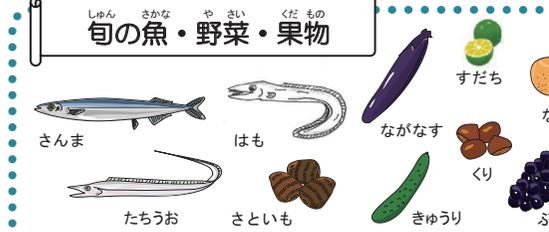
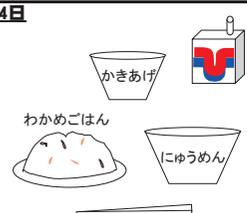
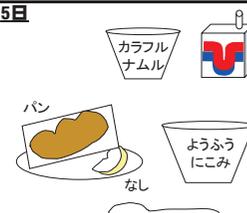
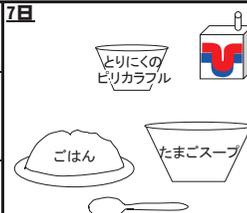
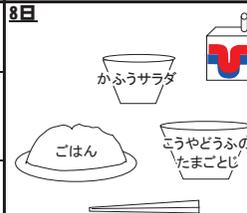
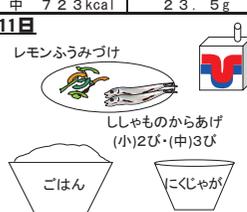
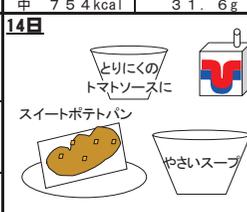
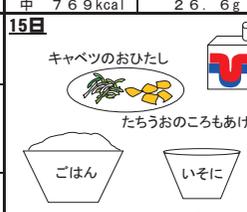
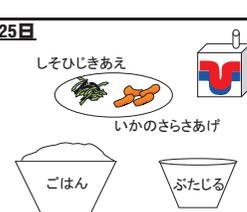
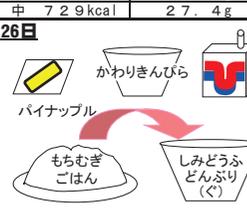
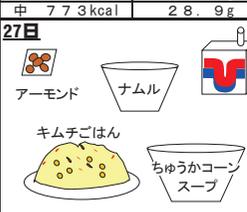
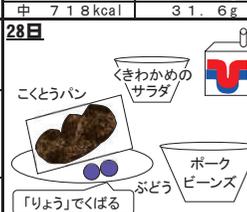
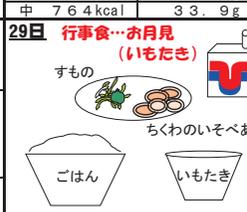


令和5年9月 予定献立表

| 月曜日 | 火曜日 | 水曜日 | 木曜日 | 金曜日 |
|---|-----|-----|-----|-----|
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>今月の味めぐり献立は、『愛媛県』です。</p> <p>『しょうゆ飯』は、ごぼうやにんじんなど、その時期にある野菜と米をしょうゆで炊き上げた料理です。松山市では、室町時代から炊き込みご飯を「しょうゆめし」と呼んでおり、祝い事などの時に食べる郷土料理として親しまれてきました。春は山菜、冬は里芋や大根など、季節の食材を加えて一年中楽しむことができます。</p> <p>『鶏肉の梅揚げ』は、鶏肉に伊予郡砥部町の特産である「七折小梅」で味を付け、唐揚げにしています。</p> </div> <div style="width: 50%; text-align: center;">  <p>旬の魚・野菜・果物</p> </div> </div> | | | | |
| 始業式 | | | | |

| <p>4日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 566kcal</td><td>19.4g</td></tr> <tr><td>中 723kcal</td><td>23.5g</td></tr> </table> | エネルギー | たんぱく質 | 小 566kcal | 19.4g | 中 723kcal | 23.5g | <p>5日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 561kcal</td><td>23.7g</td></tr> <tr><td>中 715kcal</td><td>29.3g</td></tr> </table> | エネルギー | たんぱく質 | 小 561kcal | 23.7g | 中 715kcal | 29.3g | <p>6日 味めぐり…愛媛県</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 596kcal</td><td>27.0g</td></tr> <tr><td>中 774kcal</td><td>33.7g</td></tr> </table> | エネルギー | たんぱく質 | 小 596kcal | 27.0g | 中 774kcal | 33.7g | <p>7日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 579kcal</td><td>25.1g</td></tr> <tr><td>中 754kcal</td><td>31.6g</td></tr> </table> | エネルギー | たんぱく質 | 小 579kcal | 25.1g | 中 754kcal | 31.6g | <p>8日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 613kcal</td><td>21.8g</td></tr> <tr><td>中 769kcal</td><td>26.6g</td></tr> </table> | エネルギー | たんぱく質 | 小 613kcal | 21.8g | 中 769kcal | 26.6g | <p>11日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 586kcal</td><td>23.3g</td></tr> <tr><td>中 770kcal</td><td>29.9g</td></tr> </table> | エネルギー | たんぱく質 | 小 586kcal | 23.3g | 中 770kcal | 29.9g | <p>12日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 574kcal</td><td>24.7g</td></tr> <tr><td>中 734kcal</td><td>30.8g</td></tr> </table> | エネルギー | たんぱく質 | 小 574kcal | 24.7g | 中 734kcal | 30.8g | <p>13日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 586kcal</td><td>23.2g</td></tr> <tr><td>中 747kcal</td><td>28.2g</td></tr> </table> | エネルギー | たんぱく質 | 小 586kcal | 23.2g | 中 747kcal | 28.2g | <p>14日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 583kcal</td><td>28.3g</td></tr> <tr><td>中 733kcal</td><td>35.1g</td></tr> </table> | エネルギー | たんぱく質 | 小 583kcal | 28.3g | 中 733kcal | 35.1g | <p>15日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 660kcal</td><td>26.4g</td></tr> <tr><td>中 824kcal</td><td>32.2g</td></tr> </table> | エネルギー | たんぱく質 | 小 660kcal | 26.4g | 中 824kcal | 32.2g | <p>18日</p> <p style="text-align: center; font-size: 1.5em; color: #e91e63;">敬老の日</p> | <p>19日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 563kcal</td><td>22.3g</td></tr> <tr><td>中 729kcal</td><td>27.4g</td></tr> </table> | エネルギー | たんぱく質 | 小 563kcal | 22.3g | 中 729kcal | 27.4g | <p>20日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 593kcal</td><td>22.6g</td></tr> <tr><td>中 773kcal</td><td>28.9g</td></tr> </table> | エネルギー | たんぱく質 | 小 593kcal | 22.6g | 中 773kcal | 28.9g | <p>21日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 578kcal</td><td>25.5g</td></tr> <tr><td>中 718kcal</td><td>31.6g</td></tr> </table> | エネルギー | たんぱく質 | 小 578kcal | 25.5g | 中 718kcal | 31.6g | <p>22日 旬…はもの天ぷら</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 609kcal</td><td>27.5g</td></tr> <tr><td>中 764kcal</td><td>33.9g</td></tr> </table> | エネルギー | たんぱく質 | 小 609kcal | 27.5g | 中 764kcal | 33.9g | <p>25日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 569kcal</td><td>25.2g</td></tr> <tr><td>中 723kcal</td><td>31.2g</td></tr> </table> | エネルギー | たんぱく質 | 小 569kcal | 25.2g | 中 723kcal | 31.2g | <p>26日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 622kcal</td><td>24.4g</td></tr> <tr><td>中 794kcal</td><td>30.8g</td></tr> </table> | エネルギー | たんぱく質 | 小 622kcal | 24.4g | 中 794kcal | 30.8g | <p>27日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 578kcal</td><td>24.2g</td></tr> <tr><td>中 720kcal</td><td>29.4g</td></tr> </table> | エネルギー | たんぱく質 | 小 578kcal | 24.2g | 中 720kcal | 29.4g | <p>28日</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 648kcal</td><td>28.6g</td></tr> <tr><td>中 815kcal</td><td>35.3g</td></tr> </table> | エネルギー | たんぱく質 | 小 648kcal | 28.6g | 中 815kcal | 35.3g | <p>29日 行事食…お月見 (いもたき)</p>  <table border="1" style="width:100%; font-size: 0.8em;"> <tr><th>エネルギー</th><th>たんぱく質</th></tr> <tr><td>小 594kcal</td><td>21.9g</td></tr> <tr><td>中 758kcal</td><td>25.7g</td></tr> </table> | エネルギー | たんぱく質 | 小 594kcal | 21.9g | 中 758kcal | 25.7g |
|--|-------|-------|-----------|-------|-----------|-------|--|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|--|-------|-------|-----------|-------|-----------|-------|--|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|--|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|---|-------|-------|-----------|-------|-----------|-------|--|-------|-------|-----------|-------|-----------|-------|
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 566kcal | 19.4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 723kcal | 23.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 561kcal | 23.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 715kcal | 29.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 596kcal | 27.0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 774kcal | 33.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 579kcal | 25.1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 754kcal | 31.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 613kcal | 21.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 769kcal | 26.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 586kcal | 23.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 770kcal | 29.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 574kcal | 24.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 734kcal | 30.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 586kcal | 23.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 747kcal | 28.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 583kcal | 28.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 733kcal | 35.1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 660kcal | 26.4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 824kcal | 32.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 563kcal | 22.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 729kcal | 27.4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 593kcal | 22.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 773kcal | 28.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 578kcal | 25.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 718kcal | 31.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 609kcal | 27.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 764kcal | 33.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 569kcal | 25.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 723kcal | 31.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 622kcal | 24.4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 794kcal | 30.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小 578kcal | 24.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 720kcal | 29.4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 648kcal | 28.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 815kcal | 35.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | たんぱく質 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小 594kcal | 21.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中 758kcal | 25.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

松山市学校給食の 今月の主な食品の予定産地

豚肉(愛媛) 鶏肉(愛媛) たちうお(神奈川) はも(愛媛) ししゃも(アイスランド) ホキ(オーストラリア) いか(ペルー) えび(インドネシア) さば(ノルウェー) 豆腐・あげ(カナダ・アメリカ・日本) 平天・ちくわ(北海道・タイ) 大豆(北海道) 押もち麦(愛媛) 高野豆腐(アメリカ・カナダ) じゃがいも(北海道・鹿児島) にんじん(北海道・徳島) キャベツ(群馬・長野・熊本・愛知) きゅうり(愛媛・宮崎・高知・熊本・群馬・長野・北海道) たまねぎ(北海道・愛媛・徳島・佐賀) 長なす(愛媛・熊本) こまつな(愛媛・福岡・徳島・茨城・北海道) さといも(九州) たけのこ(愛媛) かぼちゃ(北海道・愛媛・岡山・ニュージーランド) ごぼう(岡山・鹿児島・青森) だいこん(北海道・青森・香川・熊本) なし(徳島・大分・福岡) ぶどう(愛媛・松山) えのきたけ(愛媛・宮崎・長野) しめじ(香川・福岡) しいたけ(三重) マッシュルーム(兵庫) ひじき(松山)

※ (小) は小学校のみ、(中) は中学校のみ使用する食品を記載しています。

赤 (あか) … 赤のグループ【血や筋肉や骨をつくる食べ物】

黄 (き) … 黄のグループ【熱や力のもととなる食べ物】

緑 (みどり) … 緑のグループ【からだの調子をととのえる食べ物】

味めぐり…日本の味めぐり献立

旬…旬の食材を生かした献立

※ 週に1回程度みかんジュースが付きます。

※ 食材の都合で献立を変更することがあります。

※ 保護者の皆様へ…食物アレルギーなどの心配のある方は、献立(材料)の確認をしてください。また、不明な点がありましたら、学校を通して担当調理場にご相談ください。

松山市の学校給食のホームページ…<http://www.city.matsuyama.ehime.jp/kurashi/kosodate/kyuusyoku/gakkoukyusyoku.html>

<松山市HP>

