

[予定献立表 (日毎)]

| 献立名 | ご飯(クラス)新 大豆の磯煮 | | | | | | | | | | | きびなごの唐揚 かき | | | | | | | | | | | 1年 | 2年 | 3年 | 4年 | 5年 | 6年 | 特1 | 特2 | 特3 | 特4 | 特5 | 特6 | 職員 | 他 | 合計 | 換算人 | |
|-------|-------------------|------|------|------|-----|------|-------|-------|--------|-----|-----|---------------|--------|--------|-------|--------|----------------|-----|-----------------|-----------|---------|-----------|-----------|--------|--------|-------|-------|----|----|-------|----|----|----|------|----|-----|-------|-------|--------|
| | | | | | | | | | | | | | | | | | | | | | | | 人数 | 103 | 95 | 67 | 0 | 0 | 9 | | | | | | | 10 | 7 | 383 | 363.35 |
| | | | | | | | | | | | | | | | | | | | | | | | 単価 | 46.92 | 49.68 | 55.20 | 55.20 | | | 60.72 | | | | | | | 60.72 | 60.72 | 52.37 |
| エネルギー | | | | | | | | | | | | | | | | | 貧血(たんぱく質・鉄・VC) | | | | | | | | | | | | | | | | | 一人分量 | | 使用量 | 備考 | | |
| たんぱく質 | 動物性 | 植物性 | 脂質 | 動物性 | 植物性 | 炭水化物 | ナトリウム | カルシウム | マグネシウム | 鉄 | 亜鉛 | レチノール当量 | ビタミンB1 | ビタミンB2 | ビタミンC | 食物繊維総量 | 食塩相当量 | 熱加工 | 食品名 | 個付 | 単位 | g | 単位 | | | | | | | | | | | | | | | | |
| 138 | 6.8 | 6.8 | 0.0 | 7.8 | 7.8 | 0.0 | 9.9 | 84 | 227 | 21 | 0.0 | 0.8 | 78 | 0.08 | 0.31 | 2 | 0.0 | 0.2 | [牛乳] | | | | | | | | | | | | | | | | | | | | |
| 138 | 6.8 | 6.8 | 0.0 | 7.8 | 7.8 | 0.0 | 9.9 | 84 | 227 | 21 | 0.0 | 0.8 | 78 | 0.08 | 0.31 | 2 | 0.0 | 0.2 | A 牛乳 | 1.00 | 本 | 206.00 | 383.00 本 | | | | | | | | | | | | | | | | |
| 250 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 54.1 | 1 | 4 | 16 | 0.6 | 1.0 | 0 | 0.31 | 0.03 | 0 | 0.4 | 0.0 | [ご飯(クラス)新] | | | | | | | | | | | | | | | | | | | | |
| 250 | 4.3 | 0.0 | 4.3 | 0.6 | 0.0 | 0.6 | 54.1 | 1 | 4 | 16 | 0.6 | 1.0 | 0 | 0.31 | 0.03 | 0 | 0.4 | 0.0 | 水稲穀粒(精白米)強化米入 | * 1.00 | 人 | 70.00 | ----- | | | | | | | | | | | | | | | | |
| 39 | 3.6 | 3.6 | 0.0 | 2.3 | 0.3 | 2.0 | 0.7 | 107 | 19 | 7 | 0.2 | 0.4 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.3 | [きびなごの唐揚] | | | | | | | | | | | | | | | | | | | | |
| 21 | 3.6 | 3.6 | 0.0 | 0.3 | 0.3 | 0.0 | 0.7 | 107 | 19 | 7 | 0.2 | 0.4 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.3 | * A きびなごから揚げ | | | 20.00 | 7.27 Kg | | | | | | | | | | | | | | | | |
| 18 | 0.0 | 0.0 | 0.0 | 2.0 | 0.0 | 2.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | なたね油(揚げ油) | | | 2.00 | 0.73 Kg | | | | | | | | | | | | | | | | |
| 21 | 1.9 | 0.4 | 1.5 | 0.7 | 0.0 | 0.7 | 2.3 | 104 | 13 | 9 | 0.4 | 0.2 | 23 | 0.05 | 0.07 | 42 | 1.5 | 0.2 | [プロッコリーのソテー] | | | | | | | | | | | | | | | | | | | | |
| 12 | 1.5 | 0.0 | 1.5 | 0.2 | 0.0 | 0.2 | 1.8 | 7 | 13 | 9 | 0.4 | 0.2 | 23 | 0.05 | 0.07 | 42 | 1.5 | 0.0 | * A プロッコリーカット | | | 35.00 | 12.72 Kg | | | | | | | | | | | | | | | | |
| 4 | 0.4 | 0.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.5 | 27 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.1 | * A かにかまフレーク | | | 5.00 | 1.82 Kg | | | | | | | | | | | | | | | | |
| 5 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.5 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | なたね油 | | | 0.50 | 0.18 Kg | | | | | | | | | | | | | | | | |
| 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 11 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | A こいくちしょうゆ | | | 0.20 | 0.07 Kg | | | | | | | | | | | | | | | | |
| 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 59 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.1 | 食塩 | | | 0.15 | 0.05 Kg | | | | | | | | | | | | | | | | |
| 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | * A こしょう 缶入 | | | 0.02 | 0.01 Kg | | | | | | | | | | | | | | | | |
| 144 | 9.1 | 3.2 | 5.9 | 3.3 | 0.7 | 2.6 | 19.5 | 405 | 80 | 63 | 2.6 | 0.9 | 84 | 0.18 | 0.13 | 18 | 5.0 | 0.8 | [大豆の磯煮] | | | | | | | | | | | | | | | | | | | | |
| 3 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 1.1 | 28 | 12 | 12 | 1.1 | 0.0 | 5 | 0.01 | 0.02 | 0 | 0.9 | 0.1 | * A 芽ひじき | | | 2.00 | 0.73 Kg | | | | | | | | | | | | | | | | |
| 12 | 1.9 | 1.9 | 0.0 | 0.4 | 0.4 | 0.0 | 0.0 | 7 | 1 | 2 | 0.1 | 0.2 | 2 | 0.01 | 0.02 | 0 | 0.0 | 0.0 | * A 鶏若鶏肉モモ(皮なし) | | | 10.00 | 3.63 Kg | | | | | | | | | | | | | | | | |
| 14 | 1.2 | 1.2 | 0.0 | 0.3 | 0.3 | 0.0 | 0.8 | 105 | 6 | 1 | 0.1 | 0.0 | 0 | 0.01 | 0.01 | 0 | 0.0 | 0.1 | 平天 | | | 10.00 | 3.63 Kg | | | | | | | | | | | | | | | | |
| 42 | 3.5 | 0.0 | 3.5 | 1.9 | 0.0 | 1.9 | 2.8 | 0 | 24 | 22 | 0.9 | 0.3 | 0 | 0.08 | 0.03 | 0 | 1.7 | 0.0 | A 大豆(国産、乾) | | | 10.00 | 3.63 Kg | | | | | | | | | | | | | | | | |
| 4 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.9 | 2 | 3 | 1 | 0.0 | 0.0 | 0 | 0.01 | 0.00 | 0 | 0.3 | 0.0 | にんじん | | | 10.00 | 3.75 Kg | | | | | | | | | | | | | | | | |
| 13 | 0.4 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 3.1 | 4 | 9 | 11 | 0.1 | 0.2 | 0 | 0.01 | 0.01 | 1 | 1.1 | 0.0 | ごぼう | | | 20.00 | 8.07 Kg | | | | | | | | | | | | | | | | |
| 10 | 0.3 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 2.3 | 4 | 3 | 2 | 0.1 | 0.0 | 0 | 0.02 | 0.00 | 7 | 0.3 | 0.0 | れんこん | | | 15.00 | 6.81 Kg | | | | | | | | | | | | | | | | |
| 19 | 0.4 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 4.4 | 0 | 1 | 5 | 0.1 | 0.1 | 0 | 0.02 | 0.01 | 9 | 0.3 | 0.0 | じゃがいも | | | 25.00 | 10.09 Kg | | | | | | | | | | | | | | | | |
| 8 | 0.7 | 0.0 | 0.7 | 0.4 | 0.0 | 0.4 | 0.5 | 6 | 4 | 4 | 0.1 | 0.1 | 1 | 0.01 | 0.01 | 1 | 0.4 | 0.0 | A えだまめ(冷凍)むき身 | | | 5.00 | 1.82 Kg | | | | | | | | | | | | | | | | |
| 4 | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 9 | 0 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.02 | 0 | 0.0 | 0.0 | A 鶏だし | | | 1.00 | 0.36 Kg | | | | | | | | | | | | | | | | |
| 8 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 2.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | A 三温糖 | | | 2.00 | 0.73 Kg | | | | | | | | | | | | | | | | |
| 1 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.2 | 126 | 0 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.3 | A うすくちしょうゆ | | | 2.00 | 0.73 Kg | | | | | | | | | | | | | | | | |
| 1 | 0.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.2 | 114 | 1 | 1 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.3 | A こいくちしょうゆ | | | 2.00 | 0.73 Kg | | | | | | | | | | | | | | | | |
| 2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | A 本みりん | | | 1.00 | 0.36 Kg | | | | | | | | | | | | | | | | |
| 3 | 0.0 | 0.0 | 0.0 | 0.3 | 0.0 | 0.3 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | なたね油 | | | 0.30 | 0.11 Kg | | | | | | | | | | | | | | | | |
| 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0 | 0 | 0.0 | 0.0 | 0 | 0.00 | 0.00 | 0 | 0.0 | 0.0 | 水 | | | 20.00 | 7.27 Kg | | | | | | | | | | | | | | | | |
| 17 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 4.5 | 0 | 3 | 2 | 0.1 | 0.0 | 10 | 0.01 | 0.01 | 20 | 0.5 | 0.0 | [かき] | | | | | | | | | | | | | | | | | | | | |
| 17 | 0.1 | 0.0 | 0.1 | 0.1 | 0.0 | 0.1 | 4.5 | 0 | 3 | 2 | 0.1 | 0.0 | 10 | 0.01 | 0.01 | 20 | 0.5 | 0.0 | * A かき L 種なし | 0.13 | 個 | 28.60 | 49.79 個 | | | | | | | | | | | | | | | | |
| 609 | 25.8 | 14.0 | 11.8 | 14.8 | 8.8 | 6.0 | 91.0 | 701 | 346 | 118 | 3.9 | 3.3 | 195 | 0.63 | 0.55 | 82 | 7.4 | 1.5 | * 熱加工による損耗計算値 | | | | | | | | | | | | | | | | | | | | |
| 640 | 24.0 | 12.0 | 12.0 | 21.3 | | | 0.0 | 945 | 350 | 80 | 3.0 | 2.0 | 170 | 0.40 | 0.40 | 20 | 5.0 | 2.4 | 単 純 合 計 値 | | | 502.77 | 税抜き金額合計 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | 基 準 値 | | | 0.00 | 消費税合計 | 955.06 | 19,100.95 | 穀 類 | 41.1 % | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | 20,056.01 | 税込み金額合計 | 20,056.01 | 20,056.01 | たん 白 質 | 16.9 % | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | 脂 質 | 21.9 % | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | 動物たん白質 | 54.3 % | | | | | | | | | | | | | | |