

# 献立指示書

実施人員⇒

2025/3/18

1 頁

| 実施日     |                              | 4 月 28 日 月 曜日 |             |        |             |     |          | <table><tr><th></th><th>幼児</th><th>児童低</th><th>児童中</th><th>児童高</th><th>小学計</th><th>生徒</th><th>高校</th><th>合計</th></tr><tr><td>人員</td><td></td><td>294</td><td>293</td><td>333</td><td>920</td><td>443</td><td></td><td>1,363</td></tr><tr><td>職員</td><td></td><td></td><td></td><td>100</td><td>100</td><td>85</td><td></td><td>185</td></tr><tr><td>合計</td><td>0</td><td>294</td><td>293</td><td>433</td><td>1,020</td><td>528</td><td>0</td><td>1,548</td></tr></table> |      |                                 |  |     |  |  |  |  | 幼児 | 児童低 | 児童中 | 児童高 | 小学計 | 生徒 | 高校 | 合計 | 人員 |  | 294 | 293 | 333 | 920 | 443 |  | 1,363 | 職員 |  |  |  | 100 | 100 | 85 |  | 185 | 合計 | 0 | 294 | 293 | 433 | 1,020 | 528 | 0 | 1,548 |
|---------|------------------------------|---------------|-------------|--------|-------------|-----|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------------------------------|--|-----|--|--|--|--|----|-----|-----|-----|-----|----|----|----|----|--|-----|-----|-----|-----|-----|--|-------|----|--|--|--|-----|-----|----|--|-----|----|---|-----|-----|-----|-------|-----|---|-------|
|         | 幼児                           | 児童低           | 児童中         | 児童高    | 小学計         | 生徒  | 高校       | 合計                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 人員      |                              | 294           | 293         | 333    | 920         | 443 |          | 1,363                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 職員      |                              |               |             | 100    | 100         | 85  |          | 185                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 合計      | 0                            | 294           | 293         | 433    | 1,020       | 528 | 0        | 1,548                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 献立名     | ごはん 牛乳 鶏の唐揚げ 切干大根の煮物 春野菜のみそ汁 |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 食 品 名                        |               | 規 格         |        | 一人当たり使用量(g) |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 総使用量 | 購入量                             |  | 備 考 |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         |                              |               | 幼児          | 児童     | 生徒          | 高校  |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ごはん     |                              |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 米 飯（コシヒカリ）弁当                 | 70 g 弁当       |             | 70.00  |             |     | 294.00   | 294.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 個    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 〃                            | 80 g 弁当       |             | 80.00  |             |     | 293.00   | 293.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 個    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 〃                            | 90 g 弁当       |             | 90.00  |             |     | 433.00   | 333.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 個    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 〃                            | 110 g 弁当      |             |        | 110.00      |     | 528.00   | 628.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 個    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 水                            | 1L            |             | 96.00  | 115.20      |     | 158.75   | 158.75                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | L    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 牛乳      |                              |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | * 牛乳（紙パック・200ml）             | 1本            |             | 206.00 | 206.00      |     | 1,548.00 | 1,548.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 鶏の唐揚げ   |                              |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 若鶏もも切身                       | 50g           | 小           | 50.00  |             |     | 1,020.00 | 920.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 切    | フライヤー 調理後廃油処理！！                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 〃                            | 60 g          | 中&職         |        | 60.00       |     | 528.00   | 628.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 切    | 肉パット（肉台車）で8：15～<br>肉荷受け後、下味をつける |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | * こいくちしょうゆ（1.8Lボトル）          | 1.8L 1本       |             | 4.00   | 4.80        |     | 6.61     | 3.68                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 卸ししょうが(1kg入り)                | 1kg清水物産       |             | 0.70   | 0.84        |     | 1.16     | 2.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | チルドおろしにんにく（1kg）              | 1000g         |             | 0.30   | 0.36        |     | 0.50     | 0.50                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | ※週明けのためチルドで！！                   |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 清酒（紙パック、ペットボトル）              | 1.8L北関        |             | 2.00   | 2.40        |     | 3.31     | 1.84                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | じゃがいもでん粉(1kg袋)               | 1kg袋大西        |             | 3.00   | 3.60        |     | 4.96     | 4.96                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 袋    | 袋に開けて合わせ、目安を決めておく！！             |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | 小麦粉 薄力粉 1等                   | 1kg昭和産業       |             | 2.00   | 2.40        |     | 3.31     | 4.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | まぶして揚げる。                        |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | こめ白絞油16.5kg給食用               | 18Lポーソー       |             | 5.00   | 6.00        |     | 8.27     | 1.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 缶    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 切干大根の煮物 |                              |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         |                              |               |             | 44.5g  |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      | 1.03%                           |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ②       | 切干大根（乾）                      | 1kg藤和乾物       | 6倍          | 4.00   | 4.80        |     | 6.61     | 7.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | 洗って15分程度水戻しをし、ザルへ上げておく          |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ③       | にんじん 根、皮つき、生                 | 1.2L 国産       |             | 10.00  | 12.00       |     | 17.41    | 18.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 千切り大（千切り刃大）                     |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ④       | スライス干し椎茸(国産)                 | 500gマルトモ      | 5.5倍        | 1.00   | 1.20        |     | 1.65     | 4.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 袋    | 洗って戻し、汁も使用する！！                  |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 水⑤      | スライスさつま揚げ                    | 1kgマリッパロー     |             | 5.00   | 6.00        |     | 8.27     | 9.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | 週明けのため冷凍庫保管、当日袋開け、使用直前まで冷蔵庫保管   |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ①       | サラダ油（ペットボトル）                 | 1.5kg理研農・     |             | 0.20   | 0.24        |     | 0.33     | 1.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ⑧       | * こいくちしょうゆ（1.8Lボトル）          | 1.8L 1本       |             | 2.20   | 2.64        |     | 3.64     | 2.02                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 本    |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ⑦       | 車糖 上白糖                       | 1kg           |             | 1.00   | 1.20        |     | 1.65     | 1.65                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | 別にはかっておく                        |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ⑥       | * 和風だし（粉末・1kg）無塩             | 1kg三求         |             | 0.20   | 0.24        |     | 0.33     | 0.33                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 春野菜のみそ汁 |                              |               |             |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         |                              |               | かぶの葉込で67g予定 |        |             |     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |      | 0.58%                           |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| 水①      | * 冷凍ミニ絹揚げ                    | 1kgコフイアス      |             | 12.00  | 14.40       |     | 19.84    | 20.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 袋開け                             |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ⑤       | かぶ 根、皮つき、生                   | 2L 八千代町       |             | 20.00  | 24.00       |     | 36.75    | 38.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 皮をむき、4～6つ割りにし、いちよう切り            |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ⑥       | かぶ 葉、生                       | 国産            |             | 5.00   | 6.00        |     | 11.81    | 12.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 1cmカット ※納品時の状態をみて、使用可能な部分を使う！！  |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ③       | はくさい 結球葉、生                   | 2L 国産         |             | 15.00  | 18.00       |     | 27.56    | 28.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 1.2cmカット（2枚刃）                   |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ②       | たまねぎ 生                       | 1.2L 国産       |             | 5.00   | 6.00        |     | 8.70     | 9.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | 1/4カット、3ミリスライス                  |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
| ④       | チンゲンサイ 葉、生                   | 大 バラ箱         |             | 10.00  | 12.00       |     | 18.37    | 19.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   | 1.5cmカット                        |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | * 和風だし（粉末・1kg）無塩             | 1kg三求         |             | 1.20   | 1.44        |     | 1.98     | 1.99                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | * 米味噌（横島醤油製造）                | 1kg横島         |             | 6.50   | 7.80        |     | 10.75    | 10.75                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kg   |                                 |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |
|         | * 米みそ（淡色辛みそ）                 | 1kgハナ味        |             | 3.00   | 3.60        |     | 4.96     | 5.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kg   | 釜ごとにはかり、よ～く溶いておく                |  |     |  |  |  |  |    |     |     |     |     |    |    |    |    |  |     |     |     |     |     |  |       |    |  |  |  |     |     |    |  |     |    |   |     |     |     |       |     |   |       |