

※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・タ	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
2/2 月	昼	A	42332	TV鶏肉と蓮根の照煮	80	g	124	6.6	5.9	9.4	1.0
		A'					0	0.0	0.0	0.0	0.0
		B	42660	TV白菜のとろみ煮	25	g	8	0.3	0.0	2.0	0.3
		C	42345	T南瓜の柚子そぼろあん	45	g	53	1.8	1.4	8.1	0.4
		D	42445	TV塩ゆでアスパラ	10	g	3	0.3	0.0	0.6	0.1
		F	42519	Tマリーネサラダ	20	g	26	0.2	1.9	2.3	0.2
		S					0	0.0	0.0	0.0	0.0
							214	9.2	9.2	22.4	2.0
		A	42398	TV和風おろしハンバーグ(ハンバーグ:1個)	1	人分	98	5.6	3.3	8.4	1.0
2/2 月	夕	A'	42553	TV人参グラッセ	10	g	5	0.1	0.0	1.1	0.0
		B	42102	TVさつま芋の甘露煮	30	g	39	0.3	0.1	9.1	0.2
		C	42536	Tマカロニとツナのクリーム煮	45	g	60	2.2	2.8	6.7	0.5
		D	42201	Tうま塩キャベツ	10	g	3	0.2	0.0	0.7	0.1
		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
							214	9.0	6.2	28.2	2.1
2/3 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	42573	TV若芽の酢の物	20	g	7	0.2	0.0	2.3	0.2
		C	42132	TV鶏肉のすき焼煮	45	g	48	3.1	2.3	3.3	0.5
		D	42527	TV大豆煮	10	g	19	1.4	0.8	1.7	0.1
		F	42426	Tブロッコリーの煮物	20	g	17	1.3	0.8	1.6	0.2
		S					0	0.0	0.0	0.0	0.0
							256	11.9	16.3	15.1	2.0

ご飯セット

アレルゲン

2/3	火	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	42378	TVカリフラワーの煮物	20	g	6	0.6	0.0	1.5	0.2
			C	42428	Tマーボ春雨	40	g	42	1.2	1.2	6.9	0.4
			D	42517	TVインゲンソテー	10	g	3	0.2	0.0	0.8	0.1
			F	42502	T切干大根のごま酢和え	20	g	12	0.4	0.7	1.5	0.2
			S	42256	Tイタリアンソース	20	g	16	0.4	0.4	3.0	0.2
								227	11.1	12.2	19.0	1.8
2/4	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'	42065	T青じそパスタ	10	g	24	0.5	1.0	3.0	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	42462	TV里芋のおろし煮	50	g	39	1.0	0.0	8.0	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	42076	TVきんぴられんこん	20	g	21	0.3	0.6	3.5	0.2
			S					0	0.0	0.0	0.0	0.0
								253	9.0	10.3	30.5	2.0
2/4	水	夕	A	42687	V助宗タラの白醤油焼	1	切	66	10.7	0.6	5.8	1.0
			A'	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
			B	42222	T青菜と玉子のマヨネーズ和え	20	g	35	1.3	2.9	1.7	0.3
			C	42521	TV豚肉と厚揚げの煮物	45	g	62	3.1	3.5	3.2	0.4
			D	42499	Tキャベツのあっさり昆布和え	10	g	3	0.2	0.0	0.8	0.1
			F	42487	T南瓜のピーナッツ和え	20	g	30	1.1	1.2	4.0	0.1
			S					0	0.0	0.0	0.0	0.0
								205	16.6	8.5	16.8	2.0
2/5	木	昼	A	42481	まぐろカツ	1	個	139	5.5	8.1	10.7	0.6
			A'	42568	T小松菜のおひたし	10	g	5	0.4	0.0	0.8	0.1
			B	42572	TV若芽とキャベツのピリ辛和え	20	g	9	0.5	0.3	1.8	0.3

	C	42338	TV蕪と鶏肉の煮物	45	g	41	2.2	2.0	3.0	0.6	
	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	42258	Tカツソース	3	g	5	0.0	0.1	1.0	0.2	
						218	10.0	10.6	20.7	2.1	
2/5	夕	A	42477	TV鶏肉と野菜の甘酢炒め	80	g	110	7.3	5.5	6.9	1.2
木		A'				0	0.0	0.0	0.0	0.0	
		B	42581	TVソナと大豆の炒め煮	20	g	32	2.6	1.5	2.6	0.2
		C	42617	TVキャベツと春雨のカレー炒め	40	g	37	1.4	1.3	4.9	0.5
		D	42322	TV大根の甘酢漬け	10	g	5	0.1	0.0	1.5	0.1
		F	42145	Tハムとブロッコリーのマリーヌ	20	g	22	0.7	1.5	1.9	0.2
		S				0	0.0	0.0	0.0	0.0	
						206	12.1	9.8	17.8	2.2	
2/6	昼	A	42623	TV照焼豆腐バーグ	1	個	109	3.4	7.1	7.2	1.1
金		A'	42272	TV菜の花	10	g	5	0.6	0.1	0.9	0.0
		B	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
		C	42189	TV麸ときのこの卵とじ	45	g	38	1.5	2.3	2.9	0.4
		D	42377	TV竹輪のピリ辛炒め	10	g	13	0.8	0.5	1.1	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	
						210	7.7	12.5	16.9	2.0	
2/6	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
金		A'				0	0.0	0.0	0.0	0.0	
		B	42085	TVれんこんの土佐煮	20	g	16	0.4	0.2	3.1	0.1
		C	42384	TV茄子の挽肉あん	40	g	54	1.7	3.9	3.3	0.3
		D	42430	Tオクラのペペロンチーノ	10	g	8	0.2	0.5	0.8	0.1
		F	42350	Tキヤロットラペ	20	g	23	0.2	0.7	4.3	0.2

A Go board diagram showing a 19x19 grid. The board features several black circles representing stones. A prominent feature is a 5x5 square in the center of the board, bounded by thick brown lines, which is shaded brown. This central area contains 13 black stones. Outside this central region, there are additional stones: a single stone in the top-left corner, two in the top row (one at [1, 10], one at [1, 11]), two in the second column (one at [2, 10], one at [2, 11]), three in the third column (one at [3, 10], two at [3, 11]), three in the fourth column (one at [4, 10], two at [4, 11]), three in the fifth column (one at [5, 10], two at [5, 11]), three in the sixth column (one at [6, 10], two at [6, 11]), three in the seventh column (one at [7, 10], two at [7, 11]), three in the eighth column (one at [8, 10], two at [8, 11]), three in the ninth column (one at [9, 10], two at [9, 11]), three in the tenth column (one at [10, 10], two at [10, 11]), three in the eleventh column (one at [11, 10], two at [11, 11]), three in the twelfth column (one at [12, 10], two at [12, 11]), three in the thirteenth column (one at [13, 10], two at [13, 11]), three in the fourteenth column (one at [14, 10], two at [14, 11]), three in the fifteenth column (one at [15, 10], two at [15, 11]), three in the sixteenth column (one at [16, 10], two at [16, 11]), three in the seventeenth column (one at [17, 10], two at [17, 11]), three in the eighteenth column (one at [18, 10], two at [18, 11]), and three in the nineteenth column (one at [19, 10], two at [19, 11]).

	S					0	0.0	0.0	0.0	0.0
						240	10.6	13.9	17.8	1.6
2/9 月	昼	A	42466	▽お魚ザンギ(ザンギ:2個)	1人分	104	4.8	5.1	9.7	1.1
		A'	42420	Tコーンと挽肉の炒め物	10g	11	0.9	0.4	1.2	0.0
		B	42110	TVひじきとさつま揚げの煮物	20g	15	0.8	0.4	2.0	0.2
		C	42188	TV豚肉キムチ炒め	45g	58	2.5	3.7	3.3	0.7
		D	42559	TV人参しりしり	10g	8	0.5	0.4	0.9	0.0
		F	42575	TV野菜のピーナッツ和え	20g	15	0.7	0.6	2.1	0.2
		S				0	0.0	0.0	0.0	0.0
						211	10.2	10.6	19.2	2.2
2/9 月	夕	A	42507	TVナスと鶏肉のしげ焼き	80g	128	5.1	8.5	7.4	0.9
		A'				0	0.0	0.0	0.0	0.0
		B	42644	Tキャベツとザーサイのナムル	20g	18	0.4	0.7	2.4	0.2
		C	42129	TV豚肉豆腐	45g	52	2.7	2.1	5.0	0.5
		D	42072	TV人参のレモン煮	10g	5	0.1	0.0	1.1	0.1
		F	42270	TV白花豆煮	20g	31	1.4	0.2	6.1	0.0
		S				0	0.0	0.0	0.0	0.0
						234	9.7	11.5	22.0	1.7
2/10 火	昼	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
		A'	42274	TVブロッコリー	10g	3	0.4	0.0	0.4	0.0
		B	42579	Tフレンチマカロニ	20g	37	0.8	1.9	4.3	0.2
		C	42104	TV鶏大豆	45g	77	5.2	3.6	5.0	0.6
		D	42321	TV大根の酢漬	10g	6	0.1	0.0	1.5	0.0
		F	42288	TVれんこんと竹の子のおかか煮	20g	16	0.4	0.2	3.0	0.3
		S				0	0.0	0.0	0.0	0.0
						189	8.9	7.6	20.5	2.2
2/10	夕	A	42027	ヒレカツ	1個	99	3.9	6.8	5.3	0.3

A Go board diagram showing a game in progress. The board is a 19x19 grid of squares. Some squares are shaded brown, while others are white. Black circles (stones) are placed at the following coordinates (row, column): (1, 1), (1, 2), (1, 3), (1, 4), (1, 5), (1, 6), (1, 7), (1, 8), (1, 9), (1, 10), (1, 11), (1, 12), (1, 13), (1, 14), (1, 15), (1, 16), (1, 17), (1, 18), (1, 19), (2, 1), (2, 2), (2, 3), (2, 4), (2, 5), (2, 6), (2, 7), (2, 8), (2, 9), (2, 10), (2, 11), (2, 12), (2, 13), (2, 14), (2, 15), (2, 16), (2, 17), (2, 18), (2, 19), (3, 1), (3, 2), (3, 3), (3, 4), (3, 5), (3, 6), (3, 7), (3, 8), (3, 9), (3, 10), (3, 11), (3, 12), (3, 13), (3, 14), (3, 15), (3, 16), (3, 17), (3, 18), (3, 19), (4, 1), (4, 2), (4, 3), (4, 4), (4, 5), (4, 6), (4, 7), (4, 8), (4, 9), (4, 10), (4, 11), (4, 12), (4, 13), (4, 14), (4, 15), (4, 16), (4, 17), (4, 18), (4, 19), (5, 1), (5, 2), (5, 3), (5, 4), (5, 5), (5, 6), (5, 7), (5, 8), (5, 9), (5, 10), (5, 11), (5, 12), (5, 13), (5, 14), (5, 15), (5, 16), (5, 17), (5, 18), (5, 19), (6, 1), (6, 2), (6, 3), (6, 4), (6, 5), (6, 6), (6, 7), (6, 8), (6, 9), (6, 10), (6, 11), (6, 12), (6, 13), (6, 14), (6, 15), (6, 16), (6, 17), (6, 18), (6, 19), (7, 1), (7, 2), (7, 3), (7, 4), (7, 5), (7, 6), (7, 7), (7, 8), (7, 9), (7, 10), (7, 11), (7, 12), (7, 13), (7, 14), (7, 15), (7, 16), (7, 17), (7, 18), (7, 19), (8, 1), (8, 2), (8, 3), (8, 4), (8, 5), (8, 6), (8, 7), (8, 8), (8, 9), (8, 10), (8, 11), (8, 12), (8, 13), (8, 14), (8, 15), (8, 16), (8, 17), (8, 18), (8, 19), (9, 1), (9, 2), (9, 3), (9, 4), (9, 5), (9, 6), (9, 7), (9, 8), (9, 9), (9, 10), (9, 11), (9, 12), (9, 13), (9, 14), (9, 15), (9, 16), (9, 17), (9, 18), (9, 19), (10, 1), (10, 2), (10, 3), (10, 4), (10, 5), (10, 6), (10, 7), (10, 8), (10, 9), (10, 10), (10, 11), (10, 12), (10, 13), (10, 14), (10, 15), (10, 16), (10, 17), (10, 18), (10, 19), (11, 1), (11, 2), (11, 3), (11, 4), (11, 5), (11, 6), (11, 7), (11, 8), (11, 9), (11, 10), (11, 11), (11, 12), (11, 13), (11, 14), (11, 15), (11, 16), (11, 17), (11, 18), (11, 19), (12, 1), (12, 2), (12, 3), (12, 4), (12, 5), (12, 6), (12, 7), (12, 8), (12, 9), (12, 10), (12, 11), (12, 12), (12, 13), (12, 14), (12, 15), (12, 16), (12, 17), (12, 18), (12, 19), (13, 1), (13, 2), (13, 3), (13, 4), (13, 5), (13, 6), (13, 7), (13, 8), (13, 9), (13, 10), (13, 11), (13, 12), (13, 13), (13, 14), (13, 15), (13, 16), (13, 17), (13, 18), (13, 19), (14, 1), (14, 2), (14, 3), (14, 4), (14, 5), (14, 6), (14, 7), (14, 8), (14, 9), (14, 10), (14, 11), (14, 12), (14, 13), (14, 14), (14, 15), (14, 16), (14, 17), (14, 18), (14, 19), (15, 1), (15, 2), (15, 3), (15, 4), (15, 5), (15, 6), (15, 7), (15, 8), (15, 9), (15, 10), (15, 11), (15, 12), (15, 13), (15, 14), (15, 15), (15, 16), (15, 17), (15, 18), (15, 19), (16, 1), (16, 2), (16, 3), (16, 4), (16, 5), (16, 6), (16, 7), (16, 8), (16, 9), (16, 10), (16, 11), (16, 12), (16, 13), (16, 14), (16, 15), (16, 16), (16, 17), (16, 18), (16, 19), (17, 1), (17, 2), (17, 3), (17, 4), (17, 5), (17, 6), (17, 7), (17, 8), (17, 9), (17, 10), (17, 11), (17, 12), (17, 13), (17, 14), (17, 15), (17, 16), (17, 17), (17, 18), (17, 19), (18, 1), (18, 2), (18, 3), (18, 4), (18, 5), (18, 6), (18, 7), (18, 8), (18, 9), (18, 10), (18, 11), (18, 12), (18, 13), (18, 14), (18, 15), (18, 16), (18, 17), (18, 18), (18, 19), (19, 1), (19, 2), (19, 3), (19, 4), (19, 5), (19, 6), (19, 7), (19, 8), (19, 9), (19, 10), (19, 11), (19, 12), (19, 13), (19, 14), (19, 15), (19, 16), (19, 17), (19, 18), (19, 19)

火	A'	42711	Tオニオンソテー	10	g	9	0.1	0.4	1.3	0.1	
	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	42497	TV白菜と麩の玉子とじ	45	g	36	1.2	2.1	2.9	0.5	
	D	42319	TVキャベツの漬物柚子風味	10	g	2	0.1	0.0	0.5	0.0	
	F	42204	T南瓜サラダ	20	g	29	0.4	1.0	4.7	0.2	
	S	42258	Tカツソース	3	g	5	0.0	0.1	1.0	0.2	
						193	7.3	10.6	17.3	1.5	
2/12 木	昼	A	42600	にしんの蒲焼	1	切	153	11.0	9.1	8.0	1.1
		A'	42080	TVキャベツの土佐煮	10	g	3	0.3	0.0	0.5	0.1
		B	42660	TV白菜のとろみ煮	25	g	8	0.3	0.0	2.0	0.3
		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	42553	TV人参グラッセ	10	g	5	0.1	0.0	1.1	0.0
		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					0	0.0	0.0	0.0	0.0
						209	14.5	10.5	16.4	2.3	
2/12 木	夕	A	42028	キャベツメンチ	1	個	175	4.6	11.5	12.8	0.5
		A'	42068	Tアラビアータ	10	g	18	0.3	0.8	1.9	0.1
		B	42450	TVひじきと大豆の煮物	20	g	23	1.7	0.9	2.3	0.2
		C	42178	TV里芋と白菜の味噌煮	50	g	34	1.2	0.1	6.9	0.6
		D	42075	Tふきのきんぴら	10	g	3	0.0	0.1	0.5	0.0
		F	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
		S	42258	Tカツソース	3	g	5	0.0	0.1	1.0	0.2
						270	8.2	13.7	28.0	1.8	
2/13 金	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	42233	T菜の花塩こうじ和え	20	g	8	0.5	0.0	1.9	0.2
		C	42468	TV白菜と厚揚げの中華そぼろ煮	45	g	43	2.8	2.2	2.9	0.3

	D	42609	Tキヤベツソテー	10	g	6	0.2	0.3	0.8	0.1	
	F	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	
	S					0	0.0	0.0	0.0	0.0	
						194	11.6	9.0	16.1	1.8	
2/13 金	夕	A	42563	TV治部風煮物	80	g	85	5.7	3.9	6.0	0.9
		A'					0	0.0	0.0	0.0	0.0
		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	42372	T枝豆入り麻婆なす	45	g	75	1.4	5.9	4.0	0.5
		D	42176	TV人参のきんぴら	10	g	8	0.1	0.3	0.9	0.0
		F	42426	Tブロッコリーの煮物	20	g	17	1.3	0.8	1.6	0.2
		S					0	0.0	0.0	0.0	0.0
						215	8.9	12.3	16.8	1.8	
2/16 月	昼	A	42411	Vプレーンオムレツ	1	個	74	4.9	4.1	3.9	0.6
		A'	42524	TVチンゲン菜ソテー	10	g	4	0.2	0.2	0.5	0.0
		B	42681	TV麩と若芽の酢の物	20	g	8	0.5	0.0	2.3	0.2
		C	42341	TV豚肉のチリソース炒め	40	g	53	2.6	2.7	4.4	0.5
		D	42202	TV高野豆腐煮(サイコロ)	10	g	12	1.1	0.7	0.3	0.0
		F	42211	TVごぼうのそぼろ煮	20	g	17	1.3	0.1	2.9	0.2
		S	42533	Tホワイトソース	12	g	15	0.4	1.0	1.1	0.1
2/16 月	夕	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	42085	TVれんこんの土佐煮	20	g	16	0.4	0.2	3.1	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	42515	TVピーマンのおかか和え	10	g	5	0.2	0.0	1.3	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 19x19 Go board diagram showing a game setup. The board features several horizontal rows of light brown shaded stones. In the top row, there are two white circles at the first and second columns from the left. In the third row, there are two white circles at the first and second columns. A single white circle is positioned in the center of the fifth row. The bottom row contains three white circles in the first, second, and third columns. The remaining 161 squares are empty.

						182	9.6	6.3	21.7	2.1	
2/17 火	昼	A	42638	TV鶏肉のねぎ塩だれ(鶏肉:2個)	1	人分	105	8.0	6.9	2.2	0.8
		A'	42548	TVキャベツとインゲンのソテー	10	g	5	0.1	0.2	0.6	0.1
		B	42457	T春雨とハムの甘酢炒め	20	g	24	0.6	0.7	4.0	0.2
		C	42432	TV厚揚げのそぼろ煮	50	g	51	2.8	2.3	4.0	0.5
		D	42656	T白菜の土佐酢和え	10	g	4	0.1	0.0	0.7	0.0
		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
							199	12.6	10.2	13.8	1.8
2/17 火	夕	A	42437	TV野菜たっぷりマーボ豆腐	100	g	94	4.9	3.8	11.2	1.2
		A'					0	0.0	0.0	0.0	0.0
		B	42707	Tひじきの柚子胡椒マヨ	20	g	19	0.3	1.2	1.7	0.2
		C	42462	TV里芋のおろし煮	50	g	39	1.0	0.0	8.0	0.4
		D	42401	TV竹輪のきんぴら	10	g	12	0.8	0.3	1.4	0.1
		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
							188	8.1	6.5	24.9	2.1
2/18 水	昼	A	42688	Vブリ塩焼き	1	切	83	11.8	3.9	0.2	0.5
		A'	42273	TV法蓮草	10	g	4	0.6	0.0	0.5	0.1
		B	42107	Tジャガ芋の洋風あんかけ	25	g	29	0.3	1.2	4.0	0.2
		C	42508	TVナスと麩の炒め煮	45	g	61	2.4	4.2	3.6	0.4
		D	42201	Tうま塩キャベツ	10	g	3	0.2	0.0	0.7	0.1
		F	42149	T煮生酢	20	g	16	0.4	0.3	2.9	0.1
		S					0	0.0	0.0	0.0	0.0
							196	15.7	9.6	11.9	1.4
2/18 水	夕	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'	42274	TVブロッコリー	10	g	3	0.4	0.0	0.4	0.0

		B	42410	TVひとくちがんも煮	1	個	36	1.8	2.2	2.0	0.4
		C	42091	Tスパゲティイタリアン	35	g	65	2.0	3.4	7.0	0.5
		D	42163	TV切干大根のカレーきんぴら	10	g	6	0.1	0.1	0.8	0.1
		F	42225	Tオクラとなめこの生姜和え	20	g	11	0.6	0.4	1.7	0.2
		S					0	0.0	0.0	0.0	0.0
							194	7.9	9.9	18.9	2.4
2/19	昼	A	42523	Vやわらかとんかつ	1	個	204	8.1	14.4	9.8	0.5
木		A'	42568	T小松菜のおひたし	10	g	5	0.4	0.0	0.8	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	42428	Tマーボ春雨	40	g	42	1.2	1.2	6.9	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	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	42258	Tカツソース	3	g	5	0.0	0.1	1.0	0.2
							291	11.2	16.2	25.3	1.5
2/19	夕	A	42665	Tベーコンのカレー(中辛)	150	g	161	5.5	8.8	16.1	1.9
木		A'					0	0.0	0.0	0.0	0.0
		B	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
		C					0	0.0	0.0	0.0	0.0
		D	42247	T菜の花のおひたし	30	g	20	1.6	0.2	3.5	0.3
		F					0	0.0	0.0	0.0	0.0
		S					0	0.0	0.0	0.0	0.0
							221	8.4	10.8	23.8	2.5
2/20	昼	A	42506	TVキャベツと豚肉の塩あんかけ	80	g	102	6.4	6.3	4.1	0.8
金		A'					0	0.0	0.0	0.0	0.0
		B	42350	Tキャロットラペ	20	g	23	0.2	0.7	4.3	0.2
		C	42530	TV高野豆腐の卵とじ	45	g	65	3.9	4.4	2.3	0.6
		D	42544	TV一夜漬(大根人参)	10	g	2	0.1	0.0	0.6	0.1

		O			
		O	O	O	
		O	O		
		O	O		O
		480	11.9	10.9	81.9
					2.4
		O	O		
		O			
		O	O		
		O	O	O	
		O			
		O	O		
		577	15.2	17.2	88.3
					1.5
		O	O	O	
		O	O		
		O			
		507	12.4	11.8	86.8
					2.5
		O			
		O	O	O	
		O			

	F	42405	TVじゃが芋とウインナーの炒め物	20	g	28	0.5	1.2	3.8	0.1
	S					0	0.0	0.0	0.0	0.0
2/20 金	夕	A	42375	TVトマト煮込みハンバーグ(ハンバーグ:1個)	1	人分	112	5.9	3.9	10.7
		A'	42064	Tスパッソテー	10	g	21	0.5	0.7	3.1
		B	42664	TVなめこと若芽のサッと煮	20	g	8	0.4	0.0	1.9
		C	42511	TV根菜と大豆の洋風煮	45	g	44	3.0	1.7	4.2
		D	42316	TV白菜とおかかの漬物	10	g	4	0.2	0.0	0.7
		F	42459	Tブロッコリーの胡麻和え	20	g	23	1.4	1.1	2.4
		S					0	0.0	0.0	0.0
							212	11.4	7.4	23.0
2/24 火	昼	A	42673	TVロールキャベツの赤ワイン煮(ロールキャベツ:1個)	1	人分	72	2.1	3.8	7.1
		A'	42276	TVスナップえんどう	10	g	4	0.3	0.0	1.0
		B	42110	TVひじきとさつま揚げの煮物	20	g	15	0.8	0.4	2.0
		C	42521	TV豚肉と厚揚げの煮物	45	g	62	3.1	3.5	3.2
		D	42321	TV大根の酢漬	10	g	6	0.1	0.0	1.5
		F	42689	T青菜のマヨネーズ和え	20	g	23	1.0	1.3	2.2
		S					0	0.0	0.0	0.0
							182	7.4	9.0	17.0
2/24 火	夕	A	42361	T鶏のカレー照煮込み(鶏肉:2個)	1	人分	128	8.5	7.8	4.6
		A'					0	0.0	0.0	0.0
		B	42250	Tキャベツとベーコンの和え物	20	g	16	0.6	0.7	2.1
		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
		D	42467	TV塩枝豆	10	g	14	1.2	0.6	0.9
		F	42579	Tフレンチマカロニ	20	g	37	0.8	1.9	4.3
		S					0	0.0	0.0	0.0
							259	14.3	14.0	17.3

506	15.1	13.6	78.1	1.8
498	15.4	8.4	86.0	2.3
468	11.4	10.0	80.0	2.3
545	18.3	15.0	80.3	1.9

2/25	水	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	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	42560	TVじゃが芋のそぼろあん	40	g	55	1.8	1.2	9.6	0.5
			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
								295	11.6	18.3	20.3	2.0
2/25	水	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	42691	T白菜と竹輪の柚子胡椒和え	20	g	13	0.9	0.1	2.1	0.2
			C	42514	TV麩の玉子とじ	45	g	42	1.5	2.3	3.5	0.5
			D	42640	Tオクラのおひたし	10	g	4	0.2	0.0	1.0	0.1
			F	42573	TV若芽の酢の物	20	g	7	0.2	0.0	2.3	0.2
			S					0	0.0	0.0	0.0	0.0
								186	7.4	9.5	17.8	1.8
2/26	木	昼	A	42334	やわらかメンチカツ	1	個	214	5.5	14.4	15.9	1.3
			A'					0	0.0	0.0	0.0	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	42179	TV五目豆腐煮	45	g	35	1.9	1.0	4.3	0.7
			D	42419	T法蓮草ソテー	10	g	5	0.5	0.1	0.8	0.1
			F	42346	Tキャベツとツナのナムル	20	g	17	0.8	0.8	1.7	0.1
			S	42258	Tカツソース	3	g	5	0.0	0.1	1.0	0.2
								292	9.1	16.6	26.7	2.7
2/26	木	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	42221	T菜の花ときのこの和え物	20	g	14	1.1	0.1	2.4	0.2

581	15.6	19.3	83.3	2.0
472	11.4	10.5	80.8	1.8
578	13.1	17.6	89.7	2.7

A Go board diagram showing a 19x19 grid. The board features several black 'X' stones and white 'O' stones. A prominent feature is a solid brown horizontal band spanning the width of the board at the top and bottom. Within this band, there are vertical columns of stones. The top column contains two black 'X's at the top and two white 'O's below them. The bottom column contains two white 'O's at the top and two black 'X's below them. Between these two columns, there are two white 'O's in the middle row and two black 'X's in the bottom row. The rest of the board is empty.