

※前述の注意事項をご確認いただいた上で、ご参照ください。

| メニュー名                    | エネルギー<br>(kcal) | たんぱく質<br>(g) | 脂質<br>(g) | 炭水化物<br>(g) | 食塩相当量<br>(g) | えび | かに | くるみ | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | アーモンド |  |
|--------------------------|-----------------|--------------|-----------|-------------|--------------|----|----|-----|----|----|---|---|-----|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|------|----|------|-----|------|-------|--|
| まんぞくモーニング                |                 |              |           |             |              |    |    |     |    |    |   |   |     |     |    |     |      |         |         |    |    |    |    |    |    |     |    |      |    |      |     |      |       |  |
| 豚汁定食(納豆)                 | 542             | 14.5         | 14.8      | 85.2        | 3.6          |    |    |     | ●  |    |   | ● |     |     |    |     |      |         |         |    |    |    | ●  | ●  |    |     | ●  |      |    |      |     |      |       |  |
| 豚汁定食(生たまご)               | 561             | 16.7         | 17.7      | 81.0        | 3.5          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         |    |    |    | ●  | ●  |    |     | ●  |      |    |      |     |      |       |  |
| 豚汁定食(目玉焼き)               | 561             | 16.7         | 17.7      | 81.0        | 3.5          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         |    |    |    | ●  | ●  |    |     | ●  |      |    |      |     |      |       |  |
| 豚汁定食(キムチ)                | 507             | 11.2         | 12.3      | 85.3        | 4.5          | ●  | ●  |     | ●  |    |   | ● |     |     |    |     |      |         |         |    | ●  |    | ●  | ●  |    |     | ●  |      |    |      | ●   |      |       |  |
| エッグプレート(プールパン)           | 440             | 16.6         | 25.9      | 34.2        | 2.2          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         |    |    |    |    | ●  |    | ●   |    |      |    |      |     |      |       |  |
| エッグプレート(トースト)            | 422             | 16.3         | 25.6      | 31.7        | 2.0          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         |    |    |    |    | ●  |    | ●   |    |      |    |      |     |      |       |  |
| エッグプレート(ライス)             | 532             | 16.8         | 20.0      | 68.3        | 1.3          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         |    |    |    |    | ●  |    | ●   |    |      |    |      |     |      |       |  |
| ソーセージエッグハンバーグプレート(プールパン) | 829             | 34.1         | 54.4      | 46.3        | 3.9          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         | ●  |    |    |    | ●  | ●  |     | ●  |      |    |      |     |      |       |  |
| ソーセージエッグハンバーグプレート(トースト)  | 811             | 33.8         | 54.1      | 43.8        | 3.7          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         | ●  |    |    |    | ●  | ●  |     | ●  |      |    |      |     |      |       |  |
| ソーセージエッグハンバーグプレート(ライス)   | 922             | 34.3         | 48.5      | 80.4        | 3.0          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         | ●  |    |    |    | ●  | ●  |     | ●  |      |    |      |     |      |       |  |
| 幕の内定食                    | 737             | 29.8         | 33.2      | 75.7        | 4.3          |    |    |     | ●  |    | ● | ● |     |     |    |     |      |         |         | ●  |    |    | ●  | ●  |    | ●   |    |      |    |      |     |      |       |  |
| 七種の和定食                   | 599             | 26.7         | 16.2      | 84.4        | 4.9          |    |    |     | ●  |    | ● |   |     |     |    |     |      |         |         | ●  |    | ●  | ●  | ●  | ●  |     | ●  |      |    |      |     |      |       |  |