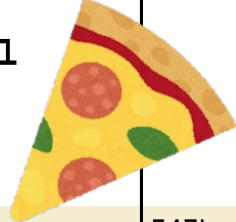
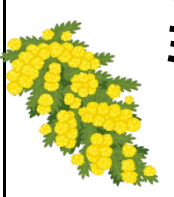


MONTHLY MENU



| 【月】 12. 1                                                                                                                                                                                                                                                                                                                                                                                                  | 【火】 12. 2                                                                              | 【水】 12. 3  | 【木】 12. 4  | 【金】 12. 5                                                                                        |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------|------------|--------------------------------------------------------------------------------------------------|----|---|-----|-----|--|---|---|---|--|---|---|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|----|----|----|---|---|-----|--|--|--|---|--|---|---|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|----|----|----|---|---|-----|--|--|--|---|--|---|---|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|----|----|----|---|---|-----|--|--|---|---|--|---|---|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|----|----|----|---|---|-----|--|---|---|---|--|---|---|--|
| <div>麻婆飯<br/>白身魚の磯部揚げ<br/>トマトサラダ<br/>中華スープ</div> <div></div> <div>797kcal 塩4.2g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td>●</td><td>●</td><td>●</td><td></td><td></td><td></td><td></td></tr></table></div>                   | アレルギー                                                                                  | えび         | かに         | 小麦                                                                                               | そば | 卵 | 乳   | 落花生 |  | ● | ● | ● |  |   |   |  | <div>プルコギ風炒め<br/>ポテトサラダ<br/>ピーチムース<br/>わかめスープ<br/>ごはん</div> <div>697kcal 塩2.9g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                            | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● | ● |  | <div>豚骨ラーメン<br/>揚げ餃子<br/>チョレギサラダ</div> <div>568kcal 塩7.8g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                                        | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● | ● |  | <div>6年3組 リクエストメニュー</div> <div>ピザ<br/>チキンナゲット<br/>チップスサラダ<br/>コーンクリームポタージュ<br/>手作りプリン</div> <div></div> <div>615kcal 塩3.4g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div> | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |   | ● |  | ● | ● |  | <div>ご当地</div> <div>鮭フライ &amp; 鶏ザンギ<br/>マロニー中華和え<br/>グレープフルーツゼリー<br/>味噌汁</div> <div>547kcal 塩3.4g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>            | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |   |   | ● |  | ● | ● |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            | ●                                                                                      | ●          | ●          |                                                                                                  |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| 【月】 12. 8                                                                                                                                                                                                                                                                                                                                                                                                  | 【火】 12. 9                                                                              | 【水】 12. 10 | 【木】 12. 11 | 【金】 12. 12                                                                                       |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| <div>6年3組<br/>リクエストメニュー</div> <div>麗澤バーガー<br/>フライドポテト<br/>アップルジュース</div> <div>1033kcal 塩4.4g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                       | アレルギー                                                                                  | えび         | かに         | 小麦                                                                                               | そば | 卵 | 乳   | 落花生 |  |   |   | ● |  | ● | ● |  | <div>カレーパスタ<br/>ミモザサラダ<br/>ミルクプリン</div> <div></div> <div>657kcal 塩3.2g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                 | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● | ● |  | <div>トトの日<br/>10日</div> <div>まぐろたたき丼<br/>大根の肉味噌かけ<br/>法蓮草の梅肉和え<br/>清まし汁</div> <div>659kcal 塩3.5g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td></td><td></td></tr></table></div>                                                                  | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● |   |  | <div>豚肉の味噌炒め<br/>ブロッコリーの肉味噌炒め<br/>ストロベリーゼリー<br/>清まし汁<br/>ごはん</div> <div>835kcal 塩3.3g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                                                         | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |   | ● |  | ● | ● |  | <div>6年1組<br/>リクエストメニュー</div> <div>鶏塩うどん<br/>かぼちゃ挽肉フライ<br/>小松菜のごま和え<br/>バイクチーズケーキ</div> <div>716kcal 塩6.9g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>   | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |   |   | ● |  | ● | ● |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| 【月】 12. 15                                                                                                                                                                                                                                                                                                                                                                                                 | 【火】 12. 16                                                                             | 【水】 12. 17 | 【木】 12. 18 | 【金】 12. 19                                                                                       |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| <div>五目チャーハン<br/>カレーコロッケ<br/>チョレギサラダ<br/>わかめスープ</div> <div>785kcal 塩3.9g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td>●</td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                                          | アレルギー                                                                                  | えび         | かに         | 小麦                                                                                               | そば | 卵 | 乳   | 落花生 |  | ● |   | ● |  | ● | ● |  | <div>メンチカツ<br/>和風スパンテー<br/>ピーチゼリー<br/>味噌汁<br/>ごはん</div> <div></div> <div>893kcal 塩3.6g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div> | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● | ● |  | <div>塩ラーメン<br/>豚肉のガーリック炒め<br/>コールスローサラダ</div> <div></div> <div>554kcal 塩9.3g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td></td><td>●</td><td></td></tr></table></div> | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  |   | ● |  | <div>クリームシチュー<br/>北海扇フライ<br/>大根サラダ<br/>ごはん</div> <div>720kcal 塩3.1g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td>●</td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                                                                          | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  | ● | ● |  | ● | ● |  | <div>終業式</div> <div>ハンバーグ &amp; エビフライ<br/>青のり塩ポテト<br/>プリンアラモード<br/>トマトスープ<br/>ごはん</div> <div>896kcal 塩4.2g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td>●</td><td>●</td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div> | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  | ● | ● | ● |  | ● | ● |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            | ●                                                                                      |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  |    | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        | ●          | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            | ●                                                                                      | ●          | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| 【月】 12. 22                                                                                                                                                                                                                                                                                                                                                                                                 | 【火】 12. 23                                                                             | 【水】 12. 24 | 【木】 12. 25 | 【金】 12. 26                                                                                       |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| <div>冬至</div> <div>ミートスパゲティ<br/>かぼちゃの<br/>スパイシー炒め<br/>トマトサラダ</div> <div></div> <div>666kcal 塩4.8g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td></td><td>●</td><td></td></tr></table></div> | アレルギー                                                                                  | えび         | かに         | 小麦                                                                                               | そば | 卵 | 乳   | 落花生 |  |   |   | ● |  |   | ● |  | <div>肉あんかけ炒飯<br/>キャベツのチョレギ和え<br/>フルーツゼリー<br/>味噌汁</div> <div>749kcal 塩5.4g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                                                                                                 | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  | ● | ● |  | <div>チリコンカン<br/>レタスコーンサラダ<br/>レモンゼリー<br/>わかめスープ<br/>ごはん</div> <div>734kcal 塩1.6g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td></td><td>●</td><td></td></tr></table></div>                                                                                  | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |  | ● |  |   | ● |  | <div>クリスマス</div> <div>クリスマスプレート<br/>コールスローサラダ<br/>和風コンソメスープ<br/>ごはん</div> <div></div> <div>800kcal 塩4.2g</div> <div><table><tr><td>アレルギー</td><td>えび</td><td>かに</td><td>小麦</td><td>そば</td><td>卵</td><td>乳</td><td>落花生</td></tr><tr><td></td><td></td><td></td><td>●</td><td></td><td>●</td><td>●</td><td></td></tr></table></div>                 | アレルギー | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 |  |  |   | ● |  | ● | ● |  | <div></div>                                                                                                                                                                                                                                     |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  |    | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  |    | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
| アレルギー                                                                                                                                                                                                                                                                                                                                                                                                      | えび                                                                                     | かに         | 小麦         | そば                                                                                               | 卵  | 乳 | 落花生 |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                        |            | ●          |                                                                                                  | ●  | ● |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |
|                                                                                                                                                                                                                                                                                                                                                                                                            | <div>～冬季休暇のお知らせ～</div> <div>12月26日(金)昼食～2025年1月5日(日)夕食まで</div> <div>食堂休業期間となります。</div> |            |            | <div></div> |    |   |     |     |  |   |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                   |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                          |       |    |    |    |    |   |   |     |  |  |  |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |    |    |    |    |   |   |     |  |  |   |   |  |   |   |  |                                                                                                                                                                                                                                                                                                                                      |       |    |    |    |    |   |   |     |  |   |   |   |  |   |   |  |