

















































































































































































































































9月分こんだてひょう(中学校)

日(曜)	こんだてめい	食(おもにエネルギーのもとになる)	産(おもにからだをつくるもとになる)	糖(おもにからだの調子をととのえるもとになる)
1日 (月)	鶏肉の塩こうじ焼き さつまいものみそ汁 きゅうりの甘酢あえ	  	    	   
2日 (火)	牛肉の香味焼き トマトのスープ/バゲット 和なし(カット缶)	  	    	   
3日 (水)	豚豚 中華みそスープ まっ煮大豆	  	    	   
4日 (木)	他人丼(★鶏) ささみとキャベツのいためもの かつの甘酢あえ いもけんぴ(フィッシュ)	  	    	   
5日 (金)	ウインナーのケチャップソース スープ(★大豆) 焼きかぼちゃ 発酵乳	  	    	   
8日 (月)	さけのしょうゆだれかけ 五目汁 高野豆腐のいり煮	  	    	   
9日 (火)	カレーマカロニグラタン 豚肉と野菜のスープ みかん(缶)	  	    	   
10日 (水)	鶏肉のてり焼き とうがんとみそ汁 なすのそぼろいため	  	    	   
11日 (木)	さごしのおろししょうゆかけ 釜め煮 牛ひきそぼろ	  	    	   
12日 (金)	牛肉のデミグラスソース煮 ウインナーのスープ きゅうりのピクルス	  	    	   
16日 (火)	チキンカレーライス キャベツとコーンのサラダ ミニフィッシュ	  	    	   
17日 (水)	とうろーフ 洋風煮 棒チース	  	    	   
18日 (木)	ヤンニョムチキン とうらのスープ 切干しだいこんのナムル	  	    	   
19日 (金)	豚肉の甘辛焼き みそ汁 かぼちゃのいとこ煮	  	    	   
22日 (月)	チキンレバーカツ ケチャップ煮 キャベツのバジル風味サラダ	  	    	   
24日 (水)	ハヤシライス グリーンが「カ」スとコーンのサラダ 洋なし(カット缶)	  	    	   
25日 (木)	鶏肉のバジル焼き 「カ」スと野菜のスープ煮(★大豆) キャベツときゅうりのサラダ	  	    	   
26日 (金)	一口がんとさといものみそ煮 牛肉と野菜のいためもの みたらしだんご 焼きのり	  	    	   
29日 (月)	マーボーなす ツナと野菜のいためもの 焼きさつまいもの甘みつけかけ	  	    	   
30日 (火)	オイスターソース焼きそば もやしの中巻あえ ぶどう(巨峰)	  	    	   

★は除去食対応(卵、大豆)です。