

|  | 月曜日   | 火曜日  | 水曜日             | 木曜日   | 金曜日       | 土曜日               |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|--|---|--|-----------------|-------|-----------|-------------------|------|------|-----|---|--|---|--|-------|-----|------|------|------|---|--|-------|-------|-----|--|------|------|------|---|-------|-------|-----|------|-----|------|--|-----|---|-------|-------|-----|----|-----|------|------|-----|---|-------|-------|----|----|-----|------|------|
|  | 3月23日   | 3月24日  | 3月25日           | 3月26日 | 3月27日     | 3月28日             |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <b>Aセット</b><br>ご飯・汁物<br>小鉢・コーヒー付<br><b>¥660</b>  | スーラータン麺   | アジフライ&<br>チーズメンチカツ   | 木須肉<br>(ムースロー)  | 鯖の塩焼き | 油淋鶏       | キーマカレー<br>(温泉卵のせ) |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>713</td><td>27.6</td><td>26.7</td><td>7.2</td></tr> </table> | エネルギー  | たんぱく質           | 脂質    | 塩分        | 713               | 27.6 | 26.7 | 7.2 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>766</td><td>25.1</td><td>23.2</td><td>3.5</td></tr> </table> | エネルギー  | たんぱく質   | 脂質   | 塩分    | 766 | 25.1 | 23.2 | 3.5  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>683</td><td>29.2</td><td>20.6</td><td>3.3</td></tr> </table> | エネルギー  | たんぱく質 | 脂質    | 塩分  | 683  | 29.2 | 20.6 | 3.3  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>759</td><td>28.6</td><td>30.8</td><td>3.0</td></tr> </table> | エネルギー | たんぱく質 | 脂質  | 塩分   | 759 | 28.6 | 30.8   | 3.0 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>891</td><td>32.1</td><td>38.6</td><td>2.9</td></tr> </table> | エネルギー | たんぱく質 | 脂質  | 塩分 | 891 | 32.1 | 38.6 | 2.9 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>799</td><td>28.5</td><td>26.6</td><td>3.4</td></tr> </table> | エネルギー | たんぱく質 | 脂質 | 塩分 | 799 | 28.5 | 26.6 |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 713  | 27.6  | 26.7   | 7.2             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 766  | 25.1  | 23.2   | 3.5             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 683  | 29.2  | 20.6   | 3.3             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 759  | 28.6  | 30.8   | 3.0             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 891  | 32.1  | 38.6   | 2.9             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 799  | 28.5  | 26.6   | 3.4             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <b>ヘルシーセット</b><br>ご飯・汁物<br>小鉢・コーヒー付<br><b>¥660</b>   | 鶏肉と茸の<br>クリーム煮  | 親子丼  | かれいと野菜の<br>おろし煮 | 鴨南蛮そば | 鯖の西京焼き    | 白身魚の<br>ネギソースがけ   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>556</td><td>29.1</td><td>14.0</td><td>3.3</td></tr> </table> | エネルギー  | たんぱく質           | 脂質    | 塩分        | 556               | 29.1 | 14.0 | 3.3 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>593</td><td>28.1</td><td>18.6</td><td>3.2</td></tr> </table> | エネルギー  | たんぱく質   | 脂質   | 塩分    | 593 | 28.1 | 18.6 | 3.2  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>553</td><td>24.6</td><td>11.4</td><td>3.1</td></tr> </table> | エネルギー  | たんぱく質 | 脂質    | 塩分  | 553  | 24.6 | 11.4 | 3.1  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>572</td><td>24.6</td><td>8.4</td><td>8.6</td></tr> </table>  | エネルギー | たんぱく質 | 脂質  | 塩分   | 572 | 24.6 | 8.4  | 8.6 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>569</td><td>26.3</td><td>15.3</td><td>2.9</td></tr> </table> | エネルギー | たんぱく質 | 脂質  | 塩分 | 569 | 26.3 | 15.3 | 2.9 | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>551</td><td>25.6</td><td>13.8</td><td>3.0</td></tr> </table> | エネルギー | たんぱく質 | 脂質 | 塩分 | 551 | 25.6 | 13.8 |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 556  | 29.1  | 14.0   | 3.3             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 593  | 28.1  | 18.6   | 3.2             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 553  | 24.6  | 11.4   | 3.1             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 572  | 24.6  | 8.4  | 8.6             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 569  | 26.3  | 15.3   | 2.9             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 551  | 25.6  | 13.8   | 3.0             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <b>カレーセット</b><br>サラダ付、ランチタイムは<br>汁物又はコーヒー付<br><b>¥520</b>  | ポークカレー  |  |                 |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>594</td><td>12.1</td><td>12.3</td><td>3.4</td></tr> </table> | エネルギー  | たんぱく質           | 脂質    | 塩分        | 594               | 12.1 | 12.3 | 3.4 |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 594  | 12.1  | 12.3   | 3.4             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <b>週替わり麺</b><br>ご飯又はコーヒー付<br>(ランチタイムのみ)<br><b>¥500</b>   | 週替わり 醤油ラーメン   |  | 定番 カレーうどん       |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>379</td><td>15.3</td><td>6.0</td><td>7.0</td></tr> </table>  | エネルギー  | たんぱく質           | 脂質    | 塩分        | 379               | 15.3 | 6.0  | 7.0 |   |  | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>551</td><td>14.3</td><td>13.1</td><td>5.1</td></tr> </table> | エネルギー  | たんぱく質 | 脂質  | 塩分   | 551  | 14.3 | 13.1  | 5.1  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 379  | 15.3  | 6.0  | 7.0             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 551  | 14.3  | 13.1   | 5.1             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <b>和 麺</b><br>ご飯又はコーヒー付<br>(ランチタイムのみ)<br><b>¥440</b>   | 山菜うどん・そば  |  | きつねうどん・そば       |       | たぬきうどん・そば |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  |   | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>393</td><td>12</td><td>1.9</td><td>7.7</td></tr> </table> | エネルギー           | たんぱく質 | 脂質        | 塩分                | 393  | 12   | 1.9 | 7.7   | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>494</td><td>14.8</td><td>7.6</td><td>7.5</td></tr> </table> | エネルギー   | たんぱく質  | 脂質    | 塩分  | 494  | 14.8 | 7.6  | 7.5   | <table border="1"> <tr><th>エネルギー</th><th>たんぱく質</th><th>脂質</th><th>塩分</th></tr> <tr><td>490</td><td>15.1</td><td>9.8</td><td>7.0</td></tr> </table> | エネルギー | たんぱく質 | 脂質  | 塩分   | 490  | 15.1 | 9.8  | 7.0   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
|  | エネルギー   | たんぱく質  | 脂質              | 塩分    |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 393  | 12  | 1.9  | 7.7             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 494  | 14.8  | 7.6  | 7.5             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| エネルギー  | たんぱく質   | 脂質   | 塩分              |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| 490  | 15.1  | 9.8  | 7.0             |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| <table border="1"> <tr><th>うどん</th><td></td><td></td><td></td><td></td><td></td></tr> <tr><th>そば</th><td></td><td></td><td></td><td></td><td></td></tr> </table> | うどん   |  |                 |       |           |                   | そば   |      |     |   |  |   | <table border="1"> <tr><th>うどん</th><td>393</td><td>12</td><td>1.9</td><td>7.7</td></tr> <tr><th>そば</th><td>346</td><td>13.9</td><td>1.9</td><td>7.7</td></tr> </table> | うどん   | 393 | 12   | 1.9  | 7.7  | そば  | 346  | 13.9  | 1.9   | 7.7 | <table border="1"> <tr><th>うどん</th><td>494</td><td>14.8</td><td>7.6</td><td>7.5</td></tr> <tr><th>そば</th><td>447</td><td>16.7</td><td>7.6</td><td>7.5</td></tr> </table> | うどん  | 494  | 14.8 | 7.6   | 7.5   | そば    | 447 | 16.7 | 7.6 | 7.5  | <table border="1"> <tr><th>うどん</th><td>490</td><td>15.1</td><td>9.8</td><td>7.0</td></tr> <tr><th>そば</th><td>443</td><td>17</td><td>9.8</td><td>7.0</td></tr> </table> | うどん | 490   | 15.1  | 9.8   | 7.0 | そば | 443 | 17   | 9.8  | 7.0 |   |       |       |    |    |     |      |      |
| うどん  |   |  |                 |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| そば   |   |  |                 |       |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| うどん  | 393   | 12   | 1.9             | 7.7   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| そば   | 346   | 13.9   | 1.9             | 7.7   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| うどん  | 494   | 14.8   | 7.6             | 7.5   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| そば   | 447   | 16.7   | 7.6             | 7.5   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| うどん  | 490   | 15.1   | 9.8             | 7.0   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |
| そば   | 443   | 17   | 9.8             | 7.0   |           |                   |      |      |     |   |  |   |  |       |     |      |      |      |   |  |       |       |     |  |      |      |      |   |       |       |     |      |     |      |  |     |   |       |       |     |    |     |      |      |     |   |       |       |    |    |     |      |      |

※ご飯：並盛り200g [ 336kcal・5.0g・0.6g・0.0g ] 小盛り150g [ 252kcal・3.8g・0.5g・0.0g ] 味噌汁 [ 33kcal・2.4g・0.6g・1.2g ]

※セットの栄養価はメイン+ご飯+汁物+小鉢 で算出しています。

(ご飯量は、Aセットは並盛り200g、ヘルシーセットは小盛り150gで算出)

※仕入れの都合によりメニューを変更することがございます。予めご了承ください。

**ランチ営業時間** 11:00~14:00  
日祝および年末年始は休業

三鷹産の食材を  
使用しています



|  |                        |
|--|------------------------|
| <b>9:30-10:50 週替わりモーニング ¥460</b>   |                        |
| <ul style="list-style-type: none"> <li>・ ミートオムレツ&amp;ハム</li> <li>・ チーズオムレツ&amp;ベーコン</li> <li>・ 目玉焼き&amp;ソーセージ</li> </ul> | +<br>ご飯またはパン<br>コーヒー付き |

ヘルシーセットは1日に必要な野菜の1/3量(120g)を摂取できます。エネルギーを抑えるには ご飯小盛りがおすすめです。  
 ※なぜ野菜は1日350gなの?  
 国民栄養調査のデータをもとにどれだけ食べればカルシウム・カリウム・ビタミンC・食物繊維等の栄養素を十分に確保できるか解析を行った結果、350gという数字が出されたことから目標の指標になっています。