 | TV大根と椎茸の煮物 | 10 | g | 3 | 0.1 | 0.0 | 0.6 | 0.1 | |
| | F | 42403 | TV一口茄子のオランダ煮 | 25 | g | 42 | 0.3 | 3.7 | 2.1 | 0.2 | |
| | S | | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | 246 | 9.9 | 14.9 | 18.5 | 18 |

| 1/9 金 | 夕 | A | 42578 | TVロールキャベツのコンソメ仕立て | 1個 | 50 | 2.0 | 1.9 | 6.3 | 1.1 |
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| | | A' | 42276 | TVスナップえんどう | 10g | 4 | 0.3 | 0.0 | 1.0 | 0.1 |
| | | B | 42107 | Tジャガ芋の洋風あんかけ | 25g | 29 | 0.3 | 1.2 | 4.0 | 0.2 |
| | | C | 42104 | TV鶏大豆 | 45g | 77 | 5.2 | 3.6 | 5.0 | 0.6 |
| | | D | 42111 | TVひじきと挽肉の煮物 | 10g | 11 | 0.7 | 0.7 | 0.9 | 0.1 |
| | | F | 42682 | T青梗菜の豆板醤和え | 20g | 9 | 0.4 | 0.3 | 1.8 | 0.2 |

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| 476 | 15.7 | 8.1 | 82.1 | 1.9 |

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| 508 | 12.4 | 11.6 | 87.2 | 3.2 |
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| 532 | 139 | 15.9 | 81.5 | 18 | |

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A 10x10 Go board diagram. The stones are represented by small circles. The board shows the following placement of stones:

- (1,1) is black
- (1,2) is black
- (2,1) is black
- (3,3) is white
- (5,1) is black
- (5,2) is black
- (5,3) is black

The bottom row (rows 10-19) is shaded in light brown.

A 7x7 Go board diagram. The board consists of 49 square intersections. There are eight black circular stones placed on the board at positions (1,1), (1,2), (1,3), (4,2), (5,1), (5,3), (6,1), and (6,3). The last three rows of the board are shaded in a light tan or beige color, while the top four rows are white.

| | | S | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
|-----------|---|----|-------|---------------------|----|-----|-----|-----|------|------|-----|
| | | | | | | 180 | 8.9 | 7.7 | 19.0 | 2.3 | |
| 1/13 火 | 昼 | A | 42494 | TVホイコーロー | 80 | g | 165 | 5.9 | 12.4 | 6.2 | 1.0 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42570 | TV切干大根の酢の物 | 20 | g | 7 | 0.2 | 0.0 | 1.9 | 0.1 |
| | | C | 42178 | TV里芋と白菜の味噌煮 | 50 | g | 34 | 1.2 | 0.1 | 6.9 | 0.6 |
| | | D | 42613 | T赤ピーマンと玉ねぎのソテー | 10 | g | 9 | 0.2 | 0.3 | 1.3 | 0.1 |
| | | F | 42456 | TVさつま揚げと小松菜の煮浸し | 20 | g | 15 | 0.8 | 0.3 | 2.2 | 0.2 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | 230 | 8.3 | 13.1 | 18.5 | 2.0 |
| 1/13 火 | 夕 | A | 42492 | V鶏の天ぷら | 1 | 個 | 54 | 5.3 | 1.0 | 5.8 | 0.5 |
| | | A' | 42274 | TVブロッコリー | 10 | g | 3 | 0.4 | 0.0 | 0.4 | 0.0 |
| | | B | 42288 | TVれんこんと竹の子のおかか煮 | 20 | g | 16 | 0.4 | 0.2 | 3.0 | 0.3 |
| | | C | 42508 | TVナスと麸の炒め煮 | 45 | g | 61 | 2.4 | 4.2 | 3.6 | 0.4 |
| | | D | 42583 | Tさっぱりキャベツのレモン風味 | 10 | g | 5 | 0.2 | 0.3 | 0.8 | 0.0 |
| | | F | 42300 | Tカラフルスパ | 20 | g | 39 | 0.7 | 2.0 | 4.5 | 0.2 |
| | | S | 42491 | T天ぷらのタレ | 5 | g | 5 | 0.1 | 0.0 | 1.1 | 0.1 |
| | | | | | | | 183 | 9.5 | 7.7 | 19.2 | 1.5 |
| 1/14 水 | 昼 | A | 42700 | 海老カツ | 1 | 個 | 82 | 4.7 | 2.7 | 9.7 | 0.4 |
| | | A' | 42580 | TV枝豆と人参のあっさり煮 | 10 | g | 10 | 0.7 | 0.4 | 1.1 | 0.1 |
| | | B | 42229 | Tベーコンのサラダ | 20 | g | 25 | 0.7 | 1.8 | 1.9 | 0.3 |
| | | C | 42560 | TVじゃが芋のそぼろあん | 40 | g | 55 | 1.8 | 1.2 | 9.6 | 0.5 |
| | | D | 42318 | TVレッドキャベツのピクルス | 10 | g | 5 | 0.2 | 0.0 | 1.3 | 0.0 |
| | | F | 42421 | T法蓮草と油揚の煮物 | 20 | g | 16 | 1.4 | 0.6 | 1.6 | 0.2 |
| | | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 |
| | | | | | | | 198 | 9.5 | 6.8 | 26.2 | 1.7 |
| 1/14 | 夕 | A | 42407 | TV和風ハンバーグ(ハンバーグ:1個) | 1 | 人分 | 97 | 5.7 | 3.3 | 8.6 | 1.1 |

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| 466 | 12.9 | 8.7 | 82.0 | 2.3 |
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| 516 | 12.3 | 14.1 | 81.5 | 2.0 |
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| 469 | 13.5 | 8.7 | 82.2 | 1.5 |
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| 484 | 13.5 | 7.8 | 89.2 | 1.7 |
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|-----------|----|-------|----------------|---------------------|----|-----|------|------|------|------|-----|
| 水 | A' | 42445 | TV塩ゆでアスパラ | 10 | g | 3 | 0.3 | 0.0 | 0.6 | 0.1 | |
| | B | 42579 | Tフレンチマカロニ | 20 | g | 37 | 0.8 | 1.9 | 4.3 | 0.2 | |
| | C | 42590 | TV厚揚げときのこのおろし煮 | 45 | g | 40 | 1.3 | 1.8 | 4.2 | 0.3 | |
| | D | 42656 | T白菜の土佐酢和え | 10 | g | 4 | 0.1 | 0.0 | 0.7 | 0.0 | |
| | F | 42450 | TVひじきと大豆の煮物 | 20 | g | 23 | 1.7 | 0.9 | 2.3 | 0.2 | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| | | | | | | 204 | 9.9 | 7.9 | 20.7 | 1.9 | |
| 木 1/15 | 昼 | A | 42605 | TV生姜焼き | 80 | g | 128 | 7.6 | 6.3 | 8.9 | 1.0 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42145 | Tハムとブロッコリーのマリーネ | 20 | g | 22 | 0.7 | 1.5 | 1.9 | 0.2 |
| | | C | 42364 | T春雨とツナのピリ辛炒め | 40 | g | 55 | 1.6 | 2.0 | 7.3 | 0.6 |
| | | D | 42553 | TV人参グラッセ | 10 | g | 5 | 0.1 | 0.0 | 1.1 | 0.0 |
| | | F | 42084 | TV切干大根煮 | 20 | g | 11 | 0.5 | 0.3 | 1.8 | 0.3 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 221 | 10.5 | 10.1 | 21.0 | 2.1 | |
| 木 1/15 | 夕 | A | 42600 | にしんの蒲焼 | 1 | 切 | 153 | 11.0 | 9.1 | 8.0 | 1.1 |
| | | A' | 42544 | TV一夜漬(大根人参) | 10 | g | 2 | 0.1 | 0.0 | 0.6 | 0.1 |
| | | B | 42518 | TVごぼうの味噌煮 | 20 | g | 16 | 0.5 | 0.1 | 3.2 | 0.1 |
| | | C | 42305 | TV野菜炒め | 45 | g | 37 | 0.5 | 2.3 | 4.0 | 0.5 |
| | | D | 42524 | TVチンゲン菜ソテー | 10 | g | 4 | 0.2 | 0.2 | 0.5 | 0.0 |
| | | F | 42577 | TVカリフラワーのピーナッツ和え | 20 | g | 24 | 1.1 | 1.2 | 2.6 | 0.2 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 236 | 13.4 | 12.9 | 18.9 | 2.0 | |
| 金 1/16 | 昼 | A | 42278 | TV大根とつくねの煮物(肉団子:3個) | 1 | 人分 | 101 | 4.9 | 3.9 | 10.8 | 1.3 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42574 | T人参と法蓮草のさっぱりサラダ | 20 | g | 12 | 0.4 | 0.2 | 2.6 | 0.2 |
| | | C | 42539 | TVチキンの野菜のクリーム | 45 | g | 63 | 2.9 | 2.8 | 6.1 | 0.5 |

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|-----------|---|-------|------------|--------------------|----|-----|------|------|------|------|-----|
| | D | 42075 | Tふきのきんぴら | 10 | g | 3 | 0.0 | 0.1 | 0.5 | 0.0 | |
| | F | 42461 | TV大豆と人参の煮物 | 20 | g | 34 | 2.4 | 1.3 | 3.0 | 0.1 | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| | | | | | | 213 | 10.6 | 8.3 | 23.0 | 2.1 | |
| 1/16 金 | 夕 | A | 42037 | ささみ大葉フライ | 1 | 個 | 145 | 8.6 | 7.1 | 11.3 | 0.6 |
| | | A' | 42430 | Tオクラのペペロンチーノ | 10 | g | 8 | 0.2 | 0.5 | 0.8 | 0.1 |
| | | B | 42564 | TVハーブマッシュポテト | 20 | g | 30 | 0.4 | 1.4 | 4.3 | 0.2 |
| | | C | 42386 | TV豆腐のかに玉あんかけ | 50 | g | 35 | 2.5 | 1.4 | 3.4 | 0.6 |
| | | D | 42080 | TVキャベツの土佐煮 | 10 | g | 3 | 0.3 | 0.0 | 0.5 | 0.1 |
| | | F | 42585 | TV若芽の柚子胡椒おろし和え | 20 | g | 5 | 0.3 | 0.0 | 1.4 | 0.2 |
| | | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 |
| | | | | | | 231 | 12.3 | 10.5 | 22.7 | 2.0 | |
| 1/19 月 | 昼 | A | 42045 | TV豚肉のおろし煮 | 90 | g | 179 | 6.5 | 14.3 | 4.3 | 1.1 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42281 | TVもずくとなめこの三杯酢 | 20 | g | 9 | 0.2 | 0.0 | 1.8 | 0.1 |
| | | C | 42183 | TVさつま揚げと大豆の煮物 | 35 | g | 53 | 3.7 | 2.2 | 5.0 | 0.4 |
| | | D | 42463 | T人参のきな粉和え | 10 | g | 8 | 0.2 | 0.1 | 1.6 | 0.1 |
| | | F | 42382 | TV茄子の生姜煮 | 25 | g | 42 | 0.4 | 3.3 | 2.6 | 0.4 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 291 | 11.0 | 19.9 | 15.3 | 2.1 | |
| 1/19 月 | 夕 | A | 42663 | TVバーベキューチキン(鶏肉:2個) | 1 | 人分 | 108 | 8.0 | 6.7 | 3.2 | 0.8 |
| | | A' | 42640 | Tオクラのおひたし | 10 | g | 4 | 0.2 | 0.0 | 1.0 | 0.1 |
| | | B | 42571 | Tキャベツのピーナッツ和え | 20 | g | 23 | 0.9 | 1.3 | 2.3 | 0.1 |
| | | C | 42521 | TV豚肉と厚揚げの煮物 | 45 | g | 62 | 3.1 | 3.5 | 3.2 | 0.4 |
| | | D | 42547 | TV一夜漬(白菜昆布) | 10 | g | 2 | 0.1 | 0.0 | 0.4 | 0.1 |
| | | F | 42449 | T切干と法蓮草のおひたし | 20 | g | 7 | 0.4 | 0.0 | 1.5 | 0.2 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |

A Go board diagram showing a game in progress. The board is a 19x19 grid of squares. A thick brown border surrounds the playing area. Black stones are represented by small black circles, and white stones are represented by small white circles. The board shows several moves, with a notable sequence of black stones in the upper-middle section and a white stone at the far right edge.

| | | | | | | 206 | 12.7 | 11.5 | 11.6 | 1.7 |
|-----------|---|----|-------|----------------|------|-----|------|------|------|-----|
| 1/20 火 | 昼 | A | 42393 | Vやわらかハンバーグ | 1個 | 84 | 5.2 | 3.3 | 5.5 | 0.5 |
| | | A' | 42072 | TV人参のレモン煮 | 10g | 5 | 0.1 | 0.0 | 1.1 | 0.1 |
| | | B | 42426 | Tブロッコリーの煮物 | 20g | 17 | 1.3 | 0.8 | 1.6 | 0.2 |
| | | C | 42462 | TV里芋のおろし煮 | 50g | 39 | 1.0 | 0.0 | 8.0 | 0.4 |
| | | D | 42377 | TV竹輪のピリ辛炒め | 10g | 13 | 0.8 | 0.5 | 1.1 | 0.1 |
| | | F | 42473 | T白菜のごまマヨサラダ | 20g | 21 | 0.6 | 1.6 | 1.6 | 0.1 |
| | | S | 42251 | きのこあん | 10g | 3 | 0.0 | 0.0 | 0.6 | 0.1 |
| | | | | | | 182 | 9.0 | 6.2 | 19.5 | 1.5 |
| 1/20 火 | 夕 | A | 42437 | TV野菜たっぷりマー婆豆腐 | 100g | 94 | 4.9 | 3.8 | 11.2 | 1.2 |
| | | A' | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42681 | TV麩と若芽の酢の物 | 20g | 8 | 0.5 | 0.0 | 2.3 | 0.2 |
| | | C | 42534 | Tパスタのクリーム煮 | 45g | 53 | 1.2 | 2.3 | 6.9 | 0.5 |
| | | D | 42568 | T小松菜のおひたし | 10g | 5 | 0.4 | 0.0 | 0.8 | 0.1 |
| | | F | 42102 | TVさつま芋の甘露煮 | 30g | 39 | 0.3 | 0.1 | 9.1 | 0.2 |
| | | S | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 199 | 7.3 | 6.2 | 30.3 | 2.2 |
| 1/21 水 | 昼 | A | 42411 | Vプレーンオムレツ | 1個 | 74 | 4.9 | 4.1 | 3.9 | 0.6 |
| | | A' | 42065 | T青じそパスタ | 10g | 24 | 0.5 | 1.0 | 3.0 | 0.1 |
| | | B | 42346 | Tキャベツとツナのナムル | 20g | 17 | 0.8 | 0.8 | 1.7 | 0.1 |
| | | C | 42432 | TV厚揚げのそぼろ煮 | 50g | 51 | 2.8 | 2.3 | 4.0 | 0.5 |
| | | D | 42467 | TV塩枝豆 | 10g | 14 | 1.2 | 0.6 | 0.9 | 0.1 |
| | | F | 42116 | TVきんぴらごぼう | 20g | 19 | 0.3 | 0.6 | 3.2 | 0.2 |
| | | S | 42533 | Tホワイトソース | 12g | 15 | 0.4 | 1.0 | 1.1 | 0.1 |
| | | | | | | 214 | 10.9 | 10.4 | 17.8 | 1.7 |
| 1/21 水 | 夕 | A | 42029 | ハムカツ | 1個 | 165 | 2.9 | 11.2 | 13.2 | 0.5 |
| | | A' | 42613 | T赤ピーマンと玉ねぎのソテー | 10g | 9 | 0.2 | 0.3 | 1.3 | 0.1 |

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| | B | 42085 | TVれんこんの土佐煮 | 20 | g | 16 | 0.4 | 0.2 | 3.1 | 0.1 | | |
| | C | 42139 | T肉団子と白菜の煮物(肉団子:2個) | 50 | g | 64 | 3.2 | 3.0 | 5.4 | 0.7 | | |
| | D | 42583 | Tさっぱりキャベツのレモン風味 | 10 | g | 5 | 0.2 | 0.3 | 0.8 | 0.0 | | |
| | F | 42452 | TV切干と人参のハリハリ | 20 | g | 9 | 0.2 | 0.0 | 2.1 | 0.2 | | |
| | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 | | |
| | | | | | | 273 | 7.1 | 15.1 | 26.9 | 1.8 | | |
| 1/22 | 木 | 昼 | A | 42415 | TVポークチャップ | 80 | g | 145 | 8.1 | 6.9 | 11.4 | 1.1 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42693 | TVバジルポテトチキン | 20 | g | 34 | 1.6 | 1.7 | 3.0 | 0.2 |
| | | | C | 42384 | TV茄子の挽肉あん | 40 | g | 54 | 1.7 | 3.9 | 3.3 | 0.3 |
| | | | D | 42321 | TV大根の酢漬 | 10 | g | 6 | 0.1 | 0.0 | 1.5 | 0.0 |
| | | | F | 42551 | Tオクラのおかか和え梅風味 | 20 | g | 9 | 0.6 | 0.0 | 2.2 | 0.3 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 248 | 12.1 | 12.5 | 21.4 | 1.9 | | |
| 1/22 | 木 | 夕 | A | 42528 | TV鶏肉と野菜の塩麹炒め | 80 | g | 96 | 6.7 | 5.8 | 4.1 | 1.0 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42402 | TVカリフラワーとウインナーのカレー煮 | 20 | g | 9 | 0.5 | 0.2 | 1.6 | 0.2 |
| | | | C | 42179 | TV五目豆腐煮 | 45 | g | 35 | 1.9 | 1.0 | 4.3 | 0.7 |
| | | | D | 42320 | TV法蓮草のおひたし | 10 | g | 7 | 0.6 | 0.0 | 0.8 | 0.1 |
| | | | F | 42531 | T昆布煮豆 | 20 | g | 43 | 3.1 | 1.7 | 4.4 | 0.2 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 190 | 12.8 | 8.7 | 15.2 | 2.2 | | |
| 1/23 | 金 | 昼 | A | 42395 | TV鶏のごまタレ煮(鶏肉:2個) | 1 | 人分 | 126 | 8.8 | 8.6 | 2.9 | 0.8 |
| | | | A' | 42445 | TV塩ゆでアスパラ | 10 | g | 3 | 0.3 | 0.0 | 0.6 | 0.1 |
| | | | B | 42149 | T煮生酢 | 20 | g | 16 | 0.4 | 0.3 | 2.9 | 0.1 |
| | | | C | 42417 | TV焼きそば | 35 | g | 64 | 1.6 | 2.2 | 9.4 | 0.6 |
| | | | D | 42401 | TV竹輪のきんぴら | 10 | g | 12 | 0.8 | 0.3 | 1.4 | 0.1 |

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| | F | 42156 | T菜の花としめじの和え物 | 20 | g | 10 | 1.0 | 0.1 | 2.3 | 0.2 | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| 1/23 金 | 夕 | A | 42443 | TV厚揚げと春雨のピリ辛煮 | 80 | g | 120 | 4.6 | 7.1 | 8.9 | 0.8 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | B | 42204 | T南瓜サラダ | 20 | g | 29 | 0.4 | 1.0 | 4.7 | 0.2 | |
| | C | 42497 | TV白菜と麩の玉子とじ | 45 | g | 36 | 1.2 | 2.1 | 2.9 | 0.5 | |
| | D | 42517 | TVインゲンソテー | 10 | g | 3 | 0.2 | 0.0 | 0.8 | 0.1 | |
| | F | 42288 | TVれんこんと竹の子のおかか煮 | 20 | g | 16 | 0.4 | 0.2 | 3.0 | 0.3 | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| | | | | | | 204 | 6.8 | 10.4 | 20.3 | 1.9 | |
| 1/26 月 | 昼 | A | 42523 | Vやわらかとんかつ | 1 | 個 | 204 | 8.1 | 14.4 | 9.8 | 0.5 |
| | | A' | 42430 | Tオクラのペペロンチーノ | 10 | g | 8 | 0.2 | 0.5 | 0.8 | 0.1 |
| | B | 42644 | Tキャベツとザーサイのナムル | 20 | g | 18 | 0.4 | 0.7 | 2.4 | 0.2 | |
| | C | 42490 | TV麩の野菜あんかけ | 45 | g | 20 | 0.7 | 0.1 | 3.6 | 0.5 | |
| | D | 42077 | T昆布の佃煮 | 10 | g | 10 | 0.3 | 0.1 | 3.1 | 0.2 | |
| | F | 42671 | T肉入りうの花(11-2) | 20 | g | 18 | 1.2 | 0.6 | 2.1 | 0.2 | |
| | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 | |
| | | | | | | 283 | 10.9 | 16.5 | 22.8 | 1.9 | |
| 1/26 月 | 夕 | A | 42601 | にしんの生姜煮 | 1 | 切 | 149 | 10.9 | 9.1 | 6.9 | 1.0 |
| | | A' | 42273 | TV法蓮草 | 10 | g | 4 | 0.6 | 0.0 | 0.5 | 0.1 |
| | B | 42537 | TV彩りマッシュポテト | 20 | g | 33 | 0.5 | 1.9 | 3.4 | 0.1 | |
| | C | 42505 | TV大豆とキャベツのコンソメ煮 | 45 | g | 47 | 3.2 | 1.9 | 4.1 | 0.5 | |
| | D | 42545 | TV一夜漬(白菜人参) | 10 | g | 2 | 0.1 | 0.0 | 0.5 | 0.1 | |
| | F | 42211 | TVごぼうのそぼろ煮 | 20 | g | 17 | 1.3 | 0.1 | 2.9 | 0.2 | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| | | | | | | 252 | 16.6 | 13.0 | 18.3 | 2.0 | |

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|------|---|---|----|-------|-------------------|----|---|-----|-----|------|------|-----|
| 1/27 | 火 | 昼 | A | 42619 | TVロールキャベツの中華風 | 1 | 個 | 73 | 3.0 | 3.8 | 7.0 | 1.2 |
| | | | A' | 42276 | TVスナップえんどう | 10 | g | 4 | 0.3 | 0.0 | 1.0 | 0.1 |
| | | | B | 42684 | TV高野豆腐の味噌煮 | 20 | g | 23 | 1.7 | 1.1 | 1.1 | 0.1 |
| | | | C | 42540 | TVブロッコリーとハムのクリーム煮 | 45 | g | 52 | 2.2 | 2.7 | 4.8 | 0.5 |
| | | | D | 42271 | TV金時豆煮 | 10 | g | 18 | 0.7 | 0.1 | 3.4 | 0.0 |
| | | | F | 42586 | TV白菜と若芽のピリ辛和え | 20 | g | 11 | 0.4 | 0.4 | 2.0 | 0.3 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | | 181 | 8.3 | 8.1 | 19.3 | 2.2 |
| 1/27 | | | A | 42331 | TV鶏肉ときのこのバター醤油 | 80 | g | 101 | 6.7 | 5.8 | 5.2 | 1.2 |
| 火 | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | 火 | 夕 | B | 42237 | T彩りフレンチサラダ | 20 | g | 25 | 0.3 | 1.9 | 1.8 | 0.2 |
| | | | C | 42438 | Tベーコンパスタ | 35 | g | 63 | 2.0 | 2.3 | 8.2 | 0.5 |
| | | | D | 42075 | Tふきのきんぴら | 10 | g | 3 | 0.0 | 0.1 | 0.5 | 0.0 |
| | | | F | 42084 | TV切干大根煮 | 20 | g | 11 | 0.5 | 0.3 | 1.8 | 0.3 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | | | 203 | 9.5 | 10.4 | 17.5 | 2.2 |
| 1/28 | 水 | 昼 | A | 42565 | チーズささみフライ | 1 | 個 | 139 | 5.6 | 9.3 | 8.4 | 0.7 |
| | | | A' | 42504 | Tオニオンソテー | 10 | g | 9 | 0.1 | 0.4 | 1.2 | 0.1 |
| | | | B | 42151 | TVれんこんとさつま揚の煮物 | 20 | g | 18 | 0.8 | 0.4 | 3.1 | 0.2 |
| | | | C | 42590 | TV厚揚げときのこのおろし煮 | 45 | g | 40 | 1.3 | 1.8 | 4.2 | 0.3 |
| | | | D | 42640 | Tオクラのおひたし | 10 | g | 4 | 0.2 | 0.0 | 1.0 | 0.1 |
| | | | F | 42243 | Tごぼうのごま酢和え | 20 | g | 19 | 0.3 | 0.5 | 3.6 | 0.3 |
| | | | S | 42258 | Tカツソース | 3 | g | 5 | 0.0 | 0.1 | 1.0 | 0.2 |
| | | | | | | | | 234 | 8.3 | 12.5 | 22.5 | 1.9 |
| 1/28 | 水 | 夕 | A | 42522 | TVポークジンジャー | 80 | g | 128 | 8.2 | 6.6 | 8.6 | 1.0 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42097 | TVカリフラワーのピクルス | 20 | g | 9 | 0.5 | 0.0 | 1.7 | 0.1 |

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| | C | 42508 | TVナスと麸の炒め煮 | 45 | g | 61 | 2.4 | 4.2 | 3.6 | 0.4 | | |
| | D | 42072 | TV人参のレモン煮 | 10 | g | 5 | 0.1 | 0.0 | 1.1 | 0.1 | | |
| | F | 42214 | TV昆布と大豆の煮物 | 20 | g | 34 | 2.5 | 1.3 | 3.4 | 0.1 | | |
| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | | |
| | | | | | | 237 | 13.7 | 12.1 | 18.4 | 1.7 | | |
| 1/29 | 木 | 昼 | A | 42688 | Vブリ塩焼き | 1 | 切 | 83 | 11.8 | 3.9 | 0.2 | 0.5 |
| | | | A' | 42202 | TV高野豆腐煮(サイコロ) | 10 | g | 12 | 1.1 | 0.7 | 0.3 | 0.0 |
| | | | B | 42458 | TV鶏ミンチと小松菜の煮物 | 20 | g | 13 | 1.6 | 0.2 | 1.6 | 0.2 |
| | | | C | 42198 | TV豚肉と大根のごま煮 | 45 | g | 92 | 3.2 | 6.9 | 3.7 | 0.4 |
| | | | D | 42580 | TV枝豆と人参のあつさり煮 | 10 | g | 10 | 0.7 | 0.4 | 1.1 | 0.1 |
| | | | F | 42239 | TV中華春雨 | 20 | g | 11 | 0.2 | 0.0 | 2.7 | 0.3 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 221 | 18.6 | 12.1 | 9.6 | 1.5 | | |
| 1/29 | 木 | 夕 | A | 42394 | TV鶏団子のトマト煮込み(肉団子:3個) | 1 | 人分 | 131 | 5.3 | 4.9 | 16.2 | 1.4 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42606 | T野菜の三杯酢 | 20 | g | 9 | 0.3 | 0.0 | 2.3 | 0.2 |
| | | | C | 42614 | TVじゃが芋とコーンのバター醤油 | 45 | g | 47 | 1.4 | 1.6 | 6.9 | 0.5 |
| | | | D | 42316 | TV白菜とおかかの漬物 | 10 | g | 4 | 0.2 | 0.0 | 0.7 | 0.1 |
| | | | F | 42682 | T青梗菜の豆板醤和え | 20 | g | 9 | 0.4 | 0.3 | 1.8 | 0.2 |
| | | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 200 | 7.6 | 6.8 | 27.9 | 2.4 | | |
| 1/30 | 金 | 昼 | A | 42556 | TV鶏の柚子胡椒炒め | 80 | g | 107 | 6.1 | 6.5 | 5.2 | 0.8 |
| | | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | B | 42294 | TVブロッコリーのツナマヨ和え | 20 | g | 18 | 1.2 | 1.0 | 1.6 | 0.1 |
| | | | C | 42365 | Tしめじのバター醤油パスタ | 35 | g | 56 | 1.5 | 1.9 | 7.9 | 0.4 |
| | | | D | 42544 | TV一夜漬(大根人参) | 10 | g | 2 | 0.1 | 0.0 | 0.6 | 0.1 |
| | | | F | 42107 | Tジャガ芋の洋風あんかけ | 25 | g | 29 | 0.3 | 1.2 | 4.0 | 0.2 |

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| 523 | 17.7 | 13.1 | 81.4 | 1.7 |
| 507 | 22.6 | 13.1 | 72.6 | 1.5 |
| 486 | 11.6 | 7.8 | 90.9 | 2.4 |

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| | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 | |
| | | | | | | 212 | 9.2 | 10.6 | 19.3 | 1.6 | |
| 1/30 金 | 夕 | A | 42123 | T天津飯の具(関西風)(具材80g、餡50g) | 1 | 人分 | 162 | 5.4 | 11.3 | 8.9 | 1.6 |
| | | A' | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | B | 42305 | TV野菜炒め | 45 | g | 37 | 0.5 | 2.3 | 4.0 | 0.5 |
| | | C | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | D | 42449 | T切干と法蓮草のおひたし | 30 | g | 10 | 0.7 | 0.0 | 2.2 | 0.3 |
| | | F | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | S | | | | | 0 | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | 209 | 6.6 | 13.6 | 15.1 | 2.4 | |

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| 498 | 13.2 | 11.6 | 82.3 | 1.6 |
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| 495 | 10.6 | 14.6 | 78.1 | 2.4 |