



令和7年

★赤・黄・緑の食べ物のグループ分けは、6つの基礎食品(厚生労働省)と、食べ物の3つのはたらき(文部科学省)をもとにしています。

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Table with columns for Day, Dish Name, Post-lunch Snack, and Ingredients. It lists daily menus from July 1st to 31st, including items like '鶏肉の照り焼き', 'カレーピラフ', and 'お弁当'.

★材料、行事、その他の都合により、献立を変更することがあります。
★食物アレルギー対応食は、医師の診断書に基づき、『保育所におけるアレルギー対応ガイドライン(厚労省2019)』に沿って実施します。





July

School Lunch Menu



Naohara Masako (Nutritionist)

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★ The classification of red, yellow, and green food groups is based on the six basic food groups (Ministry of Health, Labor and Welfare) and the three nutritional functions of food (Ministry of Education, Culture, Sports, Science and Technology.)

日 曜	Menu	Snacks (1~5 yrs old)	Lunch Ingredients			日 曜	Menu	Snacks (1~5 yrs old)	Lunch Ingredients		
			Red Protein	Yellow Carbohydrates	Green Fruits and Vegetables				Red Protein	Yellow Carbohydrates	Green Fruits and Vegetables
1 Tue	teriyaki chicken rice bowl radish salad tofu soup banana	sweet potato tempura milk	chicken thigh canned tuna yushi tofu	polished white rice fortified rice (iron) sweet potatoes	carrots peas radish carrots banana cucumber green onion	16 We	bread roll boiled sausage tomato salad cream stew pineapple & peach	cake milk	sausage chicken thigh	bread rolls potatoes	tomatoes lettuce cucumbers onions carrots broccoli peaches canned corn
2 Wed	rice salmon w/ maple leaves hijiki stew cucumber w/ sesame corn soup apple	cocoa rusk milk	salmon dried seaweed chikuwa	polished white rice fortified rice (iron) sesame	carrots chives thread konnyaku cucumber canned corn enokita mushrooms	17 Thu	Obento day	Ryukyu Cooking Day popo pancake milk			
3 Thu	mozuku rice bowl crunchy burdock root broccoli & tuna salad miso soup orange	steamed bread milk	mozuku seaweed minced pork canned tuna fried tofu	polished white rice fortified rice (iron) white sesame	green peppers canned corn burdock broccoli carrots green onions orange hechima	18 Fri	margin rice baked salmon w/ tartar sauce shredded carrot mozuku soup apple	melon bread cookies milk	salmon chikuwa mozuku silken tofu	milled white rice fortified rice (iron) glutinous millet	carrots onions broccoli butternut squash bean sprouts Chinese
4 Fri	black rice meat miso tofu shredded carrots fried potato cabbage soup watermelon	Okinawan pancake milk	fried tofu minced pork chicken meat canned tuna wakame seaweed	polished white rice black rice fortified rice (iron) potatoes	onions carrots broccoli (cold) bean sprouts chinese cabbage onion mushrooms watermelon	19 Sat	beef demi-glazed rice cucumber stick wakame seaweed soup apple	Food Education Day sugar rusk milk	chicken meat wakame seaweed	polished rice fortified rice (iron) potatoes	onions carrots green peas cucumber enoki mushrooms spring onions
5 Sat	curry pilaf broccoli cabbage soup orange	marmalow sandwich milk	chicken thigh silken tofu	milled rice fortified rice (iron)	green peas broccoli carrots chinese cabbage enoki mushrooms green onions	22 Tue	vegetable curry cucumber w/ sweet vinegar corn soup yellow peach	fu rusk milk	pork shoulder dried young sardines wakame seaweed	polished rice fortified rice (iron) potatoes fu	carrots eggplant onions hechima peppers spinach cucumber canned corn
7 Mon	♪~ Tanabata Lunch ♪~ Tanabata sushi hamburger steak glazed carrot tomato & cucumber w/ vinegar somen noodle soup peach	star cookies Tanabata jelly	salmon flakes minced pork minced beef chikuwa wakame seaweed	polished white rice somen noodles	carrots onions canned corn tomatoes green onions cucumbers pineapples peaches	23 Wed	black rice grilled mackerel w/ miso simmered pumpkin vinegared mozuku cabbage soup apple	red bean sandwich milk	salmon chikuwa mozuku silken tofu	polished white rice black rice fortified rice (iron) white sesame	pumpkin onion okra chinese cabbage chinese cabbage broccoli green bell pepper
8 Tue	taco rice pumpkin croquettes vermicelli soup orange	carrot cake milk	minced pork minced chicken	polished white rice fortified rice (iron) vermicelli	onions carrots lettuce tomatoes pumpkin red peppers Chinese	24 Thu	cold somen noodles broccoli & tomato w/ sesame miso soup banana	jam cake milk	chicken meat wakame seaweed	Chinese noodles ground sesame	canned corn cucumber broccoli tomatoes water chestnuts leeks bananas
9 Wed	black rice grilled pork w/ ginger deep fried bitter melon miso soup apple	jam sandwich milk	pork shoulder tofu wakame	polished white rice black rice fortified rice (iron) sesame	carrots onions shimeji (shimeji) broccoli torch (cucumber) crown of bean	25 Fri	margin rice deep fried liver stir-fried bokchoy cucumber stick tofu soup watermelon	marshmallow sandwich milk	pork liver chikuwa yushi tofu	polished white rice fortified rice (iron) glutinous millet white	chinese cabbage carrot shimeji onion cucumber green onion watermelon
10 Thu	marhin rice okra w/ fermented soybeans mackerel w/ apple sauce saiteed konnyaku cabbage soup orange	brown rice flakes snack milk	ground natto mackerel chicken minced meat bacon	milled rice fortified rice (iron) glutinous millet	okra onion ito konnyaku carrot canned corn komatsuna chinese cabbage broccoli navel green bell	26 Sat	juicy rice hot vegetable salad miso soup orange	cold somen noodles milk	canned tuna pork	polished white rice fortified rice (iron)	carrots chives dried shitake mushrooms canned corn tomatoes broccoli carrots kelp navels
11 Fri	spaghetti w/ meat sauce green nori potato cucumber stick corn sup banana	shirasu rice ball milk	minced beef minced pork dried young sardines	spaghetti potatoes	carrots onions tomatoes celery peppers cucumbers canned corn spinach bananas	28 Mon	margin rice meat & potato hiji w/ french dressing miso soup orange	oatmeal snack milk	pork dried elbows ham fried tofu	polished rice fortified rice (iron) glutinous millet potatoes	konnyaku onion carrot gp shimeji cucumber canned corn hechima leeks
12 Sat	Tanabata & Summer Festival					29 Tue	brown rice mapo tofu pumpkin salad Chinese soup apple	mini madeleines milk	tofu minced pork ham white fish	milled white rice fortified rice (iron)	mushroom corn carrot chives onion bamboo shoots spinach kabocha
14 Mon	black rice pork w/ raddish cooked in miso broccoli salad watermelon fish & winter melon soup	candied sweet potato milk	pork shoulder ham white fish	polished rice black rice fortified rice (iron)	radish carrot ito konnyaku broccoli watermelon corn water chestnuts	30 We	Okinawa soba tomato & cucumber w/ vinegar orange	rice ball milk	pork tripe round fish cake chikuwa wakame seaweed	Okinawa soba polished white rice fortified rice (iron)	chopped kelp green onion tomato cucumber navel carrot komatsuna
15 Tue	margin rice fried chicken vegetable stir fry miso soup yogurt w/ banana	orange jelly Ca wafers barley tea	chicken thigh kamaboko tofu mozuku	milled white rice fortified rice (iron) glutinous millet	spinach carrot onion enokitake mushroom spring onion banana	31 Thu	black rice deep fried fish w/ ketchup shredded burdock broccoli mozuku soup banana	cocoa steamed bread milk	white fish chikuwa mozuku silken tofu	polished white rice black rice fortified rice (iron) white sesame	burdock root green onion peas carrot chives konnyaku mushrooms broccoli

★ The menu may change due to ingredient availability, events, or other factors.

★ Allergy- friendly meals are provided based on doctors on doctor's diagnosis and the "Guidelines for Allergy Management in Daycare Centers (Ministry of Health Labor and Welfare 2019)",

