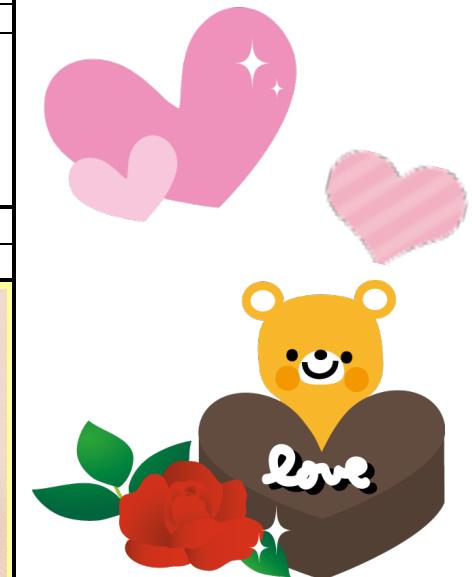


夕食週間献立カレンダー

日付	2月14日	2月15日	2月16日	2月17日
曜日	(火)	(水)	(木)	(金)
夕食	スケソウダラ生姜煮 インゲンと豚肉の煮物 ごぼうサラダ	十五穀米 塩だれチキン 紅あずま甘露煮 キャベツのごま和え	メバル西京焼き じゃがいもと鶏肉の照り煮 ゆずなめこ春雨	肉団子と野菜のクリーム煮 菜の花のピーナッツ和え フルーツミックス
栄養価	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 198Kcal/11.6g/11.6g/11.8g/1.8g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 207Kcal/9.5g/8.6g/22.2g/1.0g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 216Kcal/18.7g/7.5g/17.2g/1.9g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 256Kcal/10.3g/12.1g/27.2g/1.8g
	A meal consisting of steamed rice in a blue patterned bowl, a piece of fish (likely salmon) with a brown glaze on a green plate, a small bowl of pickled vegetables, and a small bowl of salad.	A meal consisting of brown rice in a white bowl with blue stripes, a small dish of pickled vegetables, a small bowl of salad, and a main dish featuring a piece of meat (possibly chicken) with vegetables.	A meal consisting of white rice in a blue patterned bowl, a piece of fish (likely salmon) with a brown glaze on a white plate, and a small bowl of pickled vegetables.	A meal consisting of white rice in a blue patterned bowl, a small bowl of salad, and a large bowl of mixed vegetables (including corn and carrots) with meatballs.

日付	2月18日	2月19日	2月20日	
曜日	(土)	(日)	(月)	
夕食	サケチーズ衣焼き ふきと豚肉の味噌煮 うの花サラダ	中華うま煮丼 ほうれん草の胡麻漬し フルーツ（ネープル）	アジみりん焼き 野菜入り炒り豆腐 せんまいともやしのナムル	
栄養価	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 259Kcal/13.6g/15.3g/15.4g/1.5g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 186Kcal/6.0g/10.8g/16.6g/1.7g	kcal/たんぱく質g/脂質g/炭水化物g/塩分g 155Kcal/14.9g/6.9g/9.0g/0.9g	
	A meal consisting of white rice in a blue patterned bowl, a piece of fish (likely salmon) with a light coating on a white plate, a small bowl of pickled vegetables, and a small bowl of salad.	A meal consisting of a bowl of stir-fried vegetables (including bell peppers and onions) with meat, a small bowl of salad, and a small dish of fruit.	A meal consisting of white rice in a blue patterned bowl, a piece of fish (likely salmon) with a brown glaze on a white plate, and a small bowl of pickled vegetables.	



※お米の栄養価は含まれておりません