

夕食週間献立カレンダー

日付	2月22日	2月23日	2月24日	2月25日
曜日	(火)	(水)	(木)	(金)
夕食	イワシ梅醤油煮 春雨と豚肉の炒め煮 ふきの酢みそ和え	もち麦ご飯 ポークソテー味噌味 がんも煮 おくらとひじきの和え物	五目豆腐ハンバーグの野菜あん キャベツのコンソメ煮 菜の花のお浸し	マトウダイバター焼き 白菜と春雨の中華風 たぬき奴
栄養価	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 172Kcal/9.3g/6.4g/18.0g/1.7g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 213Kcal/10.6g/9.8g/20.7g/2.0g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 198Kcal/8.8g/10.2g/18.8g/2.4g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 202Kcal/17.9g/9.2g/10.3g/1.8g
	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.

日付	2月26日	2月27日	2月28日	
曜日	(土)	(日)	(月)	
夕食	ポークハヤシ インゲンの錦糸和え フルーツ（ネープル）	白身フライ 山芋のだし煮 チンゲン菜のカニカマ和え	ごろごろ野菜の洋風煮 たけのこの煮物 カリフラワーおかか和え	
栄養価	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 230Kcal/5.6g/12.7g/23.0g/1.4g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 188Kcal/9.7g/7.1g/21.8g/1.9g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 193Kcal/12.7g/7.7g/18.4g/2.4g	
	A meal consisting of white rice in a blue patterned bowl, a piece of meat with gravy, a small bowl of vegetables, and a small bowl of soup.	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.	A meal consisting of white rice in a blue patterned bowl, a piece of fish with a side of vegetables, a small bowl of pickles, and a small bowl of soup.	



※お米の栄養価は含まれておりません