



# [ 栄養価一覧表 ]

2026年 7月 1日 ~ 2026年 7月31日

予定献立 0:通常献立

センター南大沢'26-06-11 印刷

| 月  | 日      | 曜           | 献立名              | 一人分量<br>g | エネルギー<br>kcal | たんぱく質<br>g | 脂質<br>g | 炭水化物<br>g | ナトリウム<br>mg | カルシウム<br>mg | マグネシウム<br>mg | 鉄<br>mg | 亜鉛<br>mg | ビタミンD<br>μg | ビタミンB1<br>mg | ビタミンB2<br>mg | ビタミンC<br>mg | 食物繊維<br>総量<br>g | 食塩相当<br>量<br>g | 一人単価<br>円 |
|----|--------|-------------|------------------|-----------|---------------|------------|---------|-----------|-------------|-------------|--------------|---------|----------|-------------|--------------|--------------|-------------|-----------------|----------------|-----------|
| 7  | 13     | 月           | 国産小麦パン           | 70.00     | 286           | 9.2        | 5.0     | 50.7      | 462         | 42          | 20           | 0.7     | 0.8      | 0           | 0.11         | 0.11         | 0           | 2.0             | 1.1            |           |
|    |        |             | 手作り梅ジャム          | 50.50     | 52            | 0.4        | 0.0     | 13.3      | 0           | 7           | 5            | 0.1     | 0.1      | 0           | 0.01         | 0.01         | 25          | 0.6             | 0.0            |           |
|    |        |             | ポークビーンズ          | 265.34    | 251           | 11.4       | 9.9     | 29.4      | 725         | 65          | 64           | 2.2     | 1.3      | 163         | 0.38         | 0.16         | 26          | 5.6             | 1.7            |           |
|    |        |             | ツナと大根のサラダ        | 89.34     | 86            | 3.5        | 5.6     | 5.5       | 265         | 17          | 14           | 0.4     | 0.2      | 55          | 0.03         | 0.02         | 7           | 1.1             | 0.6            |           |
|    |        |             | 牛乳               | 206.00    | 138           | 6.8        | 7.8     | 9.9       | 84          | 227         | 21           | 0.0     | 0.8      | 78          | 0.08         | 0.31         | 2           | 0.0             | 0.2            |           |
|    | 小計     | 681.18      | 813              | 31.3      | 28.3          | 108.8      | 1536    | 358       | 124         | 3.4         | 3.2          | 296     | 0.61     | 0.61        | 60           | 9.3          | 3.6         |                 |                |           |
|    | 14     | 火           | ガーリックコーンライス      | 102.72    | 340           | 5.6        | 2.9     | 69.9      | 274         | 6           | 21           | 0.8     | 1.3      | 2           | 0.08         | 0.02         | 1           | 1.1             | 0.7            |           |
|    |        |             | 八王子産はちみつマスタードチキン | 99.22     | 204           | 13.5       | 12.1    | 8.8       | 225         | 9           | 20           | 0.7     | 1.4      | 17          | 0.06         | 0.16         | 3           | 0.0             | 0.6            |           |
|    |        |             | ココロサラダ           | 60.95     | 39            | 0.4        | 2.5     | 3.5       | 203         | 14          | 7            | 0.2     | 0.1      | 78          | 0.03         | 0.02         | 7           | 0.9             | 0.5            |           |
|    |        |             | ABCスープ           | 242.42    | 102           | 3.3        | 4.6     | 12.3      | 558         | 30          | 19           | 0.5     | 0.5      | 143         | 0.12         | 0.04         | 25          | 2.2             | 1.4            |           |
|    |        |             | 牛乳               | 206.00    | 138           | 6.8        | 7.8     | 9.9       | 84          | 227         | 21           | 0.0     | 0.8      | 78          | 0.08         | 0.31         | 2           | 0.0             | 0.2            |           |
|    | 小計     | 711.31      | 823              | 29.6      | 29.9          | 104.4      | 1344    | 286       | 88          | 2.2         | 4.1          | 318     | 0.37     | 0.55        | 38           | 4.2          | 3.4         |                 |                |           |
|    | 15     | 水           | ごはん              | 91.00     | 326           | 5.6        | 0.8     | 70.6      | 1           | 5           | 21           | 0.7     | 1.3      | 0           | 0.07         | 0.02         | 0           | 0.5             | 0.0            |           |
|    |        |             | 鯖の辛味噌焼き          | 87.94     | 255           | 13.0       | 19.8    | 3.0       | 373         | 30          | 30           | 0.9     | 0.8      | 31          | 0.11         | 0.25         | 2           | 0.6             | 0.9            |           |
|    |        |             | 小松菜と油揚げの煮びたし     | 87.58     | 49            | 3.2        | 2.1     | 4.1       | 210         | 69          | 20           | 1.1     | 0.3      | 89          | 0.04         | 0.07         | 19          | 1.4             | 0.5            |           |
|    |        |             | けんちん汁            | 237.70    | 74            | 4.0        | 1.9     | 10.6      | 655         | 43          | 32           | 0.6     | 0.3      | 108         | 0.07         | 0.05         | 10          | 2.0             | 1.7            |           |
|    |        |             | 果物(冷凍ぼんかん)       | 50.00     | 23            | 0.4        | 0.1     | 6.0       | 1           | 11          | 6            | 0.1     | 0.1      | 42          | 0.05         | 0.02         | 16          | 0.5             | 0.0            |           |
|    | 牛乳     | 206.00      | 138              | 6.8       | 7.8           | 9.9        | 84      | 227       | 21          | 0.0         | 0.8          | 78      | 0.08     | 0.31        | 2            | 0.0          | 0.2         |                 |                |           |
|    | 小計     | 760.22      | 865              | 33.0      | 32.5          | 104.2      | 1324    | 385       | 130         | 3.4         | 3.6          | 348     | 0.42     | 0.72        | 49           | 5.0          | 3.3         |                 |                |           |
|    | 16     | 木           | 下中玉ねぎの牛丼         | 250.50    | 538           | 20.2       | 11.5    | 84.0      | 526         | 41          | 48           | 2.1     | 4.6      | 3           | 0.15         | 0.17         | 4           | 2.0             | 1.3            |           |
|    |        |             | ピリ辛もやし           | 69.11     | 19            | 1.2        | 0.5     | 3.0       | 156         | 14          | 10           | 0.2     | 0.2      | 43          | 0.02         | 0.03         | 8           | 0.9             | 0.4            |           |
|    |        |             | こまつなのかきたま汁       | 223.22    | 62            | 4.7        | 3.0     | 4.8       | 553         | 65          | 25           | 1.3     | 0.5      | 191         | 0.09         | 0.16         | 10          | 1.6             | 1.4            |           |
|    |        |             | 果物(小玉すいか)        | 70.00     | 26            | 0.4        | 0.1     | 6.7       | 1           | 3           | 8            | 0.1     | 0.1      | 48          | 0.02         | 0.01         | 7           | 0.2             | 0.0            |           |
|    |        |             | 牛乳               | 206.00    | 138           | 6.8        | 7.8     | 9.9       | 84          | 227         | 21           | 0.0     | 0.8      | 78          | 0.08         | 0.31         | 2           | 0.0             | 0.2            |           |
| 小計 | 818.83 | 783         | 33.3             | 22.9      | 108.4         | 1320       | 350     | 112       | 3.7         | 6.2         | 363          | 0.36    | 0.68     | 31          | 4.7          | 3.3          |             |                 |                |           |
| 17 | 金      | ごはん         | 91.00            | 326       | 5.6           | 0.8        | 70.6    | 1         | 5           | 21          | 0.7          | 1.3     | 0        | 0.07        | 0.02         | 0            | 0.5         | 0.0             |                |           |
|    |        | にぎすの唐揚げ     | 50.70            | 90        | 7.6           | 4.7        | 3.4     | 133       | 28          | 12          | 0.2          | 0.2     | 30       | 0.05        | 0.10         | 0            | 0.0         | 0.3             |                |           |
|    |        | ビーフン炒め      | 73.53            | 90        | 3.4           | 3.3        | 11.5    | 244       | 13          | 11          | 0.3          | 0.4     | 76       | 0.11        | 0.05         | 7            | 1.5         | 0.6             |                |           |
|    |        | みそ汁         | 225.50           | 86        | 4.8           | 3.6        | 9.1     | 601       | 58          | 41          | 0.9          | 0.5     | 1        | 0.06        | 0.04         | 10           | 1.7         | 1.5             |                |           |
|    |        | 八王子産枝豆      | 15.00            | 20        | 1.8           | 0.9        | 1.3     | 0         | 9           | 9           | 0.4          | 0.2     | 3        | 0.05        | 0.02         | 4            | 0.8         | 0.0             |                |           |
| 牛乳 | 206.00 | 138         | 6.8              | 7.8       | 9.9           | 84         | 227     | 21        | 0.0         | 0.8         | 78           | 0.08    | 0.31     | 2           | 0.0          | 0.2          |             |                 |                |           |
| 小計 | 661.73 | 750         | 30.0             | 21.1      | 105.8         | 1063       | 340     | 115       | 2.5         | 3.4         | 188          | 0.42    | 0.54     | 23          | 4.5          | 2.6          |             |                 |                |           |
| 21 | 火      | ごはん         | 91.00            | 326       | 5.6           | 0.8        | 70.6    | 1         | 5           | 21          | 0.7          | 1.3     | 0        | 0.07        | 0.02         | 0            | 0.5         | 0.0             |                |           |
|    |        | マーボー豆腐      | 240.10           | 197       | 12.4          | 10.0       | 13.7    | 639       | 86          | 78          | 1.5          | 1.4     | 230      | 0.37        | 0.16         | 6            | 2.2         | 1.5             |                |           |
|    |        | 春雨サラダ       | 84.41            | 42        | 1.6           | 1.4        | 6.5     | 297       | 42          | 17          | 0.3          | 0.3     | 77       | 0.04        | 0.04         | 17           | 1.8         | 0.7             |                |           |
|    |        | 桃ミルク寒天      | 111.48           | 90        | 1.5           | 1.4        | 18.4    | 17        | 42          | 6           | 0.1          | 0.2     | 14       | 0.02        | 0.06         | 1            | 1.1         | 0.0             |                |           |
|    |        | 牛乳          | 206.00           | 138       | 6.8           | 7.8        | 9.9     | 84        | 227         | 21          | 0.0          | 0.8     | 78       | 0.08        | 0.31         | 2            | 0.0         | 0.2             |                |           |
| 小計 | 732.99 | 793         | 27.9             | 21.4      | 119.1         | 1038       | 402     | 143       | 2.6         | 4.0         | 399          | 0.58    | 0.59     | 26          | 5.6          | 2.4          |             |                 |                |           |
| 22 | 水      | キムチチャーハン    | 157.47           | 377       | 8.9           | 5.9        | 68.4    | 375       | 40          | 31          | 1.2          | 1.4     | 109      | 0.21        | 0.10         | 12           | 2.1         | 0.8             |                |           |
|    |        | いかのネギ塩焼き    | 80.71            | 77        | 12.7          | 2.0        | 1.4     | 408       | 23          | 36          | 0.2          | 0.9     | 3        | 0.02        | 0.01         | 1            | 0.3         | 1.1             |                |           |
|    |        | たまご中華スープ    | 228.82           | 91        | 6.7           | 4.7        | 5.0     | 485       | 42          | 15          | 0.7          | 0.4     | 178      | 0.05        | 0.14         | 7            | 1.1         | 1.2             |                |           |
|    |        | フルーツ白玉      | 75.00            | 78        | 0.9           | 0.2        | 12.3    | 2         | 2           | 2           | 0.1          | 0.1     | 14       | 0.02        | 0.00         | 2            | 0.3         | 0.0             |                |           |
|    |        | 牛乳          | 206.00           | 138       | 6.8           | 7.8        | 9.9     | 84        | 227         | 21          | 0.0          | 0.8     | 78       | 0.08        | 0.31         | 2            | 0.0         | 0.2             |                |           |
| 小計 | 748.00 | 761         | 36.0             | 20.6      | 97.0          | 1354       | 334     | 105       | 2.2         | 3.6         | 382          | 0.38    | 0.56     | 24          | 3.8          | 3.3          |             |                 |                |           |
| 23 | 木      | ごはん         | 91.00            | 326       | 5.6           | 0.8        | 70.6    | 1         | 5           | 21          | 0.7          | 1.3     | 0        | 0.07        | 0.02         | 0            | 0.5         | 0.0             |                |           |
|    |        | 豆腐ハンバーグ     | 151.08           | 192       | 13.9          | 9.5        | 11.6    | 381       | 85          | 81          | 1.1          | 2.0     | 14       | 0.24        | 0.15         | 3            | 1.4         | 0.8             |                |           |
|    |        | 小松菜のからしあえ   | 58.88            | 19        | 1.6           | 0.0        | 3.2     | 208       | 34          | 8           | 0.5          | 0.1     | 75       | 0.02        | 0.04         | 9            | 0.8         | 0.5             |                |           |
|    |        | 大根のみそ汁      | 229.00           | 69        | 4.0           | 3.2        | 6.7     | 657       | 62          | 30          | 1.0          | 0.6     | 1        | 0.03        | 0.04         | 18           | 1.8         | 1.7             |                |           |
|    |        | のりの佃煮       | 18.40            | 11        | 1.0           | 0.1        | 2.0     | 136       | 7           | 7           | 0.2          | 0.1     | 92       | 0.01        | 0.05         | 4            | 0.7         | 0.3             |                |           |
| 牛乳 | 206.00 | 138         | 6.8              | 7.8       | 9.9           | 84         | 227     | 21        | 0.0         | 0.8         | 78           | 0.08    | 0.31     | 2           | 0.0          | 0.2          |             |                 |                |           |
| 小計 | 754.36 | 755         | 32.9             | 21.4      | 104.0         | 1467       | 420     | 168       | 3.5         | 4.9         | 260          | 0.45    | 0.61     | 36          | 5.2          | 3.5          |             |                 |                |           |
| 24 | 金      | スパゲティミートソース | 369.93           | 653       | 24.4          | 19.3       | 90.5    | 823       | 80          | 90          | 2.6          | 3.9     | 263      | 0.46        | 0.26         | 17           | 6.0         | 2.0             |                |           |
|    |        | 大根わかめサラダ    | 73.50            | 40        | 0.8           | 1.9        | 5.1     | 333       | 26          | 14          | 0.2          | 0.1     | 77       | 0.02        | 0.01         | 7            | 1.4         | 0.8             |                |           |
|    |        | 果物(小玉すいか)   | 70.00            | 26        | 0.4           | 0.1        | 6.7     | 1         | 3           | 8           | 0.1          | 0.1     | 48       | 0.02        | 0.01         | 7            | 0.2         | 0.0             |                |           |
|    |        | 牛乳          | 206.00           | 138       | 6.8           | 7.8        | 9.9     | 84        | 227         | 21          | 0.0          | 0.8     | 78       | 0.08        | 0.31         | 2            | 0.0         | 0.2             |                |           |
|    |        | 小計          | 719.43           | 857       | 32.4          | 29.1       | 112.2   | 1241      | 336         | 133         | 2.9          | 4.9     | 466      | 0.58        | 0.59         | 33           | 7.6         | 3.0             |                |           |