



# 令和7年度 5月分 学校給食予定献立表



創設堺市立高槻学校給食センター 0550-82-6182

| 日<br>曜<br>日 | こんだて              |                               | おもに体をつくる<br>もとになる食べ物 |                                        | おもに体の調子を整える<br>もとになる食べ物         |  | おもにエネルギーの<br>もとになる食べ物 |     | 栄養価 |     |
|-------------|-------------------|-------------------------------|----------------------|----------------------------------------|---------------------------------|--|-----------------------|-----|-----|-----|
|             |                   |                               |                      |                                        |                                 |  |                       |     | 小学校 | 中学校 |
|             | *** こどもの日こんだて *** |                               |                      |                                        |                                 |  |                       |     |     |     |
| 1           | ごはん               |                               |                      |                                        | こめ                              |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 640 | 796 |     |
|             | かつお入り厚焼き玉子        | たまご・かつお・かつおぶし                 |                      |                                        | さとう・あぶら・でんぶん                    |  |                       | 15  | 14  |     |
|             | 筑前煮               | とりにく・ちくわ                      |                      | にんじん・ごぼう・れんこん・だけのこ・こんにゃく<br>さやいんげん     | あぶら・さとう                         |  |                       | 27  | 24  |     |
|             | 富士山のすまし汁          | なると・とうふ                       |                      | にんじん・えのき・ほうれんそう                        |                                 |  |                       | 2.0 | 2.3 |     |
| 木           | どら焼き（カスタードクリーム）   |                               |                      |                                        | どらやき（カスタードクリーム）                 |  |                       |     |     |     |
| 2<br>金      | 給 食 な し           |                               |                      |                                        |                                 |  |                       |     |     |     |
| 5<br>月      | こ と も の 日         |                               |                      |                                        |                                 |  |                       |     |     |     |
| 6<br>火      | ふ り か え き ゅ う じ つ |                               |                      |                                        |                                 |  |                       |     |     |     |
| 7           | 食パン/はちみつ          |                               |                      |                                        | パン/はちみつ                         |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 610 | 733 |     |
|             | とり肉のレモンソースがけ      | とりにく                          |                      | レモン・パセリ                                | あぶら・でんぶん・こむぎこ・さとう               |  |                       | 19  | 19  |     |
|             | ココロソテー            |                               |                      | にんじん・えだまめ・とうもろこし                       | バター                             |  |                       | 31  | 30  |     |
|             | 肉団子入り野菜スープ        | とりにく・ぶたにく                     |                      | にんじん・たまねぎ・キャベツ・しょうが・にんにく               | さとう・あぶら・でんぶん                    |  |                       | 2.6 | 3.4 |     |
| 水           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 8           | ごはん               |                               |                      |                                        | こめ                              |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 653 | 811 |     |
|             | マーボー豆腐            | ぶたにく・とうふ・みそ                   |                      | しょうが・にんにく・たまねぎ・にんじん・しいたけ<br>だけのこ・ねぶかねぎ | あぶら・さとう・でんぶん・ごまあぶら              |  |                       | 16  | 16  |     |
|             | 焼きぎょうざ            | ぶたにく・とりにく・だいすこ                |                      | キャベツ・たまねぎ・にら・しょうが                      | でんぶん・さとう・こむぎこ・あぶら               |  |                       | 30  | 26  |     |
|             | フルーツ杏仁            |                               |                      | みかん・パイナップル                             | あんにんゼリー                         |  |                       | 1.3 | 1.6 |     |
| 木           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 9           | メロンパン             |                               |                      |                                        | パン・メロンパンのきじ                     |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 667 | 831 |     |
|             | ホキバジルフライ          | ホキ                            |                      | バジル                                    | あぶら・パンこ・こむぎこ・でんぶん               |  |                       | 14  | 14  |     |
|             | マカロニサラダ           |                               |                      | にんじん・グリーンピース・とうもろこし                    | マカロニ・ドレッシング・さとう<br>マヨネーズ（ノンエッグ） |  |                       | 37  | 35  |     |
|             | ウインナーとポテトのスープ     | ウインナー                         |                      | にんじん・たまねぎ・えのき・パセリ                      | あぶら・じゃがいも                       |  |                       | 2.5 | 3.1 |     |
| 金           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 12          | ごはん               |                               |                      |                                        | こめ                              |  |                       |     |     |     |
|             | ボークカレー            | ぶたにく・だっしぶんにゅう                 |                      | しょうが・にんにく・たまねぎ・にんじん・りんご<br>グリーンピース     | あぶら・じゃがいも・ルウ                    |  |                       | 621 | 782 |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 12  | 12  |     |
|             | わかめサラダ            | わかめ                           |                      | キャベツ・とうもろこし・きゅうり                       | ドレッシング                          |  |                       | 24  | 22  |     |
|             | 青りんごゼリー           |                               |                      |                                        | あおりんごゼリー                        |  |                       | 2.0 | 2.3 |     |
| 月           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 13          | うどん               |                               |                      |                                        | うどん                             |  |                       |     |     |     |
|             | きのこうどん汁           | ぶたにく・ちくわ・あぶらあげ                |                      | にんじん・なめこ・えのき・ねぶかねぎ                     | あぶら・でんぶん                        |  |                       | 591 | 734 |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 18  | 17  |     |
|             | 野菜のごま和え           |                               |                      | こまつな・にんじん・キャベツ                         | さとう・ごま                          |  |                       | 27  | 24  |     |
|             | 手作り蒸しパン（抹茶）       | ぎゅうにゅう・あずき                    |                      | せんちや                                   | ホットケーキミックス・さとう・みずあめ             |  |                       | 2.5 | 2.7 |     |
| 火           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 14          | 食パン/メープルジャム       |                               |                      |                                        | パン/メープルジャム                      |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 613 |     |     |
|             | ほうれん草オムレツ         | たまご                           |                      | ほうれんそう                                 | あぶら・でんぶん                        |  |                       | 18  |     |     |
|             | チリコンカン            | ぶたにく・あおえんどうまめ・ひよこまめ<br>きんときまめ |                      | たまねぎ・セロリー                              | あぶら・さとう                         |  |                       | 34  |     |     |
|             | ツナチャウダー           | まぐろ・ぎゅうにゅう・なまクリーム             |                      | たまねぎ・にんじん・マッシュルーム・パセリ                  | あぶら・じゃがいも・ルウ                    |  |                       | 2.8 |     |     |
| 水           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 15          | ごはん               |                               |                      |                                        | こめ                              |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 585 |     |     |
|             | ヤンニョムかつお          | かつお                           |                      | にんにく                                   | あぶら・でんぶん・さとう・みずあめ               |  |                       | 18  |     |     |
|             | もやしの塩だれ和え         | わかめ                           |                      | もやし・にんじん                               | ごま・ごまあぶら                        |  |                       | 27  |     |     |
|             | ワンタンスープ           | ぶたにく・なると・みそ                   |                      | しょうが・にんじん・たまねぎ・はくさい・ねぶかねぎ              | あぶら・ごまあぶら・こむぎこ・コーンゆ<br>でんぶん・さとう |  |                       | 1.7 |     |     |
| 木           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |
| 16          | ごはん               |                               |                      |                                        | こめ                              |  |                       |     |     |     |
|             | ぎゅうにゅう            | ぎゅうにゅう                        |                      |                                        |                                 |  |                       | 588 |     |     |
|             | たれカツ              | ぶたにく・だいすこ                     |                      |                                        | あぶら・さとう・でんぶん・パンこ                |  |                       | 16  |     |     |
|             | にんじんシリシリ          | まぐろあぶらづけ・たまご                  |                      | にんじん                                   | ごまあぶら・でんぶん・さとう・あぶら              |  |                       | 30  |     |     |
|             | みそ汁               | あぶらあげ・とうふ・みそ                  |                      | はくさい・こまつな                              |                                 |  |                       | 2.2 |     |     |
| 金           |                   |                               |                      |                                        |                                 |  |                       |     |     |     |

| 日<br>曜 | 日 | こんだて                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      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|        |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                      |                         |                       |     |     |