

献立明細表

高山市学校給食清見センター

| 12月02日(月)   |    |    |  | 12月03日(火)     |    |    |  | 12月04日(水)    |    |    |  | 12月05日(木)  |    |    |  | 12月06日(金)     |    |    |  |
|-------------|----|----|--|---------------|----|----|--|--------------|----|----|--|------------|----|----|--|---------------|----|----|--|
| 1人分使用量(g)   |    |    |  | 1人分使用量(g)     |    |    |  | 1人分使用量(g)    |    |    |  | 1人分使用量(g)  |    |    |  | 1人分使用量(g)     |    |    |  |
| 注文量         |    |    |  | 注文量           |    |    |  | 注文量          |    |    |  | 注文量        |    |    |  | 注文量           |    |    |  |
| 小学          | 中学 | 合計 |  | 小学            | 中学 | 合計 |  | 小学           | 中学 | 合計 |  | 小学         | 中学 | 合計 |  | 小学            | 中学 | 合計 |  |
| 【1食中華】      |    |    |  | 【麦ごはん】        |    |    |  | 【黒砂糖パン】      |    |    |  | 【麦ごはん】     |    |    |  | 【麦ごはん】        |    |    |  |
| 蒸し中華めん 120g |    |    |  | 精米            |    |    |  | 黒ざとうパン 45g   |    |    |  | 精米         |    |    |  | 精米            |    |    |  |
| 蒸し中華めん 160g |    |    |  | 切断無圧べん精麦      |    |    |  | 黒ざとうパン 55g   |    |    |  | 切断無圧べん精麦   |    |    |  | 切断無圧べん精麦      |    |    |  |
| 蒸し中華めん 180g |    |    |  |               |    |    |  | 黒ざとうパン 65g   |    |    |  |            |    |    |  |               |    |    |  |
| 蒸し中華めん 200g |    |    |  | 【大豆バーグの肉みそかけ】 |    |    |  | 黒ざとうパン 75g   |    |    |  | 【さばのピリ辛焼き】 |    |    |  | 【中華飯】         |    |    |  |
|             |    |    |  | 大豆とうふバーグ50 g  |    |    |  |              |    |    |  | さば切り身 50g  |    |    |  | ぶた もも         |    |    |  |
|             |    |    |  | 大豆とうふバーグ60 g  |    |    |  |              |    |    |  | さば切り身 60g  |    |    |  | 冷むきえび 2L      |    |    |  |
| 【みそラーメン】    |    |    |  | 米油ベツト         |    |    |  | 【スペイン風オムレツ】  |    |    |  | 葱          |    |    |  | 白菜            |    |    |  |
| ぶた もも       |    |    |  | ぶた ひき肉        |    |    |  | じゃがいも        |    |    |  | おろししょうが    |    |    |  | 人参            |    |    |  |
| おろしにんにく     |    |    |  | 料理酒           |    |    |  | 食塩           |    |    |  | おろしにんにく    |    |    |  | 玉葱            |    |    |  |
| 料理酒         |    |    |  | あわせみそ         |    |    |  | 玉葱           |    |    |  | トウバンジャン    |    |    |  | 竹の子・ゆで        |    |    |  |
| 白菜          |    |    |  | あいだみそ         |    |    |  | カットマト        |    |    |  | こいくちしょうゆ   |    |    |  | ピーマン          |    |    |  |
| 葱           |    |    |  | 三温糖           |    |    |  | ウインナー        |    |    |  | 三温糖        |    |    |  | きくらげ          |    |    |  |
| 人参          |    |    |  | みりん           |    |    |  | 食塩           |    |    |  | みりん        |    |    |  | うすら卵・水煮       |    |    |  |
| もやし         |    |    |  | 水             |    |    |  | こしょう         |    |    |  | 料理酒        |    |    |  | 鶏がらスープ        |    |    |  |
| きくらげ        |    |    |  | でん粉           |    |    |  | 料理牛乳         |    |    |  | 白こま・すり     |    |    |  | うすくちしょうゆ      |    |    |  |
| 竹の子・ゆで      |    |    |  |               |    |    |  | マーガリン        |    |    |  | 【切干し大根の煮物】 |    |    |  | 料理酒           |    |    |  |
| うすら卵・水煮     |    |    |  | ほうれんそう        |    |    |  | 高野豆腐 粉       |    |    |  | 切干し大根      |    |    |  | 三温糖           |    |    |  |
| 鶏がらスープ      |    |    |  | 白菜            |    |    |  | レンズ豆         |    |    |  | 干しいたけ      |    |    |  | こしょう          |    |    |  |
| あわせみそ       |    |    |  | もやし           |    |    |  | 【コールスローサラダ】  |    |    |  | 油揚げ        |    |    |  | 胡麻油           |    |    |  |
| 赤みそ         |    |    |  | 人参            |    |    |  | キャベツ         |    |    |  | ささがきごぼう    |    |    |  | でん粉           |    |    |  |
| うすくちしょうゆ    |    |    |  | かつお節,散り花      |    |    |  | 人参           |    |    |  | 三温糖        |    |    |  | 中華だしの素        |    |    |  |
| 中華だしの素      |    |    |  | こいくちしょうゆ      |    |    |  | きゅうり         |    |    |  | 人参         |    |    |  | おろしにんにく       |    |    |  |
| 胡麻油         |    |    |  | きざみのり         |    |    |  | 米油ベツト        |    |    |  | こいくちしょうゆ   |    |    |  | おろししょうが       |    |    |  |
| こしょう        |    |    |  |               |    |    |  | 食酢 穀物酢       |    |    |  | 米油ベツト      |    |    |  | 食塩            |    |    |  |
| 【揚げぎょうざ】    |    |    |  | 【とうがんのさっぱり汁】  |    |    |  | 三温糖          |    |    |  | けずり節       |    |    |  | 【大豆と剣えびのからあげ】 |    |    |  |
| 国産豚肉の餃子 17g |    |    |  | とうがん          |    |    |  | 食塩           |    |    |  | 豆腐・木綿      |    |    |  | 岐阜県産乾燥大豆      |    |    |  |
| 米油          |    |    |  | 豆腐・木綿         |    |    |  | こしょう         |    |    |  | じゃがいも      |    |    |  | 剣えびからあげ       |    |    |  |
|             |    |    |  | ぶた こまぎれ       |    |    |  |              |    |    |  | こまつな 葉・生   |    |    |  | 米油            |    |    |  |
| 【海藻サラダ】     |    |    |  | 葱             |    |    |  | 【大根と人参のスープ煮】 |    |    |  | えのきだけ水煮    |    |    |  | 【パンサンスー】      |    |    |  |
| 海藻ミックス      |    |    |  | 人参            |    |    |  | 大根           |    |    |  | カットわかめ     |    |    |  | マロニー          |    |    |  |
| 大根          |    |    |  | 料理酒           |    |    |  | 人参           |    |    |  | あわせみそ      |    |    |  | きゅうり          |    |    |  |
| ホールコーン(冷凍)  |    |    |  | うすくちしょうゆ      |    |    |  | もも肉皮つき・若鶏    |    |    |  | 赤みそ        |    |    |  | ほうれんそう        |    |    |  |
| 人参          |    |    |  | 荒削り           |    |    |  | グリーンピース・冷凍   |    |    |  | けずり節       |    |    |  | もやし           |    |    |  |
| きゅうり        |    |    |  |               |    |    |  | おろししょうが      |    |    |  |            |    |    |  | 人参            |    |    |  |
| 青じそドレッシング   |    |    |  | 【牛乳】          |    |    |  | 料理酒          |    |    |  | 【牛乳】       |    |    |  | うすくちしょうゆ      |    |    |  |
| 米ひじき        |    |    |  | 普通牛乳          |    |    |  | 食塩           |    |    |  | 普通牛乳       |    |    |  | 食酢 穀物酢        |    |    |  |
| 白いりごま       |    |    |  |               |    |    |  | こしょう         |    |    |  |            |    |    |  | 食塩            |    |    |  |
|             |    |    |  |               |    |    |  | コンソメスープの素    |    |    |  |            |    |    |  | 胡麻油           |    |    |  |
| 【りんご】       |    |    |  |               |    |    |  | うすくちしょうゆ     |    |    |  |            |    |    |  | 三温糖           |    |    |  |
| りんご 個       |    |    |  |               |    |    |  | でん粉          |    |    |  |            |    |    |  | 白いりごま         |    |    |  |
| 【牛乳】        |    |    |  |               |    |    |  | 鶏がらスープ       |    |    |  |            |    |    |  | 【牛乳】          |    |    |  |
| 普通牛乳        |    |    |  |               |    |    |  | 【牛乳】         |    |    |  |            |    |    |  | 普通牛乳          |    |    |  |
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献立明細表

高山市学校給食清見センター

| 12月09日(月)<br>清見小5年なし                                                                                               | 1人分使用量(g)                                                 |                                                                          | 注定量                                                                                                | 12月10日(火)                                                                                                      | 1人分使用量(g)                                                       |                                                                                 | 注定量                                                                                                           | 12月11日(水)                                                                                                       | 1人分使用量(g)                                                  |                                                                         | 注定量                                                                                         | 12月12日(木)                                                                                       | 1人分使用量(g)                                                |                                                                           | 注定量                                                                                                | 12月13日(金)                                                                                                                                                                                                 | 1人分使用量(g)                                                                                           |                                                                                                                                                                                       | 注定量                                                                                                                                                                       |
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|                                                                                                                    | 小学                                                        | 中学                                                                       | 合計                                                                                                 |                                                                                                                | 小学                                                              | 中学                                                                              | 合計                                                                                                            |                                                                                                                 | 小学                                                         | 中学                                                                      | 合計                                                                                          |                                                                                                 | 小学                                                       | 中学                                                                        | 合計                                                                                                 |                                                                                                                                                                                                           | 小学                                                                                                  | 中学                                                                                                                                                                                    | 合計                                                                                                                                                                        |
| 【一食うどん】<br>うどん 60g<br>うどん 70g<br>うどん 80g<br>うどん 100g                                                               | 60<br>70<br>80                                            |                                                                          | 29 食<br>39 食<br>51 食<br>112 食                                                                      | 【麦ごはん】<br>精米<br>切断無圧べん精麦                                                                                       | 70<br>7                                                         | 100<br>10                                                                       | 3.4×6 kg<br>0.3×6 kg                                                                                          | 【食パン】<br>普通パン 55g<br>普通パン 65g<br>普通パン 75g                                                                       | 55<br>65                                                   |                                                                         | 68 個<br>66 個<br>114 個                                                                       | 【麦ごはん】<br>精米<br>切断無圧べん精麦                                                                        | 70<br>7                                                  | 100<br>10                                                                 | 3.4×6 kg<br>0.3×6 kg                                                                               | 【麦ごはん】<br>精米<br>切断無圧べん精麦                                                                                                                                                                                  | 70<br>7                                                                                             | 100<br>10                                                                                                                                                                             | 3.4×6 kg<br>0.3×6 kg                                                                                                                                                      |
| 【飛騨まんさいうどん】<br>油揚げ<br>まいたけ 冷<br>干しいたけ<br>GK白巻かまぼこ<br>冷凍カットほうれんそう<br>白菜<br>フレーク節F1<br>うすくちしょうゆ<br>めんつゆ<br>みりん<br>食塩 | 7<br>10<br>1<br>10<br>20<br>15<br>3<br>3<br>3<br>2<br>0.1 | 9.1<br>13<br>1.3<br>13<br>26<br>19.5<br>3.9<br>3.9<br>3.9<br>2.6<br>0.13 | 76 枚<br>3 kg<br>0.27 kg<br>2 kg<br>5 kg<br>4.3 kg<br>0.8 kg<br>0.8 kg<br>0.8 kg<br>0.53 kg<br>27 g | 【ニギスのから揚げ】<br>ニギス唐揚げ<br>米油                                                                                     | 48<br>2                                                         | 64<br>2.6                                                                       | 833 個<br>0.6 kg                                                                                               | 【いちごジャム】<br>いちご ジャム                                                                                             |                                                            | 15                                                                      | 15<br>248 個                                                                                 | 【高野豆腐と豚肉のあげ煮】<br>凍り豆腐<br>豆乳<br>ぶたもも中棒状<br>料理酒<br>米粉<br>米油<br>うすくちしょうゆ<br>こいくちしょうゆ<br>料理酒<br>三温糖 | 8<br>8<br>25<br>0.6<br>5<br>2<br>0.9<br>0.9<br>0.78<br>3 | 10.4<br>10.4<br>32.5<br>0.78<br>6.5<br>2.6<br>1.17<br>1.17<br>1.01<br>3.9 | 2.3 kg<br>2 ㍗<br>7.3 kg<br>0.17 kg<br>1.5 kg<br>0.6 kg<br>0.26 kg<br>0.26 kg<br>0.23 kg<br>0.87 kg | 【冬野菜のカレー】<br>大根<br>かぶ 根・生<br>ブロッコリー(冷凍)<br>カリフラワー冷凍<br>玉葱<br>じゃがいも<br>人参<br>ぶた もも<br>おろししょうが<br>米油ベットの<br>こくと旨味のカレー<br>アレルゲンフリーカレーフレーク<br>大豆ペースト<br>高野豆腐 粉<br>レンズ豆<br>純カレー粉<br>フルーツチャツネ<br>ロリエ<br>おろしにんにく | 20<br>15<br>10<br>10<br>25<br>10<br>5<br>15<br>0.6<br>1<br>5<br>0.5<br>5<br>0.1<br>2<br>0.05<br>0.4 | 26<br>19<br>13<br>13<br>32<br>13<br>32<br>13<br>7.7 kg<br>3.2 kg<br>1.5 kg<br>4.3 kg<br>0.18 kg<br>0.29 kg<br>2 kg<br>6.5<br>6.5<br>0.14 kg<br>1 kg<br>29 g<br>1 瓶<br>14 g<br>0.12 kg | 6.5 kg<br>4.7 kg<br>3 kg<br>3 kg<br>7.7 kg<br>3.2 kg<br>1.5 kg<br>4.3 kg<br>0.18 kg<br>0.29 kg<br>2 kg<br>6.5<br>6.5<br>0.14 kg<br>1 kg<br>29 g<br>1 瓶<br>14 g<br>0.12 kg |
| 【ねぎ焼き】<br>ねぎ焼き 50g<br>ねぎ焼き 60g<br>おこのみやきソース<br>かつお節,散り花                                                            | 50<br>3.5<br>0.6                                          |                                                                          | 120 個<br>111 個<br>0.9 kg<br>0.16 kg                                                                | 【白菜のおかかあえ】<br>白菜<br>こまつな 葉・生<br>人参<br>もやし<br>かつお節,散り花<br>うすくちしょうゆ<br>めんつゆ                                      | 25<br>15<br>5<br>10<br>0.8<br>1.3<br>0.5                        | 32.5<br>19.5<br>6.5<br>13<br>1.04<br>1.69<br>0.65                               | 7.7 kg<br>5.1 kg<br>1.5 kg<br>3 kg<br>0.23 kg<br>0.38 kg<br>0.14 kg                                           | 【鶏肉のピカタ】<br>皮つきもも切り身 60g<br>皮つきもも切り身 70g<br>食塩<br>こしょう<br>薄力粉・1等<br>殺菌液卵<br>パン粉<br>パセリ<br>粉チーズ                  | 60<br>0.1<br>0.01<br>1<br>13<br>1<br>0.5<br>1.5            |                                                                         | 135 個<br>113 個<br>28 g<br>4 g<br>0.28 kg<br>3 kg<br>0.28 kg<br>0.13 kg<br>0.5 kg            | 【チンゲン菜のおひたし】<br>チンゲンツアイ<br>もやし<br>人参<br>千切だいこん漬け<br>うすくちしょうゆ<br>みりん<br>白ごま・すり                   | 30<br>20<br>10<br>5<br>1.3<br>1.3<br>1.2                 | 39<br>26<br>13<br>6.5<br>1.69<br>1.69<br>1.56                             | 10 kg<br>6 kg<br>3 kg<br>2 袋<br>0.37 kg<br>0.37 kg<br>0.34 kg                                      | 【きなことタフィー】<br>岐阜県産乾燥大豆<br>米油<br>きな粉<br>三温糖<br>食塩<br>水                                                                                                                                                     | 12<br>1<br>1<br>5<br>0.02<br>1                                                                      | 15.6<br>1.3<br>1.3<br>6.5<br>0.03<br>1.3                                                                                                                                              | 3.4 kg<br>0.3 kg<br>0.3 kg<br>1.5 kg<br>6 g<br>0.3 kg                                                                                                                     |
| 【厚揚げのサラダ】<br>ミニ厚揚げ<br>きゅうり<br>人参<br>キャベツ<br>ホールコーン(冷凍)<br>米油ベットの<br>食酢 穀物酢<br>三温糖<br>うすくちしょうゆ<br>練りごま              | 20<br>10<br>5<br>10<br>5<br>1<br>1.3<br>0.5<br>2.5<br>0.7 | 26<br>13<br>6.5<br>13<br>6.5<br>1.3<br>0.65<br>3.25<br>0.91              | 5 kg<br>2.7 kg<br>1.4 kg<br>3.1 kg<br>1 kg<br>0.26 kg<br>0.35 kg<br>0.13 kg<br>0.67 kg<br>0.18 kg  | 【みそおでん】<br>大根<br>板こんにゃく<br>冷凍厚揚げ<br>スクールちくわ<br>さつま揚げ<br>冷凍カット里芋<br>にわとり ひき肉<br>玉葱<br>人参<br>あわせみそ<br>三温糖<br>みりん | 40<br>20<br>20<br>15<br>15<br>25<br>10<br>5<br>5<br>6<br>1<br>2 | 52<br>26<br>26<br>19.5<br>19.5<br>32.5<br>13<br>6.5<br>6.5<br>7.2<br>1.3<br>2.6 | 12.9 kg<br>23 枚<br>6 kg<br>67 本<br>80 枚<br>7 kg<br>2.9 kg<br>1.5 kg<br>1.5 kg<br>1.6 kg<br>0.29 kg<br>0.57 kg | 【ブロッコリーとれんこんのサラダ】<br>ブロッコリー(冷凍)<br>レンコン 生<br>大根<br>まぐろ・油漬け<br>三温糖<br>食塩<br>こしょう<br>うすくちしょうゆ<br>食酢 穀物酢<br>米油ベットの | 25<br>15<br>10<br>5<br>0.3<br>0.1<br>0.01<br>2<br>2.5<br>2 | 32.5<br>19.5<br>13<br>6.5<br>0.39<br>0.13<br>0.01<br>2.6<br>3.25<br>2.6 | 7 kg<br>5.4 kg<br>3.2 kg<br>1 kg<br>0.08 kg<br>29 g<br>2 g<br>0.58 kg<br>0.72 kg<br>0.58 kg | 【白味噌汁】<br>大根<br>ほんしめじ<br>冷凍カット里芋<br>葱<br>カットわかめ<br>大豆ペースト<br>こうじみそ<br>煮干しだし                     | 20<br>10<br>15<br>5<br>0.5<br>2.5<br>6<br>2.5            | 26<br>13<br>19.5<br>6.5<br>0.65<br>3.25<br>7.8<br>3.25                    | 6.5 kg<br>3.5 kg<br>4.5 kg<br>1.5 kg<br>0.14 kg<br>1 kg<br>1.8 kg<br>0.7 kg                        | 【ばりばりあえ】<br>キャベツ<br>きゅうり<br>もやし<br>福神漬け学給                                                                                                                                                                 | 20<br>8<br>20<br>8                                                                                  | 26<br>10.4<br>26<br>10.4                                                                                                                                                              | 6.9 kg<br>2.4 kg<br>6 kg<br>2.3 kg                                                                                                                                        |
| 【りんご】<br>りんご 個                                                                                                     | 42.5                                                      | 62.5                                                                     | 48 個                                                                                               | 【牛乳】<br>普通牛乳                                                                                                   | 206                                                             | 206                                                                             | 249 本                                                                                                         | 【ボトフ】<br>じゃがいも<br>さつまいも<br>人参<br>玉葱<br>ウインナー<br>さやいんげん・冷凍<br>コンソメスープの素<br>食塩<br>こしょう                            | 25<br>25<br>20<br>30<br>10<br>10<br>1<br>0.04<br>0.01      | 32.5<br>32.5<br>26<br>39<br>13<br>13<br>1.3<br>0.05<br>0.01             | 9 kg<br>8 kg<br>6 kg<br>9.2 kg<br>3 kg<br>2.5 kg<br>0.3 kg<br>11 g<br>2 g                   | 【牛乳】<br>普通牛乳                                                                                    | 206                                                      | 206                                                                       | 249 本                                                                                              | 【牛乳】<br>普通牛乳                                                                                                                                                                                              | 206                                                                                                 | 206                                                                                                                                                                                   | 250 本                                                                                                                                                                     |

献立明細表

高山市学校給食清見センター

| 12月16日(月)<br>清見中なし                                                                                                                                                                   |  |  |  | 1人分使用量(g) |    |       | 注定量                                                                                                    |      |          | 12月18日(水) |      |         |                                                                                         | 1人分使用量(g) |          |    | 注定量  |         |                                                                                                 | 12月19日(木) |         |    |      | 1人分使用量(g) |                                                                             |      | 注定量     |       |      | 12月20日(金) |                                                                                                        |      |         | 1人分使用量(g) |      |        | 注定量                                                                                                    |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|-----------|----|-------|--------------------------------------------------------------------------------------------------------|------|----------|-----------|------|---------|-----------------------------------------------------------------------------------------|-----------|----------|----|------|---------|-------------------------------------------------------------------------------------------------|-----------|---------|----|------|-----------|-----------------------------------------------------------------------------|------|---------|-------|------|-----------|--------------------------------------------------------------------------------------------------------|------|---------|-----------|------|--------|--------------------------------------------------------------------------------------------------------|------|--------|-----|------|--------|--------------|------|--------|----|------|--------|--------------|------|--------|----|------|--------|--------------|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|------|--------|----|--|
|                                                                                                                                                                                      |  |  |  | 小学        | 中学 | 合計    |                                                                                                        |      |          | 小学        | 中学   | 合計      |                                                                                         |           |          | 小学 | 中学   | 合計      |                                                                                                 |           |         | 小学 | 中学   | 合計        |                                                                             |      |         | 小学    | 中学   | 合計        |                                                                                                        |      |         | 小学        | 中学   | 合計     |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
| 【ソフトスパゲティー式種】<br>ソフトスパゲッティ式種 70g<br>ソフトスパゲッティ式種 80g<br>ソフトスパゲッティ式種 90g<br>ソフトスパゲッティ式種 115g                                                                                           |  |  |  |           |    |       | 【麦ごはん】<br>精米<br>切断無圧べん精麦                                                                               |      |          |           |      |         | 【米粉パン】<br>米粉パン 45g<br>米粉パン 55g<br>米粉パン 65g<br>米粉パン 75g                                  |           |          |    |      |         | 【麦ごはん】<br>精米<br>発芽玄米                                                                            |           |         |    |      |           | 【麦ごはん】<br>精米<br>切断無圧べん精麦                                                    |      |         |       |      |           | 【さわらのゆずみそ焼き】<br>さわら 切り身 50g<br>さわら 切り身 60g                                                             |      |         |           |      |        |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 70        |    | 29 食  | 70                                                                                                     | 100  | 3.4×6 kg | 45        |      | 29 食    | 70                                                                                      | 100       | 3.4×6 kg | 40 | 52   | 11.6 kg | 50                                                                                              |           | 138 切   |    |      |           | 50                                                                          |      | 60      | 112 切 |      |           |                                                                                                        | 0.4  | 0.52    | 0.11 kg   |      |        |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 80        |    | 39 食  | 7                                                                                                      | 10   | 0.3×6 kg | 55        |      | 39 食    | 7                                                                                       | 10        | 0.3×6 kg | 1  | 1.3  | 0.29 kg | 0.4                                                                                             | 0.52      | 0.11 kg |    |      |           | 0.4                                                                         | 0.52 | 0.11 kg |       |      |           | 0.4                                                                                                    | 0.52 | 0.11 kg |           |      |        |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 90        |    | 68 食  |                                                                                                        |      |          | 65        |      | 66 食    |                                                                                         |           |          | 2  | 2.6  | 0.58 kg | 3                                                                                               | 3.9       | 0.9 kg  |    |      |           | 3                                                                           | 3.75 | 0.83 kg |       |      |           | 3                                                                                                      | 3.75 | 0.83 kg |           |      |        |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 115       |    | 34 食  |                                                                                                        |      |          |           |      | 114 食   |                                                                                         |           |          | 4  | 5.2  | 1.2 kg  | 4                                                                                               | 5.2       | 1.2 kg  |    |      |           | 1.2                                                                         | 1.56 | 2 個     |       |      |           | 1.2                                                                                                    | 1.56 | 2 個     |           |      |        |                                                                                                        |      |        |     |      |        |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
| 【シーフードクリームソース】<br>冷切りいか皮むき<br>冷むきえび 2L<br>あさり冷凍<br>玉葱<br>人参<br>マッシュルーム 水煮缶詰<br>冷凍カットほうれんそう<br>ホールコーン(冷凍)<br>マーガリン<br>米粉<br>料理牛乳<br>コンソメスープの素<br>食塩<br>こしょう<br>ロリエ<br>生クリーム<br>大豆ペースト |  |  |  |           |    |       | 【あつあげのお好み焼き】<br>冷凍厚揚げ<br>マヨネーズ エッグケア<br>青のり<br>桜生姜<br>おこのみやきソース                                        |      |          |           |      |         | 【白身魚フリッター】<br>白身魚フリッター<br>米油                                                            |           |          |    |      |         | 【鶏肉とポテトの揚げ煮】<br>もも肉皮つき・若鶏<br>おろししょうが<br>料理酒<br>米粉<br>じゃがいも<br>米油<br>三温糖<br>こいくちしょうゆ<br>アーモンド・いり |           |         |    |      |           | 【さわらのゆずみそ焼き】<br>さわら 切り身 50g<br>さわら 切り身 60g<br>料理酒<br>みりん<br>白みそ<br>ゆず 生果・果皮 |      |         |       |      |           | 【かぼちゃの煮付け】<br>西洋かぼちゃ・生<br>三温糖<br>うすくちしょうゆ<br>荒削り                                                       |      |         |           |      |        | 【鶏団子の寄せ鍋汁】<br>ほうれん草入り鶏団子<br>人参<br>白菜<br>えのきだけ水煮<br>根深ねぎ<br>干しいだけ<br>料理酒<br>うすくちしょうゆ<br>こいくちしょうゆ<br>荒削り |      |        |     |      |        | 【牛乳】<br>普通牛乳 |      |        |    |      |        | 【牛乳】<br>普通牛乳 |      |        |    |      |        | 【牛乳】<br>普通牛乳 |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 10        | 13 | 2 kg  | 7                                                                                                      | 9.1  | 2 kg     | 0.25      | 0.33 | 0.06 kg | 40                                                                                      | 60        | 678 個    | 30 | 39   | 9 kg    | 15                                                                                              | 19.5      | 5.1 kg  | 15 | 19.5 | 4.8 kg    | 20                                                                          | 26   | 6.2 kg  | 32    | 41.6 | 9 kg      | 206                                                                                                    | 206  | 249 本   | 32        | 41.6 | 9 kg   | 206                                                                                                    | 206  | 249 本  | 32  | 41.6 | 9 kg   | 206          | 206  | 249 本  |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 10        | 13 | 2 kg  | 0.25                                                                                                   | 0.33 | 0.06 kg  | 40        | 60   | 678 個   | 30                                                                                      | 39        | 9 kg     | 15 | 19.5 | 5.1 kg  | 15                                                                                              | 19.5      | 5.1 kg  | 20 | 26   | 6.2 kg    | 32                                                                          | 41.6 | 9 kg    | 206   | 206  | 249 本     | 32                                                                                                     | 41.6 | 9 kg    | 206       | 206  | 249 本  | 32                                                                                                     | 41.6 | 9 kg   | 206 | 206  | 249 本  |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 10        | 13 | 2 kg  | 0.25                                                                                                   | 0.33 | 0.06 kg  | 40        | 60   | 678 個   | 30                                                                                      | 39        | 9 kg     | 15 | 19.5 | 5.1 kg  | 15                                                                                              | 19.5      | 5.1 kg  | 20 | 26   | 6.2 kg    | 32                                                                          | 41.6 | 9 kg    | 206   | 206  | 249 本     | 32                                                                                                     | 41.6 | 9 kg    | 206       | 206  | 249 本  | 32                                                                                                     | 41.6 | 9 kg   | 206 | 206  | 249 本  |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 10        | 13 | 2 kg  | 0.25                                                                                                   | 0.33 | 0.06 kg  | 40        | 60   | 678 個   | 30                                                                                      | 39        | 9 kg     | 15 | 19.5 | 5.1 kg  | 15                                                                                              | 19.5      | 5.1 kg  | 20 | 26   | 6.2 kg    | 32                                                                          | 41.6 | 9 kg    | 206   | 206  | 249 本     | 32                                                                                                     | 41.6 | 9 kg    | 206       | 206  | 249 本  | 32                                                                                                     | 41.6 | 9 kg   | 206 | 206  | 249 本  |              |      |        |    |      |        |              |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
| 【れんこんチップ】<br>はす れんこん・水煮<br>米油<br>食塩                                                                                                                                                  |  |  |  |           |    |       | 【げんきサラダ】<br>人参<br>キャベツ<br>きゅうり<br>ホールコーン(冷凍)<br>こんぶ 塩昆布<br>かつお節,散り花<br>胡麻油<br>三温糖<br>こいくちしょうゆ<br>白いりごま |      |          |           |      |         | 【カリフラワーのサラダ】<br>カリフラワー冷凍<br>純カレー粉<br>きゅうり<br>人参<br>キャベツ<br>米油ベツ<br>食酢 穀物酢<br>食塩<br>こしょう |           |          |    |      |         | 【おひたし(ほうれんそう・白粥)】<br>ほうれんそう<br>白菜<br>もやし<br>人参<br>かつお節,散り花<br>こいくちしょうゆ                          |           |         |    |      |           | 【かぼちゃの煮付け】<br>西洋かぼちゃ・生<br>三温糖<br>うすくちしょうゆ<br>荒削り                            |      |         |       |      |           | 【鶏団子の寄せ鍋汁】<br>ほうれん草入り鶏団子<br>人参<br>白菜<br>えのきだけ水煮<br>根深ねぎ<br>干しいだけ<br>料理酒<br>うすくちしょうゆ<br>こいくちしょうゆ<br>荒削り |      |         |           |      |        | 【牛乳】<br>普通牛乳                                                                                           |      |        |     |      |        | 【牛乳】<br>普通牛乳 |      |        |    |      |        | 【牛乳】<br>普通牛乳 |      |        |    |      |        |              |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |      |        |    |  |
|                                                                                                                                                                                      |  |  |  | 50        | 65 | 10 kg | 25                                                                                                     | 32.5 | 9 kg     | 25        | 32.5 | 8.6 kg  | 25                                                                                      | 32.5      | 8.6 kg   | 25 | 32.5 | 8.6 kg  | 25                                                                                              | 32.5      | 8.6 kg  | 25 | 32.5 | 8.6 kg    | 25                                                                          | 32.5 | 8.6 kg  | 25    | 32.5 | 8.6 kg    | 25                                                                                                     | 32.5 | 8.6 kg  | 25        | 32.5 | 8.6 kg | 25                                                                                                     | 32.5 | 8.6 kg | 25  | 32.5 | 8.6 kg | 25           | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25           | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25           | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 | 32.5 | 8.6 kg | 25 |  |

献立明細表

高山市学校給食清見センター

| 12月23日(月)                                                                                                | 1人分使用量(g) |      | 注定量     | 12月24日(火)                                                                                             | 1人分使用量(g) |      | 注定量      | 12月25日(水)                                                                                       | 1人分使用量(g) |      | 注定量      |          | 1人分使用量(g) |    | 注定量 |  | 1人分使用量(g) |    | 注定量 |  |  |
|----------------------------------------------------------------------------------------------------------|-----------|------|---------|-------------------------------------------------------------------------------------------------------|-----------|------|----------|-------------------------------------------------------------------------------------------------|-----------|------|----------|----------|-----------|----|-----|--|-----------|----|-----|--|--|
|                                                                                                          | 小学        | 中学   | 合計      |                                                                                                       | 小学        | 中学   | 合計       |                                                                                                 | 小学        | 中学   | 合計       |          | 小学        | 中学 | 合計  |  | 小学        | 中学 | 合計  |  |  |
| 【一食うどん】<br>うどん 60g<br>うどん 70g<br>うどん 80g<br>うどん 100g                                                     |           |      |         | 【カレーピラフ】<br>精米<br>純カレー粉<br>コンソメスープの素<br>ウインナー<br>グリーンピース・冷凍<br>人参<br>玉葱<br>米油ベツト<br>食塩<br>こしょう        | 70        | 91   | 3.2×6 kg | 【麦ごはん】<br>精米<br>切断無庄べん精麦                                                                        | 70        | 100  | 3.4×6 kg |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 60        |      | 29 食    |                                                                                                       | 0.76      | 0.99 | 0.22 kg  |                                                                                                 |           | 7    | 10       | 0.3×6 kg |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 70        |      | 39 食    |                                                                                                       | 0.5       | 0.65 | 0.15 kg  |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 80        | 100  | 68 食    |                                                                                                       | 15        | 19.5 | 4 kg     |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
| 【白菜うどん】<br>もも肉皮つき・若鶏<br>人参<br>冷凍カット里芋<br>白菜<br>冷凍カットほうれんそう<br>角切昆布<br>フレイク節F1<br>料理酒<br>うすくちしょうゆ<br>めんつゆ |           |      |         | 【チキン照り焼き】<br>皮つきもも切り身 60g<br>皮つきもも切り身 70g<br>こいくちしょうゆ<br>三温糖<br>みりん                                   | 15        | 6.5  | 1 kg     | 【ぶりのてりやき】<br>ぶり 切り身 50g<br>ぶり 切り身 60g<br>みりん<br>おろししょうが<br>こいくちしょうゆ<br>三温糖<br>料理酒               | 50        |      | 135 切    |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 10        |      | 3 kg    |                                                                                                       | 10        | 13   | 3 kg     |                                                                                                 |           | 60   | 113 切    |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 15        | 19.5 | 4.5 kg  |                                                                                                       | 20        | 26   | 6.2 kg   |                                                                                                 |           | 2    | 0.44 kg  |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 30        | 39   | 9.2 kg  |                                                                                                       | 3         | 3.9  | 0.87 kg  |                                                                                                 |           | 1    | 0.22 kg  |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 10        | 13   | 3 kg    |                                                                                                       | 0.2       | 0.26 | 58 g     |                                                                                                 |           | 0.8  | 1        | 0.22 kg  |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 1         | 1.3  | 0.28 kg |                                                                                                       | 0.01      | 0.02 | 4 g      |                                                                                                 |           | 2.4  | 3.1      | 0.67 kg  |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 2         | 2.6  | 0.6 kg  |                                                                                                       |           |      |          |                                                                                                 |           | 0.64 | 0.8      | 0.18 kg  |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 1.2       | 1.56 | 0.35 kg |                                                                                                       |           |      |          |                                                                                                 |           | 0.8  | 1        | 0.22 kg  |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 3         | 3.9  | 0.9 kg  |                                                                                                       |           |      |          |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 4         | 5.2  | 1.2 kg  |                                                                                                       |           |      |          |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
| 【竹輪のいそべ揚げ】<br>スクールちくわ 60g<br>米粉<br>青のり<br>米油                                                             |           |      |         | 【ベルベツパーサラダ】<br>キャベツ<br>じゃがいも<br>きゅうり<br>赤ピーマン<br>サラダチーズ<br>米油ベツト<br>食酢 穀物酢<br>三温糖<br>食塩<br>こしょう       | 30        | 45   | 151 本    | 【筑前煮】<br>皮つき鶏手羽肉<br>レンコン 生<br>冷凍カット里芋<br>ごぼう<br>人参<br>板こんにゃく<br>米油ベツト<br>三温糖<br>うすくちしょうゆ<br>荒削り | 10        | 13   | 2.9 kg   |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 7.5       | 9.75 | 2.1 kg  |                                                                                                       |           | 8    | 10.4     |                                                                                                 | 2.9 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 0.3       | 0.45 | 0.09 kg |                                                                                                       |           | 10   | 13       |                                                                                                 | 3 kg      |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 2         | 2.6  | 0.6 kg  |                                                                                                       |           | 15   | 19.5     |                                                                                                 | 4.3 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
| 【アーモンドあえ】<br>もやし<br>こまつな 葉・生<br>スクール糸かまぼこ<br>人参<br>アーモンド・いりすり<br>三温糖<br>うすくちしょうゆ<br>めんつゆ                 |           |      |         | 【ほうれん草のスープ】<br>冷凍カットほうれんそう<br>人参<br>玉葱<br>ホールコーン(冷凍)<br>鶏がらスープ<br>コンソメスープの素<br>うすくちしょうゆ<br>食塩<br>こしょう | 20        | 26   | 6 kg     | 【白玉雑煮】<br>しらたまもち<br>大根<br>GK白巻かまぼこ<br>こまつな 葉・生<br>ほんしめじ<br>人参<br>焼き豆腐<br>うすくちしょうゆ<br>荒削り<br>みりん | 20        | 26   | 6 kg     |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 25        | 32.5 | 8.5 kg  |                                                                                                       |           | 10   | 13       |                                                                                                 | 3.2 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 5         | 6.5  | 1 kg    |                                                                                                       |           | 5    | 6.5      |                                                                                                 | 1 kg      |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 5         | 6.5  | 1.5 kg  |                                                                                                       |           | 10   | 13       |                                                                                                 | 3.5 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 4         | 5.2  | 1.2 kg  |                                                                                                       |           | 10   | 13       |                                                                                                 | 3.4 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 0.5       | 0.65 | 0.14 kg |                                                                                                       |           | 5    | 6.5      |                                                                                                 | 1.5 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 0.8       | 1.04 | 0.23 kg |                                                                                                       |           | 10   | 13       |                                                                                                 | 3.4 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 0.1       | 0.13 | 0.03 kg |                                                                                                       |           | 4    | 5.2      |                                                                                                 | 1.2 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
| 【みかん】<br>みかん                                                                                             |           |      |         |                                                                                                       | 15        | 19.5 | 4.6 kg   |                                                                                                 | 2         | 2.6  | 0.6 kg   |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 60        | 60   | 248 個   |                                                                                                       |           | 1    | 1.3      |                                                                                                 | 0.28 kg   |      |          |          |           |    |     |  |           |    |     |  |  |
| 【牛乳】<br>普通牛乳                                                                                             |           |      |         |                                                                                                       | 8         | 10.4 | 3 kg     | 【牛乳】<br>普通牛乳                                                                                    |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          | 206       | 206  | 248 本   |                                                                                                       |           | 0.6  | 0.78     |                                                                                                 | 0.2 kg    |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         |                                                                                                       |           | 2.5  | 3.25     |                                                                                                 | 0.72 kg   |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         |                                                                                                       |           | 0.1  | 0.12     |                                                                                                 | 27 g      |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         |                                                                                                       | 0.01      | 0.02 | 4 g      |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         | 【クリスマスカップデザート】<br>クリスマスカップデザート                                                                        |           |      |          |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         |                                                                                                       | 38        | 38   | 249 個    |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         | 【牛乳】<br>普通牛乳                                                                                          |           |      |          |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |
|                                                                                                          |           |      |         |                                                                                                       | 206       | 206  | 249 本    |                                                                                                 |           |      |          |          |           |    |     |  |           |    |     |  |  |