

MONTHLY MENU

| 【月】 3.2 | 【火】 3.3 | 【水】 3.4 | 【木】 3.5 | 【金】 3.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>麻婆飯 焼売 トマトサラダ 中華スープ</p> <p>775kcal 塩4.8g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | | ● | | <p>ひな祭り</p> <p>ちらし寿司 竹輪の磯辺揚げ いがまんじゅう 清まし汁</p> <p>786kcal 塩5.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | ● | ● | | ● | | | <p>醤油ラーメン 蒸し餃子 チョレギサラダ</p> <p>515kcal 塩8.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p> わかめごはん 白身魚の天ぷら グリーンサラダ フルーツポンチ 味噌汁</p> <p>673kcal 塩4.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | | | | <p>＼ テスト最終日の ご褒美ケーキ♪ ハンバーグピラフ 里芋ベーコン炒め ささみのごまドレッシング ストロベリーケーキ</p> <p>866kcal 塩4.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.9 | 【火】 3.10 | 【水】 3.11 | 【木】 3.12 | 【金】 3.13 | <p>中華飯 揚げ餃子 グリーンサラダ</p> <p>920kcal 塩2.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | | ● | | | | | <p>ぶっかけうどん まぐろたたき ごぼうサラダ</p> <p>532kcal 塩6.8g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> <p>トトの日 10日</p> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>3月のフェアメニュー</p> <p>巣ごもり鶏から 明太子ソース もやしのナムル パインムース 味噌汁 ごはん</p> <p>971kcal 塩4.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New 修了式</p> <p>ローストチキン デミソース レタスコーンサラダ レアチーズケーキ 味噌汁 ごはん</p> <p>863kcal 塩3.2g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> <p>手作り</p> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>ソース焼きそば かぼちゃ挽肉フライ 小松菜のごま和え</p> <p>733kcal 塩2.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.16 | 【火】 3.17 | 【水】 3.18 | 【木】 3.19 | 【金】 3.20 | <p>五目チャーハン カレーコロッケ チョレギサラダ わかめスープ</p> <p>785kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | | ● | | ● | | | <p>豚肉の味噌炒め 和風スパソテー ピーチゼリー 清まし汁 ごはん</p> <p>904kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p> 塩ラーメン ジャンボシューマイ コールスローサラダ</p> <p>550kcal 塩9.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>手付けチキンカツ 大根ツナサラダ コーヒゼリー 味噌汁 ごはん</p> <p>859kcal 塩2.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>春分の日</p> <p>和風おろしハンバーグ 肉じゃが 味噌汁 ごはん</p> <p>698kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.23 | 【火】 3.24 | 【水】 3.25 | 【木】 3.26 | 【金】 3.27 | <p>人気!</p> <p>鶏塩うどん レンコンそぼろ炒め コールスローサラダ</p> <p>502kcal 塩6.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>肉あんかけ炒飯 キャベツのチョレギ和え フルーチェ 味噌汁</p> <p>749kcal 塩5.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>チリコンカン レタスコーンサラダ レモンゼリー わかめスープ ごはん</p> <p>734kcal 塩1.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New がっつり!!</p> <p>焼肉のせ豆腐ステーキ 大学芋 もやしゆかり和え 清まし汁 ごはん</p> <p>1013kcal 塩4.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>カレーうどん 肉団子の甘酢あん ツナサラダ</p> <p>609kcal 塩4.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.30 | 【火】 3.31 | <p>春分の日とは・・・</p> <p>昼と夜の長さがほぼ同じになる日。 法律では「自然をたたえ、生物をいつくしむ日」と定められています。 春分の日を中日として、前後3日ずつ合わせて7日間にわたる期間を「お彼岸」と呼びます。 お彼岸の行事食には、ぼたもちや精進料理、旬の野菜を使用したおかずがあります。</p> | | <p> ぼたもち</p> | <p>醤油ラーメン ジャンボシューマイ チップスサラダ</p> <p>569kcal 塩7.4g</p> <p>アレルギー</p> <table border="1"> <tr><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> 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| えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ● | ● | ● | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 【月】 3.9 | 【火】 3.10 | 【水】 3.11 | 【木】 3.12 | 【金】 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>中華飯 揚げ餃子 グリーンサラダ</p> <p>920kcal 塩2.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | | ● | | | | | <p>ぶっかけうどん まぐろたたき ごぼうサラダ</p> <p>532kcal 塩6.8g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> <p>トトの日 10日</p> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>3月のフェアメニュー</p> <p>巣ごもり鶏から 明太子ソース もやしのナムル パインムース 味噌汁 ごはん</p> <p>971kcal 塩4.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New 修了式</p> <p>ローストチキン デミソース レタスコーンサラダ レアチーズケーキ 味噌汁 ごはん</p> <p>863kcal 塩3.2g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> <p>手作り</p> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>ソース焼きそば かぼちゃ挽肉フライ 小松菜のごま和え</p> <p>733kcal 塩2.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.16 | 【火】 3.17 | 【水】 3.18 | 【木】 3.19 | 【金】 3.20 | <p>五目チャーハン カレーコロッケ チョレギサラダ わかめスープ</p> <p>785kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | | ● | | ● | | | <p>豚肉の味噌炒め 和風スパソテー ピーチゼリー 清まし汁 ごはん</p> <p>904kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p> 塩ラーメン ジャンボシューマイ コールスローサラダ</p> <p>550kcal 塩9.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>手付けチキンカツ 大根ツナサラダ コーヒゼリー 味噌汁 ごはん</p> <p>859kcal 塩2.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>春分の日</p> <p>和風おろしハンバーグ 肉じゃが 味噌汁 ごはん</p> <p>698kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.23 | 【火】 3.24 | 【水】 3.25 | 【木】 3.26 | 【金】 3.27 | <p>人気!</p> <p>鶏塩うどん レンコンそぼろ炒め コールスローサラダ</p> <p>502kcal 塩6.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>肉あんかけ炒飯 キャベツのチョレギ和え フルーチェ 味噌汁</p> <p>749kcal 塩5.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>チリコンカン レタスコーンサラダ レモンゼリー わかめスープ ごはん</p> <p>734kcal 塩1.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New がっつり!!</p> <p>焼肉のせ豆腐ステーキ 大学芋 もやしゆかり和え 清まし汁 ごはん</p> <p>1013kcal 塩4.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>カレーうどん 肉団子の甘酢あん ツナサラダ</p> <p>609kcal 塩4.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.30 | 【火】 3.31 | <p>春分の日とは・・・</p> <p>昼と夜の長さがほぼ同じになる日。 法律では「自然をたたえ、生物をいつくしむ日」と定められています。 春分の日を中日として、前後3日ずつ合わせて7日間にわたる期間を「お彼岸」と呼びます。 お彼岸の行事食には、ぼたもちや精進料理、旬の野菜を使用したおかずがあります。</p> | | <p> ぼたもち</p> | <p>醤油ラーメン ジャンボシューマイ チップスサラダ</p> <p>569kcal 塩7.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>キーマカレーライス チーズオムレツ コーンサラダ</p> <p>671kcal 塩2.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | アレルギー | アレルギー | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 【月】 3.16 | 【火】 3.17 | 【水】 3.18 | 【木】 3.19 | 【金】 3.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>五目チャーハン カレーコロッケ チョレギサラダ わかめスープ</p> <p>785kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | ● | | ● | | ● | | | <p>豚肉の味噌炒め 和風スパソテー ピーチゼリー 清まし汁 ごはん</p> <p>904kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p> 塩ラーメン ジャンボシューマイ コールスローサラダ</p> <p>550kcal 塩9.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>手付けチキンカツ 大根ツナサラダ コーヒゼリー 味噌汁 ごはん</p> <p>859kcal 塩2.5g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>春分の日</p> <p>和風おろしハンバーグ 肉じゃが 味噌汁 ごはん</p> <p>698kcal 塩3.9g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.23 | 【火】 3.24 | 【水】 3.25 | 【木】 3.26 | 【金】 3.27 | <p>人気!</p> <p>鶏塩うどん レンコンそぼろ炒め コールスローサラダ</p> <p>502kcal 塩6.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>肉あんかけ炒飯 キャベツのチョレギ和え フルーチェ 味噌汁</p> <p>749kcal 塩5.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>チリコンカン レタスコーンサラダ レモンゼリー わかめスープ ごはん</p> <p>734kcal 塩1.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New がっつり!!</p> <p>焼肉のせ豆腐ステーキ 大学芋 もやしゆかり和え 清まし汁 ごはん</p> <p>1013kcal 塩4.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>カレーうどん 肉団子の甘酢あん ツナサラダ</p> <p>609kcal 塩4.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.30 | 【火】 3.31 | <p>春分の日とは・・・</p> <p>昼と夜の長さがほぼ同じになる日。 法律では「自然をたたえ、生物をいつくしむ日」と定められています。 春分の日を中日として、前後3日ずつ合わせて7日間にわたる期間を「お彼岸」と呼びます。 お彼岸の行事食には、ぼたもちや精進料理、旬の野菜を使用したおかずがあります。</p> | | <p> ぼたもち</p> | <p>醤油ラーメン ジャンボシューマイ チップスサラダ</p> <p>569kcal 塩7.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>キーマカレーライス チーズオムレツ コーンサラダ</p> <p>671kcal 塩2.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | アレルギー | アレルギー | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>人気!</p> <p>鶏塩うどん レンコンそぼろ炒め コールスローサラダ</p> <p>502kcal 塩6.1g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>肉あんかけ炒飯 キャベツのチョレギ和え フルーチェ 味噌汁</p> <p>749kcal 塩5.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>チリコンカン レタスコーンサラダ レモンゼリー わかめスープ ごはん</p> <p>734kcal 塩1.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>New がっつり!!</p> <p>焼肉のせ豆腐ステーキ 大学芋 もやしゆかり和え 清まし汁 ごはん</p> <p>1013kcal 塩4.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>カレーうどん 肉団子の甘酢あん ツナサラダ</p> <p>609kcal 塩4.6g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | 【月】 3.30 | 【火】 3.31 | <p>春分の日とは・・・</p> <p>昼と夜の長さがほぼ同じになる日。 法律では「自然をたたえ、生物をいつくしむ日」と定められています。 春分の日を中日として、前後3日ずつ合わせて7日間にわたる期間を「お彼岸」と呼びます。 お彼岸の行事食には、ぼたもちや精進料理、旬の野菜を使用したおかずがあります。</p> | | <p> ぼたもち</p> | <p>醤油ラーメン ジャンボシューマイ チップスサラダ</p> <p>569kcal 塩7.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>キーマカレーライス チーズオムレツ コーンサラダ</p> <p>671kcal 塩2.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | アレルギー | アレルギー | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 【月】 3.30 | 【火】 3.31 | <p>春分の日とは・・・</p> <p>昼と夜の長さがほぼ同じになる日。 法律では「自然をたたえ、生物をいつくしむ日」と定められています。 春分の日を中日として、前後3日ずつ合わせて7日間にわたる期間を「お彼岸」と呼びます。 お彼岸の行事食には、ぼたもちや精進料理、旬の野菜を使用したおかずがあります。</p> | | <p> ぼたもち</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>醤油ラーメン ジャンボシューマイ チップスサラダ</p> <p>569kcal 塩7.4g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | <p>キーマカレーライス チーズオムレツ コーンサラダ</p> <p>671kcal 塩2.3g</p> <p>アレルギー</p> <table border="1"> <tr><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></tr> </table> | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | | | ● | | ● | | | アレルギー | アレルギー | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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